







# CAMP OPTIONS

Choose from either **TOTAL BASKETBALL** or **BASKETBALL + ENGLISH**. Both options are available as a 6- or 13-night camp.

**OPTION 1** 

# TOTAL BASKETBALL

- Up to 24 hours a week of basketball coaching and game play
- Up to 8 hours a week of sports-related workshops
- Suitable for all English language abilities except beginners

**OPTION 2** 

# **BASKETBALL + ENGLISH**

- Up to 24 hours a week of basketball coaching and game play
- Up to 13 hours a week of English Language lessons using an accelerated model of English learning
- Suitable for all English language abilities

# **ALL CAMPS INCLUDE**



PRO BASKETBALL COACHING





24/7 SUPPORT STAFF

**3 NUTRITIONALLY** 

**BALANCED MEALS A DAY** 



ON-SITE ACCOMMODATION



EXCURSIONS TO CITIES + LANDMARKS



EXCLUSIVE NIKE GIFT PACK



COACHING REVIEW + CERTIFICATE





# COACHING

# 360° BASKETBALL

The coaching team create a training environment that motivates and inspires players to reach their full potential. Working on a 1:8 ratio, coaches challenge players on all aspects of their game in daily training sessions focusing on offensive and defensive technical skills, 5v5 game situations and athlete development.

# RAISE YOUR GAME

The programme, designed by former professional player Eric Boateng, has energy and intensity at its core. With sessions designed to match age and ability, players are challenged to improve and take their game to the next level.

# **ON COURT**



**OFFENCE** 



**DEFENCE** 



**TECHNICAL SKILLS** 



**TEAM TACTICS** 



**SCRIMMAGING** 



# COACHING PROGRAMES

OXFORD

RADLEY COLLEGE BRADFIELD

LONDON

COLLEGE

SURREY SPORTS PARK







# **DEVELOPMENT CAMP**

**AGES 10-13, RADLEY COLLEGE** 

The coaching team creates a high-energy and fun training environment on court, with a focus on improving fundamental skills and technique. Players are grouped by age and ability. Development supported through drills focusing on ball-handling, dribbling, shooting, defending and teamwork. Every Friday, players put their skills to the test in a weekly tournament.

# **ADVANCED CAMP**

**AGES 13-17, BRADFIELD COLLEGE** 

High-intensity training is tailored to the individual level, with coaches challenging players to improve on-court performance. Pro-style drills covering offensive and defensive technical skills and 5v5 game scenarios give an insight into life as an elite player, encouraging all-round athlete development. A weekly tournament gives players the chance to perform under pressure, competing to be crowned champions.

# PERFORMANCE CAMP

**AGES 15-17, SURREY SPORTS PARK** 

This smaller programme set within a university campus is designed to give players a greater tactical understanding of the game and an insight into how to improve individual performance. Coaches share their experiences of the professional game, giving players an understanding of what it takes to make the step up. With a focus on detailed technical drills and position-specific training, players are challenged to elevate their performance.



# MEET THE BASKETBALL DIRECTOR







# ERIC BOATENG

Eric has enjoyed a basketball career that has seen him play at the highest level of the US college system, experience the NBA, play in professional leagues across the world and become a British Olympian.

After moving to the US at the age of 16, Eric earned national recognition during his time at high school before gaining a scholarship to play NCAA Division I college basketball. After taking part in the NBA draft of 2010 and having preseason spells at the New York Knicks, Denver Nuggets and the LA Lakers, Eric played professionally in the second tier of the NBA and in professional leagues in Greece, Germany, Argentina and France. Eric was also a regular in the British basketball team after making his international debut at the age of 21 and represented Team GB at his home Olympics in London in 2012.

Eric trains, oversees and supports the head coach at each venue, bringing his extensive knowledge of the pro game to the camp.

HE LOVED THE NIENSITY. ISAGREAT NURONMENT THAT WAS FOCUSED ON LOYING THE GAME. MORKING HARDAND MEETING NEW PEOPLE.





# ENGLISH TEACHING

## WHAT TO EXPECT

Classes focus on sport, harnessing students' passion for the subject to promote language learning in a fun and interactive environment. Using the CLIL (Content and Language Integrated Learning) model of English, qualified teachers infuse language learning into lively and active classes where sports-based projects, discussions and activities take centre stage.

Teachers guide students to improve their verbal communication skills while discussing legendary players, interviewing coaches, or writing and speaking their own match commentary. Learning is supported by English teachers living on-site and English is spoken at all times throughout the camp, creating an immersive learning environment.

## **HOW IT WORKS**

Students are grouped into classes based on a combination of age and ability. They complete a short online assessment before the camp starts and then speak with a teacher on arrival to ensure they are correctly placed for their level. At the end of the camp, each player receives a written report and advice on how to continue their learning at home.

## WHAT'S INCLUDED



UP TO 13 HOURS OF ENGLISH LESSONS PER WEEK



1:12 TEACHER TO STUDENT RATIO (AVERAGE)



INDIVIDUAL REPORT TO TAKE HOME







# WORKSHOPS

# WHAT TO EXPECT

Players taking the Total Sport option follow a series of workshops and recovery activities throughout the camp. They are introduced to a range of topics designed to give a broader view and better understanding of athletic performance, and what it takes to succeed on and off the court. Recovery exercises, such as yoga, help players manage the workload of training twice a day.



# **WORKSHOP EXAMPLES**







## **NUTRITION**

WHY WHAT YOU EAT AND DRINK MATTERS



# DIVERSITY & INCLUSION

LEVELLING THE PLAYING FIELD AND EMBRACING DIVERSITY



# ELITE PERFORMANCE

WHAT IT TAKES TO PERFORM AT THE HIGHEST LEVEL



## YOGA

INJURY PREVENTION AND INCREASING FLEXIBILITY



## **WELLNESS**

UNDERSTANDING PHYSICAL AND MENTAL HEALTHY HABITS





# **VENUES**

Choose from three world-class venues, depending on age, dates, or the camp programme.

