

Active Schools Activities are FREE to ALL. Active East Lothian Activities have a fee, however, are FREE to pupils who are Care Experienced, Young Carers and/or registered for Free School Meals.

Please contact Jamie Chapman for more information Email: [Jchapman@elcschool.org.uk](mailto:Jchapman@elcschool.org.uk)



Reminder that parents and pupils are asked to join the TeamApp stack App for the sport they are taking part in within the Extra Circular Timetable for 23/24

**sportscotland**  
the national agency for sport

<u>Activity</u>	<u>Age</u>	<u>Time</u>	<u>Dates</u>	<u>Venue</u>	<u>Activity Leader</u>	<u>Cost</u>
<b>Monday</b>						
Badminton—All	S1-S6	3.35pm-4.45pm	Each School Monday from 8th January	RHS Gameshall	Mr Mackintosh	FREE
Fitness—Girls	S1-S6	3.30pm-4.30pm	Each School Monday from 8th January	Gym 1	Ms Evans	FREE
Tennis	S1-S6	3.30pm-4.30pm	Each School Monday from 8th January	RHS New Gameshall	Mr Chalmers	FREE
<b>Tuesday</b>						
Football—Girls	S1-S2	3.45pm-4.45pm	Each School Tuesday from 9th January	Foresters 3G / RHS Astro	Ms North McLeod, Ms Williamson, Ms Notley	FREE
Rugby Un 13s Boys	S1 Boys	4.00pm-5.15pm	Each School Tues & Thurs from 9th January	RHS Rugby Pitch	Mr Hird	FREE
Rugby Un 16s Boys	S3/S4 Boys	4.30pm-5.30pm	Each School Tues & Thurs from 9th January	RHS Rugby Pitch	Mr Hird	FREE
Cricket	S1-S6	3.30pm-4.40pm	Each School Tuesday from 9th January	RHS Gameshall	Mr Chalmers	FREE
Running Club	S1-S6	3.30pm -4.30pm	Each School Tuesday from 9th January	RHS Area	Mr Savage /Mr Mackintosh	FREE
Dance (Girls)	All Years	3.30pm-4.30pm	Each School Tuesday from 9th January	RHS Gym 1	Ms Vernal	FREE
<b>Wednesday</b>						
Hockey Un 13s / U14s Girls	S1	4.15pm-5.15pm	Every School Wednesday from 10th January	Ross High Astro	Ross High/PL Hockey Club Vol-unteers	FREE
Hockey U18s Girls	S4-S6	3.45pm—5.15pm	Every School Wednesday from 10th January	Ross High Astro	Ross High/PL Hockey Club Vol-unteers	FREE
Basketball—ALL	S1-S6	3.30pm-4.30pm	Every School Wednesday from 10th January	RHS Gameshall	Ms Gibson	FREE

<u>Activity</u>	<u>Age</u>	<u>Time</u>	<u>Dates</u>	<u>Venue</u>	<u>Activity Leader</u>	<u>Cost</u>
<b>Thursday</b>						
Netball	S1-S6	3.30pm –4.30pm	Every School Thursday from 11th January	RHS Gameshall	Ms Arbuthton	FREE
Rugby Un 13s Boys	S1 Boys	4.00pm-5.15pm	Each School Tues & Thurs from 9th January	RHS Rugby Pitch	Mr Hird,	FREE
Rugby Un 16s Boys	S3/S4 Boys	4.30pm-5.30pm	Each School Tues & Thurs from 9th January	RHS Rugby Pitch	Mr Hird,	FREE
<b>Friday</b>						
Volleyball	All Years	12.30pm-1.30pm	Friday	RHS New Gameshall	TBC	FREE
<b>Football Squads—Boys &amp; Girls Season 23/24</b>						
Football U13s Boys	S1 Boys	Trials 4.30pm– 5.45pm	Wednesday 30th August	Arrived Changed Forrester Park 3G Astro	Mr Crichton, Mr Chapman, Mr Edoni	FREE
Football U14s Boys	S2 Boys	Trials 4.30pm– 5.45pm	Thursday 31th August	Arrived Changed Forrester Park 3G Astro	Mr Crichton	FREE
Football—Boys, U13s, U14s	Various	Trials will be open to anyone who wishes to play school football for the 23/24 Season. Different squads will be selected regarding level of completion.				FREE
Football—Boys, U15s, U16s, U18s	Various	Players will be selected by the coaches and their parents will be contacted directly by email. Squads will be posted on TeamApp. Different Squads will be selected depending on competition.				FREE
Football Girls U15s/ U18s	U15s/ U18s	Within Girls football on Tuesday afterschool, Squads will be selected for league and cup matches to represent RHS				FREE

Please note:

- Spaces for all classes are limited and will be allocated on a first come first served basis
- Access to Leisure (ATL) members will receive 20% discount on all paid activities
- If you are unable to access our online booking service (after date above), or you have any other queries, please contact your Active Schools Coordinator in confidence

**FREE Active Schools Activities available to book Monday 22nd August @ 6pm**  
**PAID Active East Lothian Activities available to book Thursday 1st September @ 6pm**  
**Online Booking: [www.eastlothian.gov.uk/active-schools-ross-high](http://www.eastlothian.gov.uk/active-schools-ross-high)**

<u>Activity</u>	<u>Age</u>	<u>Time</u>	<u>Dates</u>	<u>Venue</u>	<u>Activity Leader</u>	<u>Cost</u>
<b>Total Adventure (Paid Activity)</b>						
Surfing	All Years	TBC	TBC			
Wakeboarding	All Years	TBC	TBC			
<b>The following Activities have yet to start, But parents should register their child's interest via our booking live website</b>						
Golf	ALL	Dates & Times have yet to be confirmed Sign up to be contacted directly with details when available				
Swimming	All	Dates & Times have yet to be confirmed Sign up to be contacted directly with details when available				
Girls Rugby	All	Dates & Times have yet to be confirmed Sign up to be contacted directly with details when available				FREE



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**Jamie Chapman | Active Schools Coordinator**

Ross High School

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**Find us Online:**

 @RossHighActiveSchools

 @RossHighSport

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