



## EXTRA CURRICULAR SPORT CLUBS

In addition to the PE department clubs, The Priory Academy LSST is delighted to offer extra curricular opportunities through our partnerships with local external coaches.

All external coaches are highly experienced in their specialism, safeguard trained and DBS checked.

This guide shows what's available this module, the venue, day and time.

PE department led clubs are free and NO booking is required.

External coached clubs require booking and there is a subsidised fee for the term. These clubs must be booked directly through the coach, details given on each clubs page. All communication with an external club must be through a parent email and not a student Priory email account.

Please note there are limited places for some clubs.

### **What to wear and what you need.**

Students are expected to change into the Priory LSST PE Kit for all clubs, unless they are advised otherwise by the individual clubs. Most equipment is provided but students can bring their own at their own responsibility.

### **Exiting the site after 4pm.**

Students who usually use the back gate to exit will need to walk through 6th form reception to exit the site from this direction. Cross O'Cliff Hill remains open as usual.

The Priory Academy LSST

St Katherine's House, Cross O'Cliff Hill, Lincoln, Lincolnshire, England LN5 8PW

Telephone: 01522 889977 | Email: [generalenquiries@priorylsst.co.uk](mailto:generalenquiries@priorylsst.co.uk)

Our friendly reception staff are available between 8am and 4pm Monday to Friday to answer your questions or emails.

## LSST PE Clubs

All PE Department led clubs start at 15:15 and finish at 16:15

No need to book– just turn up and register with the PE staff

You will need to change into your Academy PE kit and you may require additional items of kit for some clubs



YEAR GROUP	DAY	SPORT	KIT REQUIRED
ALL YEARS	MONDAYS	GIRLS FOOTBALL	STUDED BOOTS/SHIN PADS
ALL YEARS– GIRLS	TUESDAYS	GIRLS RUGBY	STUDED BOOTS/SHIN PADS
ALL YEARS	TUESDAYS	BENCHBALL	
YEAR 7 & 8 RUGBY	TUESDAYS	RUGBY	STUDED BOOTS/SHIN PADS
YEAR 9/YEAR 10/YEAR 11	WEDNESDAYS	SQUAD NETBALL	
YR8	THURSDAY	SWIMMING	SWIMMING KT/TOWEL
YEAR 9/YEAR 10/YEAR 11	THURSDAYS	RUGBY	STUDED BOOTS/SHIN PADS/GUM SHIELD
ALL YEARS	FRIDAYS	BASKETBALL	



If there is a sport you would like a club for please talk to the PE staff

THE PRIORY ACADEMY

LSST



## EXTRA CURRICULAR SPORT CLUBS

# KICKBOXING CLUB



Led by external Instructor Scott Brewer, a former WKU world kickboxing champion, supported by Victoria Brewer who is a WAKO National Champion Kickboxer, they offer high-energy fun kick boxing sessions. Delivered by these two motivational instructors, the skills not only help students physically but are great for building self-confidence, self discipline, respect and leadership. Students will build a repertoire of techniques and is suitable for beginners and those who have had a taste of this fantastic

To find out more about kickboxing and what it involves go to:

[Scott Brewer kickboxing academy \(scottbrewerkickboxingacademy.com\)](http://scottbrewerkickboxingacademy.com)

	DAY	TIME	VENUE	FEE
ALL YEARS	MONDAY	15.15-16.00	INDOOR TRACK	£4 per session Book and pay for whole module

### HOW TO BOOK/PAY

**ALL CONTACT MUST BE FROM A PARENT/CARER EMAIL ACCOUNT**

To book and access the payment method,

Email: [scottbrewerkickboxingacademy@gmail.com](mailto:scottbrewerkickboxingacademy@gmail.com)

**ALL STUDENTS MUST BE PRE BOOKED AND PRE PAID TO ATTEND**

# SENSHI MARTIAL ARTS CLUB

Previously an England international 7th Dan Blackbelt, Martial Arts Instructor, Tom Carruthers is offering a fantastic opportunity to learn from him and develop essential life skills, supported by assistant Coach Joe Burton.

The power of learning a martial art is the self discipline and control, respect, and the positive values it teaches which enable students to become good decision makers, accurate judges of situations and ultimately teaches them how to stay safe.

These sessions are energetic and fun promoting fitness and all round wellbeing.

Tom runs a progressive grading system so belts can be achieved and a clear pathway for further progression



YEAR 7	DAY	TIME	VENUE	FEE
<b>&amp; YEAR 8</b>	<b>WEDNESDAY</b>	<b>15.15- 16.15</b>	<b>DANCE STUDIO</b>	<b>£5 per session</b> <b>Book and pay for whole module</b>

## HOW TO BOOK/PAY

**ALL CONTACT MUST BE FROM A PARENT/CARER EMAIL ACCOUNT**

To book and access the payment method, Email: [carruthers3@virginmedia.com](mailto:carruthers3@virginmedia.com)

**ALL STUDENTS MUST BE PRE BOOKED AND PRE PAID TO ATTEND**

## SCUBA ACADEMY

1 OF 3

In a unique partnership with Stellar Divers we have the amazing opportunity to offer the first steps in to the world of Scuba diving. From a first time supported experience to further opportunity to progress into a an area of PADI expertise which is recognised all over the world.

To start your journey in the comfort of our Academy pool the basics can be taught with the Discover Scuba Dive Experience.



These courses run on selected Wednesday's in extra curricular time (15.15-17.30) throughout the Academy Modules.

Pre booking and Pre-Payment is essential.

