

Sports Academy Spring Timetable 2026

Day	Time	Activity	Lead coach	Room/Space
Mon	7.00am - 8.30am	Basketball Academy Training	Barney	Sports Hall
Mon	11.50am - 1.50pm	Volleyball open	Gary	Sports Hall
Mon	11.45am - 1.50pm	Women only Gym	Katie	Gym
Mon	1.00pm - 2.00pm	Pickle Ball	Sufyan	Main Hall
Mon	4.45pm - 5.45pm	Street Dance	Rym	Dance Studio
Mon	4.45pm - 6.45pm	Netball squad training	Alison	Sports Hall
Mon	5.00pm - 7.30pm	Men's 1st & 2 nd team Football training	Paul & Sufyan	Royal Docks School
Mon	5.00pm - 8.00pm	Cricket Academy Training	Zaheer	East Ham Sport Hall
Tues	7.00am - 8.30am	Basketball Academy Training	Barney	Sports Hall
Tues	10.15am - 1.50pm	Table Tennis in the Link	Sufyan & Josh	The Link
Tues	11.50am - 12.45pm	Ability Football Training	Sufyan	Sports Hall
Tues	11.50am - 1.50pm	Women Only Badminton	Rym	Sports Hall
Tues	1.00pm - 1.50pm	Women only Gym	Katie	Gym
Tues	4.45pm - 5.45pm	Badminton Squad training	Wayne	East Ham Sport Hall
Tues	6.00pm - 8.00pm	Cricket Academy Training	Zaheer	Sports Hall

Weds	lunch time	Badminton open to all	Various	Sports Hall
Weds	Afternoon Fixtures	<u>Sport Academy Teams you can join:</u> Ability Counts Football Badminton Basketball Academy 1st & 2nd team Cricket Academy 3 teams Men's Football 1st & 2nd team Women's Football team Netball Volleyball	<u>Head Coach:</u> Sufyan Paul Barney Barney Paul Sufyan Katie Barney	Fixtures are played home and away

Thurs	10.15am - 11.30am	Skill based activities	Sufyan	Link/ Student lounge
Thurs	11.50am - 1.50pm	Basketball for all	Barney	Sport Hall
Thurs	4.45pm - 6.00pm	Roller Disco	Sufyan	Main Hall
Thurs	4.45pm - 5.45pm	Badminton Squad Training	Wayne	Sports Hall
Thurs	4.45pm - 5.45pm	Women's Basketball	Barney	Sports Hall

Fri	7.00am - 8.30am	Basketball Academy Training	Barney	Sports Hall
Fri	9.15am - 11.00am	Gym Inductions - must prebook at gym reception	Sufyan	Gym
Fri	11.50am - 1.50pm	5 a Side Football	Sufyan	Sports Hall
Fri	11.50am - 1.50pm	Trampolining open to all	Anthony	Sports Hall
Fri	3.30pm - 4.30pm	Gym Inductions - must prebook at gym reception	Sufyan	Gym
Fri	4.45pm - 5.45pm	Women's open Football	Sufyan	Sports Hall