# RADLEY COLLEGE OXFORD

**DEVELOPMENT CAMP**AGES 10-13



# BRADFIELD COLLEGE READING

ADVANCED CAMP AGES 13-17

# SURREY SPORTS PARK PERFORMANCE CAMP



OXFORD

BRADFIELD COLLEGE

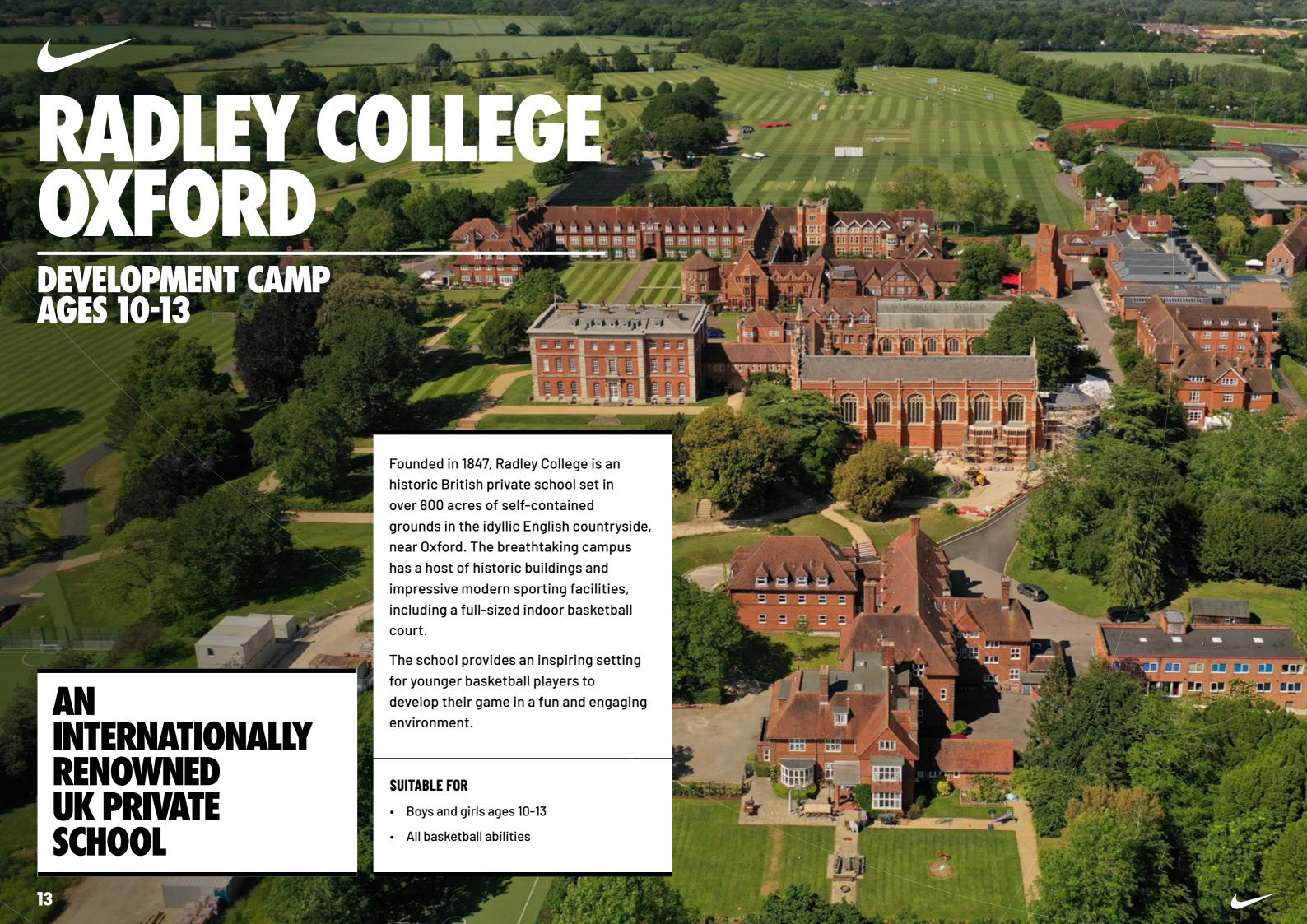
SURREY SPORTS PARK

**★** • LONDON

LHR

RADLEY COLLEGE







# RADLEY COLLEGE THE DETAILS

#### **ACCOMMODATION**

Single bedrooms with shared bathrooms

#### **TRANSFERS**

We offer an airport shuttle service from the following airports:

- London Heathrow Airport (LHR) 44 miles / 70km
- London Gatwick Airport (LGW) 77 miles / 125km

#### **EXCURSIONS**

#### **ALL CAMPS**

- Theme Park or
- Oxford Tour

#### 13-NIGHT CAMPS ONLY

• London Experience

### **FACILITIES**

- 1 full-sized in indoor basketball court
- 25m 6-lane swimming pool
- Indoor sports centre
- Players' lounge with TV, table football and games consoles
- Free Wi-Fi
- Laundry facilities
- On-site camp shop











# 2024 CAMP DATES

## 6-NIGHT CAMPS Monday - Sunday

- 08 Jul 14 Jul
- 15 Jul 21 Jul
- 22 Jul 28 Jul
- 29 Jul 04 Aug
- 05 Aug 11 Aug

- 08 Jul 21 Jul
- 15 Jul 28 Jul
- 22 Jul 04 Aug
- 29 Jul 11 Aug







# BRADFIELD COLLEGE THE DETAILS

#### **ACCOMMODATION**

Mix of single and shared bedrooms

### **TRANSFERS**

We offer an airport shuttle service from the following airports:

- London Heathrow Airport (LHR) 32 miles / 51km
- London Gatwick Airport (LGW) 60 miles / 96km

#### **EXCURSIONS**

#### **ALL CAMPS**

- Theme Park
   or
- Oxford Tour

#### 13-NIGHT CAMPS ONLY

London Experience

#### **FACILITIES**

- 2 full-sized indoor basketball courts
- · Indoor sports centre
- Strength and conditioning suite
- Players' lounge with TV, table football and games consoles
- · Free Wi-Fi
- · Laundry facilities
- · On-site camp shop