Email: [simon@stellardivers.co.uk](mailto:simon@stellardivers.co.uk)







# SCUBA ACADEMY

2 OF 3

## PADI Discover Scuba Dive Experience

Have you always wondered what it is like to breathe underwater? If you want to try scuba diving, but are not quite ready to take the plunge into a certification course, Discover Scuba Diving is for you. Discover Scuba Diving is a quick and easy introduction to what it takes to explore the underwater world. No prior experience with scuba diving is necessary and it's all done in the comfort in of the Academy pool.

You learn the basic safety guidelines and skills needed to dive under the direct supervision of a PADI Professional. If you make an open water dive, you'll practice a few more skills in shallow water to prepare for your adventure.

Get ready to:

- Go over the scuba equipment you use to dive and how easy it is to move around underwater with your gear.
- Find out what it's like to breathe underwater.
- Learn key skills that you'll use during every scuba dive.
- Have fun swimming around and exploring.
- Hear about becoming a certified diver through further PADI course opportunities. One of our students has gone on to become the youngest ever PADI junior Dive Master!

**Scuba enquiries- Simon Hotchkin email: [simon@stellardivers.co.uk](mailto:simon@stellardivers.co.uk)**





# SCUBA ACADEMY

3 OF 3

## PADI Scuba Diver

After completion of the Discover Scuba Dive Experience the next steps will be to enrol on the PADI Scuba Diver. This course uses multi venues as it progresses.

The PADI Scuba Diver course is a fantastic introductory route into Scuba Diving & having a PADI certification means that you will be recognised and respected as a scuba diver at more dive centres than any other dive certification on the globe. [PADI](#) have made it possible for many millions of people around the planet to learn to scuba dive. The PADI Scuba Diver certification is the gateway to the amazing underwater world of wonder & awe., opportunity and careers.

**The PADI Scuba Diver course consists of three main phases:**

Knowledge Development to understand basic principles of scuba diving. PADI eLearning that accompanies this course are second to none in terms of quality, information & ease of learning.

Confined Water Dives in our pool to learn & master the basic scuba skills.. Sessions start using the Academy pool and progress into other venues with dive pits.

Open Water Dives to use your new skills and explore underwater, see wrecks & amazing sea life!. **Scuba enquiries- Simon Hotchkin email: [simon@stellardivers.co.uk](mailto:simon@stellardivers.co.uk)**



THE PRIORY ACADEMY

LSST



## EXTRA CURRICULAR SPORT CLUBS



LINCOLNSHIRE  
TRAMPOLINE CLUB

# TRAMPOLINE CLUB

Trampoline coach, Liam Townsend, offers both an introduction to the discipline and trampoline coaching.

The benefits of trampoline are vast and a fantastic choice if you're reluctant to begin physical activities. Trampoline is easy to start and offers immediate success and accomplishment.

It gives a feeling of exhilaration and immediately motivates you to try harder. This helps you gain courage and self-confidence.



YEAR GROUP	DAY	TIME	VENUE	FEE	
YEAR 7 & YEAR 8	WEDNESDAY	15.15- 16.00	INDOOR TRACK	<b>£2 per session</b>  +£1 joining fee  Book and pay for whole module	Open to NEW members only in January

### HOW TO BOOK/PAY

**ALL CONTACT MUST BE FROM A PARENT/CARER EMAIL ACCOUNT**

To join the class you will need to visit <https://membermojo.co.uk/litc>

Click on **join us** and register as LSST after school club only.

Once registered go to store purchase and scroll down to LSST after school club and select.

There will be £1 joining fee plus £2 per session which will need to be paid for before the course start date to guarantee a place and so that the registers can be published with any medical information required.



# BADMINTON CLUB



External Instructor Paul Gibbard offers a new exciting Badminton club.

A 2 hour session which is structured into learning the skills and techniques to put into full game play. The focus is to perfect skills to become a proficient player in a fun environment suitable for beginners to those who have played before.

These sessions provides an excellent foundation to support the physical element in GCSE PE.

The Academy also participates in School Games competitions throughout the year. Great for overall fitness and wellbeing. Develops social skills, competitiveness and confidence.

	DAY	TIME	VENUE	FEE
YEAR 7 & YEAR 8	MONDAY	15.15- 17.15	SPORTS HALL	£5 per session  Book and pay for whole module
YEAR 9 & YEAR 10	THURSDAY	15.15- 17.15		

### HOW TO BOOK/PAY

**ALL CONTACT MUST BE FROM A PARENT/CARER EMAIL ACCOUNT**

To book and access the payment method, Email: [paul.gibbard.60@gmail.com](mailto:paul.gibbard.60@gmail.com)

**ALL STUDENTS MUST BE PRE BOOKED AND PRE PAID TO ATTEND**

## All PE Clubs at a Glance

MODULE 3		
YEAR GROUP	DAY	SPORT
ALL YEARS	MONDAYS	GIRLS FOOTBALL
YEAR 7/8	MONDAYS	KICKBOXING
YEAR 7/8	MONDAYS	BADMINTON
ALL YEARS– GIRLS	TUESDAYS	GIRLS RUGBY
ALL YEARS	TUESDAYS	BENCHBALL
YEAR 7 & 8 RUGBY	TUESDAYS	RUGBY
YEAR 9/YEAR 10/YEAR 11	WEDNESDAYS	SQUAD NETBALL
YEAR 7/8	WEDNESDAYS	TRAMPOLINING
YEAR 7/8	WEDNESDAYS	MARTIAL ARTS
ALL YEARS	WEDNESDAYS	SCUBA
YEAR 9/YEAR 10/YEAR 11	THURSDAYS	BADMINTON
YEAR 8	THURSDAYS	SWIMMING
YEAR 9/YEAR 10/YEAR 11	THURSDAYS	RUGBY
ALL YEARS	FRIDAYS	BASKETBALL