

**FORRES ACADEMY - EXTRA CURRICULAR SPORTING ACTIVITIES – 2019 – 2020**  
**Initial programme - starting dates for some are still to be confirmed.**

Before anyone participates in an after school activity parental consent forms must be in place. Forms can be collected from Mrs Rossiter / Young Sport Ambassadors for each of the activities you are interested in attending – these must be completed for each new Academic Year – Parents/pupils must inform us of any changes to medical details or emergency contact numbers to ensure everything is up to date. **All consent forms must be returned directly to Mrs Rossiter in advance of attending the activity to allow registers to be made up – please collect these and return them within the first week of term.**

There may be charges for some of the clubs; this will be explained on the paperwork/at the club – cheques to be made payable to ‘Forres Academy School Fund’ and returned to Mrs Rossiter along with consent form.

DAY	ACTIVITY	TIME	VENUE
Monday	Tennis – Soft Ball S1 – S2 Run by Young Ambassadors	1.00pm – 1.30pm Start date TBC – Sept	Gameshall Come and Try Sessions Possible Inter-house competition
Monday	Cardio Tennis Senior students and Staff	3.45pm – 4.45pm Start date TBC – Aug/Sept	Gameshall Trial session of 6 weeks
Monday	S1/S2 Football	3.40pm – 5.00pm Start Date – ?	Change at gameshall with training on Plasmon Field. We need to find a new coach for this.
Tuesday	Hoping to have Interhouse Competition	1.00pm – 1.30pm	Gameshall – sign up with YA’s beforehand.
Tuesday	Girls Football S1 – S3	3.40pm – 4.40pm Start date to be confirmed – August 2019 – see Miss Deans for consent forms	Miss Deans Gameshall
<p>Karate Academy Scotland P2 upwards Tuesday 7-8pm @ Forres Academy girls’ gym            Dates: New intake of students beginning Tuesday 21<sup>st</sup> August. (Classes also available 3 nights a week in Elgin)            Cost: First class is free then £3.50 per session pay as you go – 2017 – 2018 costs.            Contact: Amanda Walker 07841 137 056 to sign up.</p>			
Wednesday	Netball All Years	3.40pm – 5.00pm Starting end of August 2019 Date TBC	Report to the gameshall. Miss Taylor (Council Coach) will be taking the sessions with support from senior students.
Wednesday	Cricket All Years	3.40pm – 5.00pm Starting end August 2019	Boys Gym and Plasmon St Lawrence Club Coaches & Young Ambassadors
<p>Tennis** P1 upwards Forres Tennis Club junior coaching 3.30 – 8.00pm @ Forres Tennis Club            (5 groups, child allocated a group time dependent upon skill level)            email ftcjuniors@btoutlook.com for details.</p>			
Thursday	Swimming All Years	7.00am at pool 7.15am – 8.15am in water. Starting 5 <sup>th</sup> September 2019.	Forres Swimming Pool Swim Coach – Mr Grant McPherson/Support from Mrs Rossiter and volunteers
Thursday	Inter-house Competition	1.00pm – 1.30pm	Gameshall – sign up before hand.
<p>Bowls P5-S6 Thursday 3.40 – 4.30pm @ Grant Park Bowling Club. Bowls provided.            Dates: 29th August for a 4 week block            See Active Schools at Forres House Community Centre for more information</p>			
<p>Cheerleading ** P2-S6 Thursday 5.00 - 7.30pm @ FHCC.            Age 8 under (MINIS) - 5.00 - 6.15pm Cost £4.00 (2017 – 2018 costs)            Age 9-11 yrs (YOUTHS) - 5.30 – 7.00pm Cost £4.50 (2017 – 2018 costs)            Age 11+ (JUNIORS) - 5.30 - 7.30pm Cost £5 (2017 – 2018 costs)            Contact Juta Campbell on 07738 782569 to book your place.</p>			