# 2024 CAMP DATES

## 6-NIGHT CAMPS Monday - Sunday

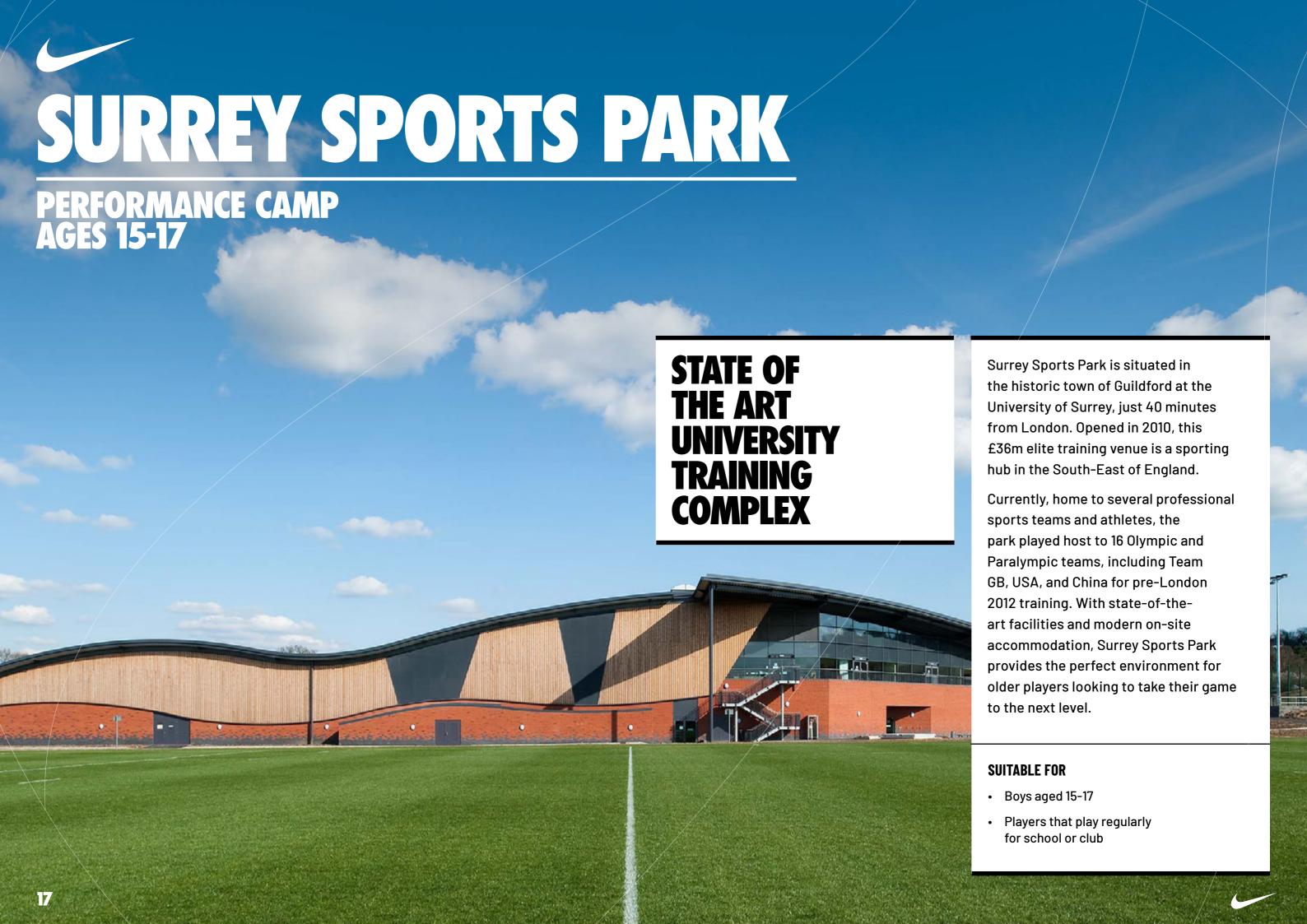
- 01 Jul 07 Jul
- 08 Jul 14 Jul
- 15 Jul 21 Jul
- 22 Jul 28 Jul
- 29 Jul 04 Aug
- 05 Aug 11 Aug
- 12 Aug 18 Aug \*

- 01 Jul 14 Jul
- 08 Jul 21 Jul
- 15 Jul 28 Jul
- 22 Jul 04 Aug
- 29 Jul 11 Aug
- 05 Aug 18 Aug \*\*

<sup>\*\*</sup> First week at Bradfield College, second week at Radley College



<sup>\*</sup> Camp takes place at Radley College





# SURREY SPORTS PARK THE DETAILS



Single bedrooms with en-suite bathrooms

### **TRANSFERS**

We offer an airport shuttle service from the following airports:

- London Heathrow Airport (LHR) 21 miles / 35km
- London Gatwick Airport (LGW) 31 miles / 50km

#### **EXCURSIONS**

#### **ALL CAMPS**

• London Experience

#### 13-NIGHT CAMPS ONLY

· Theme park

### **FACILITIES**

- 3 full-sized indoor basketball courts
- Gym + strength and conditioning area
- 50 metre Olympic standard swimming pool
- Players' lounge with TV, table football and games consoles
- Free Wi-Fi
- Laundry facilities
- On-site camp shop











# 2024 CAMP DATES

## 6-NIGHT CAMPS Monday - Sunday

- 24 Jun 30 Jun
- 01 Jul 07 Jul
- 08 Jul 14 Jul
- 15 Jul 21 Jul

- 24 Jun 07 Jul
- 01 Jul 14 Jul
- 08 Jul 21 Jul



# CAMP EXCURSIONS

All camps include exciting excursions, giving players a taste

RADLEY COLLEGE 😔 BRADFIELD COLLEGE

LONDON

• THEME PARK

SURREY SPORTS PARK







# THEME PARK

There's something for everyone at England's top theme parks. Adrenaline junkies can ride rollercoasters that go from 0-80mph in under two seconds, while those who prefer to keep their feet near the ground can enjoy smaller rides and traditional fairground activities.

# **OXFORD TOUR**

Players explore the historic city of Oxford, home to the oldest university in the English-speaking world, with magnificent architecture and academic history around every corner.

# **LONDON EXPERIENCE**

Players experience the sights of England's capital city including the famous 'Big Ben' and Buckingham Palace, rounding the day off with the chance to do some shopping.





# LIFE ON CAMP

Camp's are action-packed with sport, learning and meeting friends from around the world. Here are some useful insights about life on camp and how players are looked after.

#### **ACCOMMODATION**

Players stay in boarding houses on campus based on age group, with boys and girls in separate houses. All houses have a communal players' lounge for relaxing during downtime. Some boarding houses have single bedrooms only. Where houses have shared bedrooms, we may be able to accommodate roomshare requests.

# DIET, NUTRITION AND HYDRATION

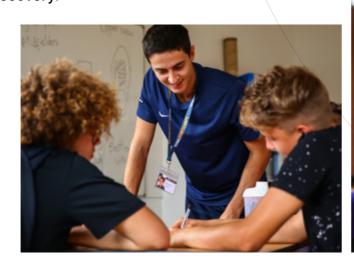
Meals are nutritionally balanced and designed for young athletes. There are a variety of options to choose from, including a vegetarian option. Welfare staff guide each player to ensure they are eating and drinking enough of the right foods during the camp. Coaches ensure players drink plenty of water during training sessions.

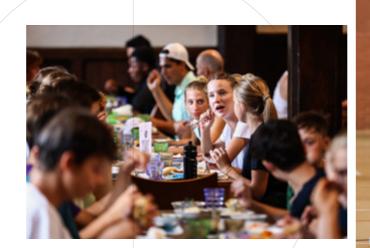
### **WELFARE STAFF**

There is a dedicated camp management and welfare team on-site all day and night.
They are trained to look after players' wellbeing and are always on hand to help, support and guide campers to reach their full potential.

#### **MEDICAL AND INJURY**

A nurse is available each day to monitor illness, medical conditions and dispensation of medication. Further support and advice is provided by an on-call private doctor. Sports therapists or physiotherapists are present during sports sessions in case of injuries and subsequently to advise on recovery.









# A TYPICAL DAY

## **MORNING**



**BREAKFAST** 



MORNING MEETING



BASKETBALL COACHING

### **AFTERNOON**



LUNCH



**ENGLISH OR WORKSHOPS** 



RECOVERY + WELLNESS

#### **EVENING**



DINNER



BASKETBALL COACHING



RELAX + LIGHTS OUT



# DATES + DETAILS



		DEVELOPMENT CAMP BOYS AND GIRLS, AGES 10-13  All basketball abilities	ADVANCED CAMP BOYS AND GIRLS, AGES 13-17 Players who play regularly	PERFORMANCE CAMP BOYS, AGES 15-17 Players who play regularly
VENUES		RADLEY COLLEGE	BRADFIELD SCHOOL	SURREY SPORTS PARK
BASKETBALL		UP TO 24 HRS OF BASKETBALL A WEEK		
Choose from either option:	TOTAL BASKETBALL	UP TO 8 HRS OF WORKSHOPS A WEEK		
	BASKETBALL + ENGLISH	UP TO 13 HRS OF ENGLISH A WEEK		
6 NIGHT CAMPS LOCATION + DATES		08 JUL - 14 JUL* 15 JUL - 21 JUL 22 JUL - 28 JUL* 29 JUL - 04 AUG 05 AUG - 11 AUG*	01 JUL - 07 JUL* † Camp takes place 08 JUL - 14 JUL at Radley College 15 JUL - 21 JUL* 22 JUL - 28 JUL 29 JUL - 04 AUG * 05 AUG - 11 AUG 12 AUG - 18 AUG *†	24 JUN - 30 JUN 01 JUL - 07 JUL 08 JUL - 14 JUL 15 JUL - 21 JUL
13 NIGHT CAMPS LOCATION + DATES		08 JUL - 21 JUL 15 JUL - 28 JUL 22 JUL - 04 AUG 29 JUL - 11 AUG	01 JUL - 14 JUL 08 JUL - 21 JUL 15 JUL - 28 JUL 22 JUL - 04 AUG 29 JUL - 11 AUG	24 JUN - 07 JUL 01 JUL - 14 JUL 08 JUL - 21 JUL
EXCURSIONS		OXFORD TOUR (Weeks with *) THEME PARK (Weeks without *) LONDON EXPERIENCE (13-night camps only)	OXFORD TOUR (Weeks with *) THEME PARK (Weeks without *) LONDON EXPERIENCE (13-night camps only)	LONDON EXPERIENCE THEME PARK (13-night camps only)









# CAMP OPTIONS

Choose from either **TOTAL TENNIS** or **TENNIS + ENGLISH**. Both options are available as a 6- or 13-night camp.

**OPTION 1** 

# TOTAL TENNIS

- Up to 24 hours a week of tennis coaching and match play
- Up to 8 hours a week of sports-related workshops
- Suitable for all English language abilities except beginners

**OPTION 2** 

# TENNIS + ENGLISH

- Up to 24 hours a week of tennis coaching and match play
- Up to 13 hours a week of English Language lessons using an accelerated model of English learning
- Suitable for all English language abilities



# **ALL CAMPS INCLUDE**



PRO TENNIS COACHING





SUPPORT STAFF

**3 NUTRITIONALLY** 

**BALANCED MEALS A DAY** 



ON-SITE ACCOMMODATION



EXCLUSIVE NIKE GIFT PACK



EXCURSIONS TO CITIES + LANDMARKS



COACHING REVIEW + CERTIFICATE

# COACHING

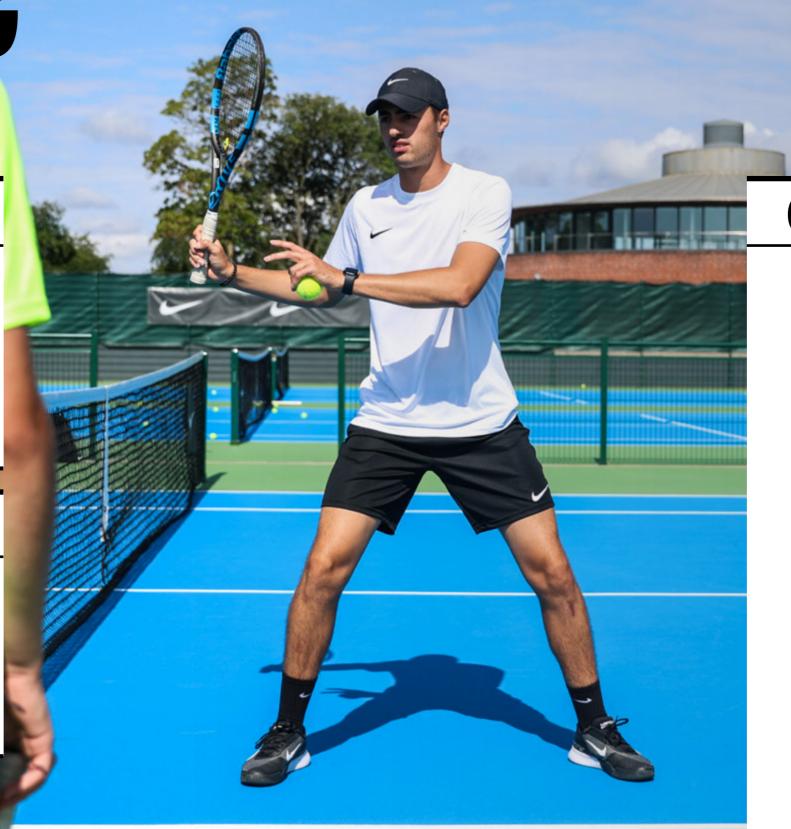
# **360° TENNIS**

Players are assessed and grouped by ability. Each group's programme is customised to maximise individual skill progression.