<p style="text-align: center;"><b>Forres Harriers Running Club age 9 + Thursday 6.30 – 7.30pm Grant Park</b>  A successful competitive running club where juniors take part in fun, enjoyable training sessions. Children will be encouraged to work hard and to take part in local and national races.  Contact Hilary Cameron 07597 039752 / hils_cameron@hotmail.com for more information.</p>			
Friday	Badminton All Years	Session 1 - 4.30pm – 6.00pm Session 2 – 6.00pm – 8.00pm Starting, 23 <sup>rd</sup> August 2019 Cost for membership	Forres House Community Centre Gameshall Mrs Rossiter/Miss Bell
<p style="text-align: center;">Freestyle Swimming Club a swimming club with a difference! Forres Swimming Pool - Aged 7 - 18 years.  If you want more information E-mail swim@freestylesc.org.uk  or the website at www.freestyles.org.uk.</p>			
Saturday	Various Competitions	Opportunities throughout the year.	Refer to daily news sheets for information and opportunities for signing up.
<p style="text-align: center;"><b>Trampoline @ FHCC</b>  Saturday</p> <p style="text-align: center;">Various sessions from Beginners – Improvers – Advanced  There is a cost to join/participate.  12.15pm – 1.00pm session – open to non-members – P1 – S6  Please make enquiries to Active Schools based at Forres House Community Centre for further details</p>			
<p style="text-align: center;">Orienteering** Saturday morning league events, by competing, children will collect points for their school.  Cost: £4.00 (2017 – 2018 charge) Details of exact locations can be found at <a href="http://www.moravianorienteering.org">www.moravianorienteering.org</a>  Also a possibility of a secondary school session – 4 week block starting end of August beginning of September – waiting for confirmation of day and time.</p>			
Sundays In May / June	Moray Gig Sailing and Rowing Opportunities for students in S2 – S6.	Times vary due to tide times – these are available when signing up – see Mrs Rossiter – crew and committee member.	Based at Findhorn – need to arrange own transport to and from the location.  Membership of ‘The Moray Gig’ can be taken up by the students at any time at no cost.
<p style="text-align: center;"><b>Forres Bluefins Swimming Club</b>  The Bluefins are a successful competitive swimming club. We have swimmers from age 7 -18 who train and compete on a regular basis at local, district and national levels. We are taking in new members at present. If you would like to join us please get in touch either by email bluefins@hotmail.com or come along and speak to one of our coaches.  Website: forresbluefins.co.uk  Facebook: <a href="https://www.facebook.com/Forres-Bluefins-212605392153068/?ref=ts&amp;fref=ts">https://www.facebook.com/Forres-Bluefins-212605392153068/?ref=ts&amp;fref=ts</a></p>			
<b>Various school days</b>	<b>Interhouse Activities e.g.</b>	<b>Lunchtimes</b>	<b>Keep an eye on the notices for events and how to get involved.</b>
	<ul style="list-style-type: none"> <li>• Badminton</li> <li>• 5 – aside football</li> <li>• Short Tennis</li> <li>• Basketball</li> </ul> <p>Plus any other you feel you would like to see in offered – come and see Mrs Rossiter with your ideas or one of the Young Ambassadors who will take it forward at the Committee Meeting.</p>	1.15pm – 1.45pm – be on time! Starting hopefully in September 2019.	Meet at the gameshall – remember PE Kit and packed lunch. Speak to the Young Ambassadors for more information

- **School Representation** – There will be opportunities for pupils to represent Forres Academy in a variety of sports throughout the Academic Year. These will be promoted through the various clubs, daily bulletin and electronic noticeboard. Pupils will often be asked to attend lunchtime meetings to register their interest and it is their responsibility to turn up or make contact with the person prior to the meeting to note their intention; failing to do this may mean that they will not be able to take part as there are tight deadlines to keep to for submission of entries.
- If parents wish to get involved in the delivery of any of the activities or can support them in other ways we would encourage you to make contact with the school so that we can take this forward with the necessary administration checks completed prior to assisting.

## OTHER ACTIVITIES: CLUBS: OPPORTUNITIES

Name of Group	Additional information – all of these opportunities are promoted through the daily bulletin which is read out during period 2 of each school day.
AoA – Accepting of All Diversity Group	Usually weekly meetings during lunchtimes.
Cookery Club	New Club for 2019 – 2020 if there is sufficient interest. Start time TBC – interested pupils to see Mrs Rossiter. S1 – S2.
Debating Club	Usually a weekly debate with motion for debate promoted through the daily bulletin.
Duke of Edinburgh	Meetings after school once a week – staff lead Mr Pott
Engineering Club	Staff lead Mr Daley T19 – regular weekly sessions starting the beginning of the Academic year. Mondays after school – 3.40pm – 5.00pm with a small monetary contribution each session.
Film Club	Weekly showing of an age appropriate film – Thursday lunchtimes. Start date TBC.
Junior Book Club	Once a fortnight at lunchtime in the library but may change due to staffing.
Junior Drama Club	Opportunity all dependent on staffing.
Junior Chef – Springboard and Rotary Chef Competitions	Date and time TBC but usually in the first half of the year with those winning going through to regional competitions. Interested names to Mrs Rossiter – S2 and above.
Maths Challenge Club	Weekly group gatherings usually over a lunch time but has taken place after school when required.
Pupil Forum	Opportunity for students to represent their year group and play an active part in the decision making of the school and matters relating to education and student contribution to school life. Meetings take place during the normal school day with no more than two meetings per term. Additional time may be used over lunch breaks for any particular project being carried out by the young people.
Reading Group	TBC - Due to staff changes
Saltire Awards	Scottish Government Recognition Award – Ongoing opportunity for students to be recognised for the voluntary work that they do in the school and local community – please see Mrs Rossiter for more information – this requires the student to take responsibility to complete an online application as well as informing Mrs Rossiter of commitment.
Science Club	Weekly lunchtime session – start date TBC
Singing Group	Weekly lunchtime session – start date TBC
Sport Committee	Ongoing meetings throughout the year with Young Ambassadors taking the lead but opportunities for others to get involved.
Ukulele Ensemble	Lunchtime session over block periods throughout the academic year.

If you have any queries regarding the extra-curricular programme please make contact with Mrs Rossiter at Forres Academy on 01309 672271 Ext 251.