Working on a maximum 1:6 ratio, coaches use demonstration, practice and detailed feedback to provide players with insight into their technique and how to improve.

# **RAISE YOUR GAME**

Advanced players are challenged technically, tactically and physically while developing players learn to master grip, spin, movement, and consistency. Alongside short-set matches and challenges, fitness and conditioning drills are used to improve footwork, balance and speed.



# **ON COURT**



**TACTICS** 



**TECHNIQUE** 



**FITNESS** 



**MOVEMENT** 



**MATCH PLAY** 

# MEET THE TENNIS DIRECTORS

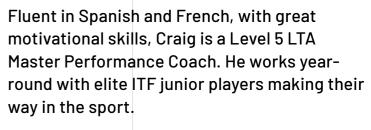




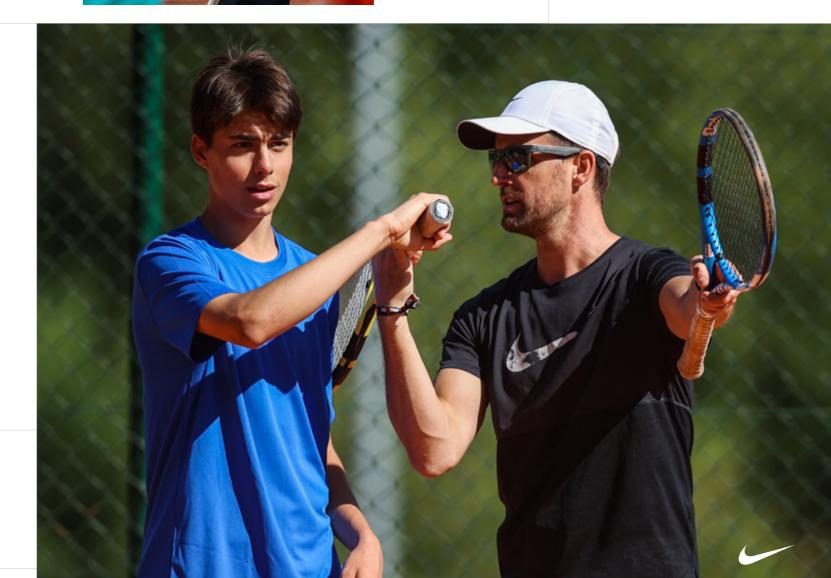
Gill has directed Nike Tennis Camps in the UK for 11 years. He is a multi-lingual former ATP Tour player and highly qualified performance coach with experience of working with players of all ages and abilities in Europe and the US.

He is a USPTA Qualified Professional, a PTR France Qualified Instructor, and a Level 4 LTA Performance coach.

# CRAIG WALKER



He has a particular interest in helping players to develop a strong and winning mentality in parallel with their technical ability.







# ENGLISH TEACHING

## WHAT TO EXPECT

Classes focus on sport, harnessing students' passion for the subject to promote language learning in a fun and interactive environment. Using the CLIL (Content and Language Integrated Learning) model of English, qualified teachers infuse language learning into lively and active classes where sports-based projects, discussions and activities take centre stage.

Teachers guide students to improve their verbal communication skills while discussing legendary players, interviewing coaches, or writing and speaking their own match commentary. Learning is supported by English teachers living on-site and English is spoken at all times throughout the camp, creating an immersive learning environment.

## **HOW IT WORKS**

Students are grouped into classes based on a combination of age and ability. They complete a short online assessment before the camp starts and then speak with a teacher on arrival to ensure they are correctly placed for their level. At the end of the camp, each player receives a written report and advice on how to continue their learning at home.

## **WHAT'S INCLUDED**



UP TO 13 HOURS OF ENGLISH LESSONS PER WEEK



1:12 TEACHER TO STUDENT RATIO (AVERAGE)



INDIVIDUAL REPORT TO TAKE HOME





# WORKSHOPS

# WHAT TO EXPECT

Players taking the Total Sport option follow a series of workshops and recovery activities throughout the camp. They are introduced to a range of topics designed to give a broader view and better understanding of athletic performance, and what it takes to succeed on and off the court. Recovery exercises, such as yoga, help players manage the workload of training twice a day.



# **WORKSHOP EXAMPLES**







# **NUTRITION**

WHY WHAT YOU EAT AND DRINK MATTERS



# DIVERSITY & INCLUSION

LEVELLING THE PLAYING FIELD AND EMBRACING DIVERSITY



## ELITE PERFORMANCE

WHAT IT TAKES TO PERFORM AT THE HIGHEST LEVEL



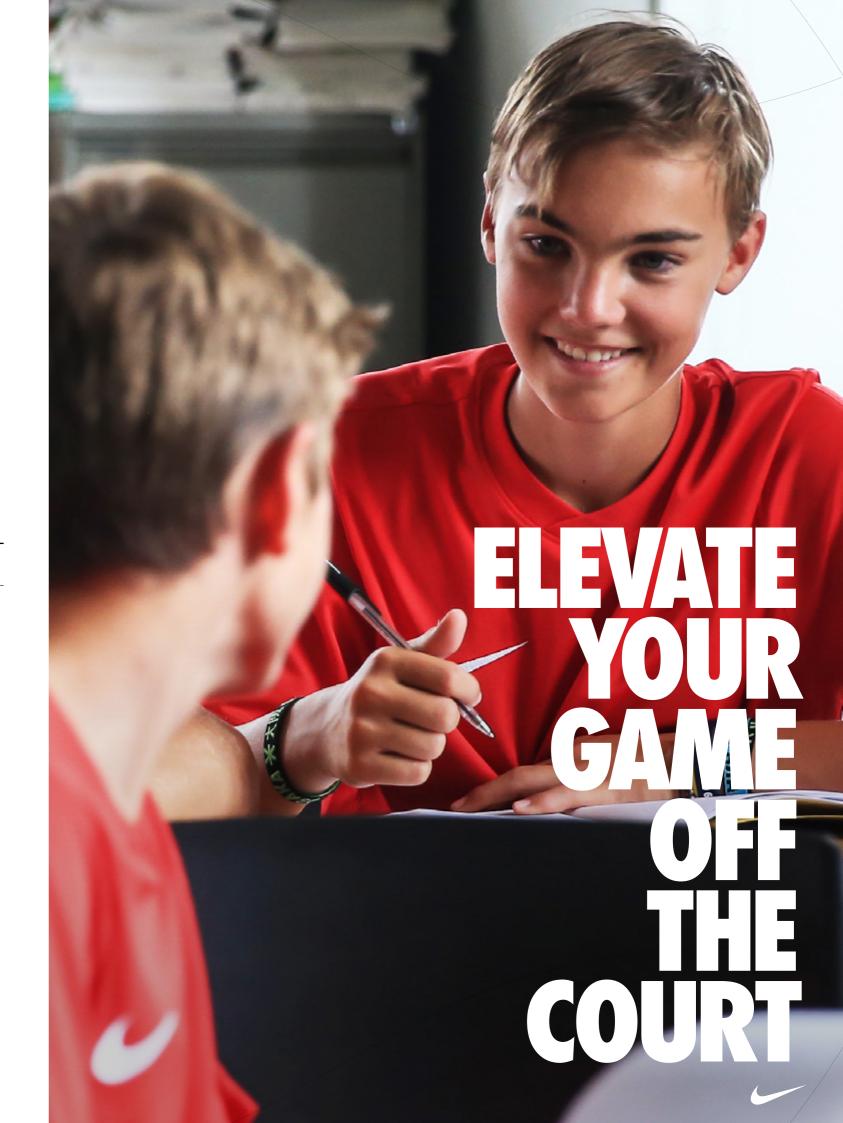
## YOGA

INJURY PREVENTION AND INCREASING FLEXIBILITY



## **WELLNESS**

UNDERSTANDING PHYSICAL AND MENTAL HEALTHY HABITS



# ME CREATE A TEAM ATMOSPHERE ON-THE CAMPINITH A BALANCE OF HARD WORK. FUNAND FRENDY COMPETION

- GILL LEMORE, TENNIS DIRECTOR

# VENUES

Choose from two world-class camp venues, depending on dates and ability.

# RADLEY COLLEGE OXFORD

OXFORD RADLEY HEATHROW AIRPORT (LHR) **GATWICK AIRPORT (LGW** 

**DEVELOPING + ADVANCED PLAYERS** 



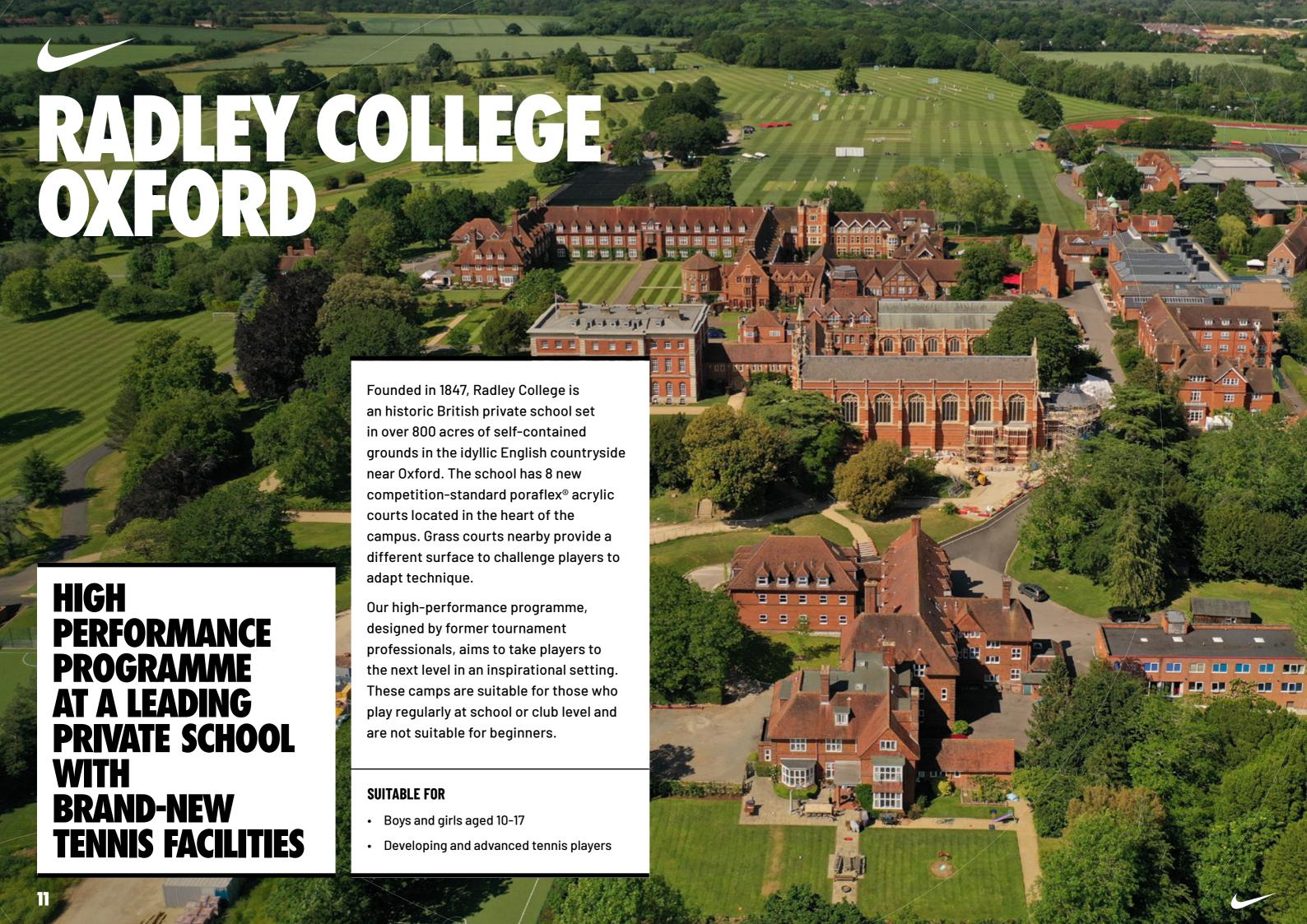


# BRADFIELD COLLEGE

**ALL TENNIS ABILITIES** 

BRADFIELD COLLEGE • LONDON HEATHROW AIRPORT (LHR **GATWICK AIRPORT (LGW** 







# RADLEY COLLEGE THE DETAILS

## **ACCOMMODATION**

Single bedrooms with shared bathrooms

#### **TRANSFERS**

We offer an airport shuttle service from the following airports:

- London Heathrow Airport (LHR) 44 miles / 70km
- London Gatwick Airport (LGW) 77 miles / 125km

#### **EXCURSIONS**

#### **ALL CAMPS**

- Theme Park or
- Oxford Tour

#### 13-NIGHT CAMPS ONLY

• London Experience

#### **FACILITIES**

- 8 poraflex acrylic courts
- Indoor courts nearby
- Grass courts nearby
- Players' lounge with TV, table football and games consoles
- · Free Wi-Fi
- · Laundry facilities
- · On-site camp shop











# 2024 CAMP DATES

## 6-NIGHT CAMPS MONDAY - SUNDAY

- 08 Jul 14 Jul
- 15 Jul 21 Jul
- 22 Jul 28 Jul
- 29 Jul 04 Aug
- 05 Aug 11 Aug
- 12 Aug 18 Aug

- 08 Jul 21 Jul
- 15 Jul 28 Jul
- 22 Jul 04 Aug
- 29 Jul 11 Aug
- 05 Aug 18 Aug







# BRADFIELD COLLEGE THE DETAILS

#### **ACCOMMODATION**

Mix of single and shared bedrooms

#### **TRANSFERS**

We offer an airport shuttle service from the following airports:

- London Heathrow Airport (LHR) 32 miles / 51km
- London Gatwick Airport (LGW) 60 miles / 96km

#### **EXCURSIONS**

#### **ALL CAMPS**

- Theme Park or
- Oxford Tour

#### 13-NIGHT CAMPS ONLY

• London Experience

#### **FACILITIES**

- 6 outdoor clay courts
- 6 outdoor hard courts
- 3 indoor Plexipave acrylic courts
- Players' lounge with TV, table football and games consoles
- · Free Wi-Fi
- · Laundry facilities
- On-site camp shop











# 2024 CAMP DATES

## 6-NIGHT CAMPS Monday - Sunday

- 01 Jul 07 Jul
- 08 Jul 14 Jul
- 15 Jul 21 Jul
- 22 Jul 28 Jul
- 29 Jul 04 Aug
- 05 Aug 11 Aug

- 01 Jul 14 Jul
- 08 Jul 21 Jul
- 15 Jul 28 Jul
- 22 Jul 04 Aug
- 29 Jul 11 Aug



MYSON CAME HOME FROM CAMP THE TENNISIS GREAT, CAMPATMOSPHERE SEVENBETTER

- PARENT, NIKE TENNIS CAMP 2023

# **CAMP EXCURSIONS**

All camps include exciting excursions, giving players a taste of some of the UK's top attractions.

• OXFORD

RADLEY COLLEGE

LONDON

BRADFIELD • THEME PARK COLLEGE







### THEME PARK

### **EVERY OTHER WEEK**

There's something for everyone at England's top theme parks. Adrenaline junkies can ride rollercoasters that go from 0-80mph in under two seconds, while those who prefer to keep their feet near the ground can enjoy smaller rides and traditional fairground activities.

### **OXFORD TOUR**

### **EVERY OTHER WEEK**

Players explore the historic city of Oxford, home to the oldest university in the English-speaking world, with magnificent architecture and academic history around every corner.

### **LONDON EXPERIENCE**

### 13-NIGHT CAMPS ONLY

Players experience the sights of England's capital city including the famous 'Big Ben' and Buckingham Palace, rounding the day off with the chance to do some shopping.





### LIFE ON CAMP

Camps are action-packed with sport, learning and meeting friends from around the world. Here are some useful insights about life on camp and how players are looked after.

### **ACCOMMODATION**

Players stay in boarding houses on campus based on age group, with boys and girls in separate houses. All houses have a communal players' lounge for relaxing during downtime. Some boarding houses have single bedrooms only. Where houses have shared bedrooms, we may be able to accommodate roomshare requests.

### DIET, NUTRITION AND HYDRATION

Meals are nutritionally balanced and designed for young athletes. There are a variety of options to choose from, including a vegetarian option. Welfare staff guide each player to ensure they are eating and drinking enough of the right foods during the camp. Coaches ensure players drink plenty of water during training sessions.

### **WELFARE STAFF**

There is a dedicated camp management and welfare team on-site all day and night.
They are trained to look after players' wellbeing and are always on hand to help, support and guide campers to reach their full potential.

### **MEDICAL AND INJURY**

A nurse is available each day to monitor illness, medical conditions and dispensation of medication. Further support and advice is provided by an on-call private doctor. Sports therapists or physiotherapists are present during sports sessions in case of injuries and subsequently to advise on recovery.











### A TYPICAL DAY

### **MORNING**



**BREAKFAST** 



**MORNING MEETING** 



**TENNIS COACHING** 

### **AFTERNOON**



) LUNCH



**ENGLISH OR WORKSHOPS** 



RECOVERY + WELLNESS

### **EVENING**



DINNER



TENNIS COACHING



RELAX + LIGHTS OUT





### CAMPS AT RADLEY COLLEGE

### **AVAILABLE CAMP OPTIONS**

### **TOTAL TENNIS**

- Up to 24 hrs of tennis a week
- Up to 8 hrs of workshops a week

### TENNIS+ENGLISH

- Up to 24 hrs of tennis a week
- Up to 13 hrs of English a week

### **DESIGNED FOR**

- · Developing + advanced players
- Boys and girls aged 10-17

### **EXCURSIONS**

- Oxford Tour (weeks with\*)
- Theme Park (weeks without\*)
- London Experience (13-night camps only)

### **6-NIGHT CAMPS MONDAY - SUNDAY**

- 08 Jul 14 Jul\*
- 15 Jul 21 Jul
- 22 Jul 28 Jul\*
- 29 Jul 04 Aug
- 05 Aug 11 Aug\*
- 12 Aug 18 Aug

### 13-NIGHT CAMPS MONDAY - SUNDAY

- 08 Jul 21 Jul
- 15 Jul 28 Jul
- 22 Jul 04 Aug
- 29 Jul 11 Aug
- 05 Aug 18 Aug

### CAMPS AT BRADFIELD COLLEGE

### **AVAILABLE CAMP OPTIONS**

### **TOTAL TENNIS**

- Up to 24 hrs of tennis a week
- Up to 8 hrs of workshops a week

### **TENNIS+ENGLISH**

- Up to 24 hrs of tennis a week
- Up to 13 hrs of English a week

### **DESIGNED FOR**

- · All abilities
- Boys and girls aged 10-17

### **EXCURSIONS**

- Oxford Tour (weeks with\*)
- Theme Park (weeks without\*)
- London Experience (13-night camps only)

### **6-NIGHT CAMPS** MONDAY - SUNDAY

- 01 Jul 07 Jul\*
- 08 Jul 14 Jul
- 15 Jul 21 Jul\*
- 22 Jul 28 Jul
- 29 Jul 04 Aug\*
- 05 Aug 11 Aug

### 13-NIGHT CAMPS MONDAY - SUNDAY

- 01 Jul 14 Jul
- 08 Jul 21 Jul
- / 15 Jul 28 Jul
- 22 Jul 04 Aug
- 29 Jul 11 Aug







# LEARN. TRAIN. PLAY.

Residential 1- or 2-week camps in July and August for boys and girls aged 10-17, run by former professionals at two leading schools in England.

The unique coaching programme is designed and led by former Australian player and international coach Todd Williams. Players can choose to focus entirely on developing their game on and off the pitch with the Total Hockey option or improve their English language skills alongside their hockey with the Hockey + English option.

Camps include an action-packed schedule and a diverse mix of nationalities, ensuring young players maximise their learning and gain a valuable cultural experience. Players leave with new skills, confidence and friends from around the globe.



### CAMP OPTIONS

Choose from either **TOTAL HOCKEY** or **HOCKEY + ENGLISH**. Both options are available as a 6- or 13-night camp.

**OPTION 1** 

### TOTAL HOCKEY

- Up to 24 hours a week of hockey coaching and game play
- Up to 8 hours a week of sports-related workshops
- Suitable for all English language abilities except beginners

**OPTION 2** 

### **HOCKEY + ENGLISH**

- Up to 24 hours a week of hockey coaching a nd game play
- Up to 13 hours a week of English Language lessons using an accelerated model of English learning
- Suitable for all English language abilities

### **ALL CAMPS INCLUDE**



PRO HOCKEY COACHING



SPORTS WORKSHOPS OR ENGLISH LESSONS



SUPPORT STAFF



3 NUTRITIONALLY BALANCED MEALS A DAY







### THE COACHING

### **360° HOCKEY**

The coaching team combines recent and current international players and elite-level coaches. They create a high-intensity and fun training environment that motivates and inspires. Players are challenged on all aspects of their game in two daily training sessions focusing on a variety of technical and 3D skills, matchplay situations and athlete development.

### **RAISE YOUR GAME**

Coaches share their own experiences about what it takes to raise your game to the highest level. They equip players with a better understanding of the game and how to continue to progress at home. Fitness and conditioning drills are used to improve footwork, balance and speed.





**TECHNIQUE** 



**SKILL DEVELOPMENT** 



**FITNESS** 



**TACTICS** 



**MATCH PLAY** 

### MEET THE HOCKEY DIRECTOR









Todd is a former Australian international hockey player. Since moving to the UK, he's forged an extremely successful coaching career with Oxford Hawks HC, Hampstead & Westminster HC, Slough Ladies and Surbiton HC. He has also worked on an international level with France, Ireland, and most recently with Great Britain's women's team.

His coaching philosophy is based on improving players in order to make better teams. No matter what their level or age may be, he is able to give players a clear picture of how to progress.

### **TRAIN LIKE A PRO**

An international player will join Todd each week to teach a coaching masterclass and inspire young players. Through this masterclass, players gain a new perspective on the skills and mindset they need to master to compete at the highest level.





### PLAYERS LEARNING GAING CONFIDENC AND BEING BRAVE RISISONTHEBA

- TODD WILLIAMS, HOCKEY DIRECTOR



### ENGLISH TEACHING

### WHAT TO EXPECT

Classes focus on sport, harnessing students' passion for the subject to promote language learning in a fun and interactive environment. Using the CLIL (Content and Language Integrated Learning) model of English, qualified teachers infuse language learning into lively and active classes where sports-based projects, discussions and activities take centre stage.

Teachers guide students to improve their verbal communication skills while discussing legendary players, interviewing coaches, or writing and speaking their own match commentary. Learning is supported by English teachers living on-site and English is spoken at all times throughout the camp, creating an immersive learning environment.

### **HOW IT WORKS**

Students are grouped into classes based on a combination of age and ability. They complete a short online assessment before the camp starts and then speak with a teacher on arrival to ensure they are correctly placed for their level. At the end of the camp, each player receives a written report and advice on how to continue their learning at home.

### WHAT'S INCLUDED



UP TO 13 HOURS OF ENGLISH LESSONS PER WEEK



1:12 TEACHER TO STUDENT RATIO (AVERAGE)



INDIVIDUAL REPORT TO TAKE HOME





### WORKSHOPS

### WHAT TO EXPECT

Players taking the Total Sport option follow a series of workshops and recovery activities throughout the camp. They are introduced to a range of topics designed to give a broader view and better understanding of athletic performance, and what it takes to succeed on and off the pitch. Recovery exercises, such as yoga, help players manage the workload of training twice a day.



### **WORKSHOP EXAMPLES**







### **NUTRITION**

WHY WHAT YOU EAT AND DRINK MATTERS



### DIVERSITY & INCLUSION

LEVELLING THE PLAYING FIELD AND EMBRACING DIVERSITY



### ELITE PERFORMANCE

WHAT IT TAKES TO PERFORM AT THE HIGHEST LEVEL



### YOGA

INJURY PREVENTION AND INCREASING FLEXIBILITY



### **WELLNESS**

UNDERSTANDING PHYSICAL AND MENTAL HEALTHY HABITS





### THE VENUES

Choose from two world-class camp venues, depending on dates.

### BRADFIELD COLLEGE READING

1 JULY - 7 JULY 2024

BRADFIELD
COLLEGE

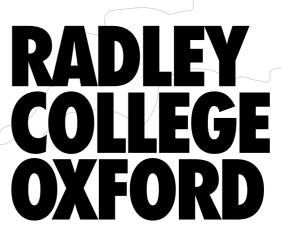
LONDON

HEATHROW AIRPORT (LHR)

GATWICK AIRPORT (LGW)







8 JULY - 18 AUGUST 2024

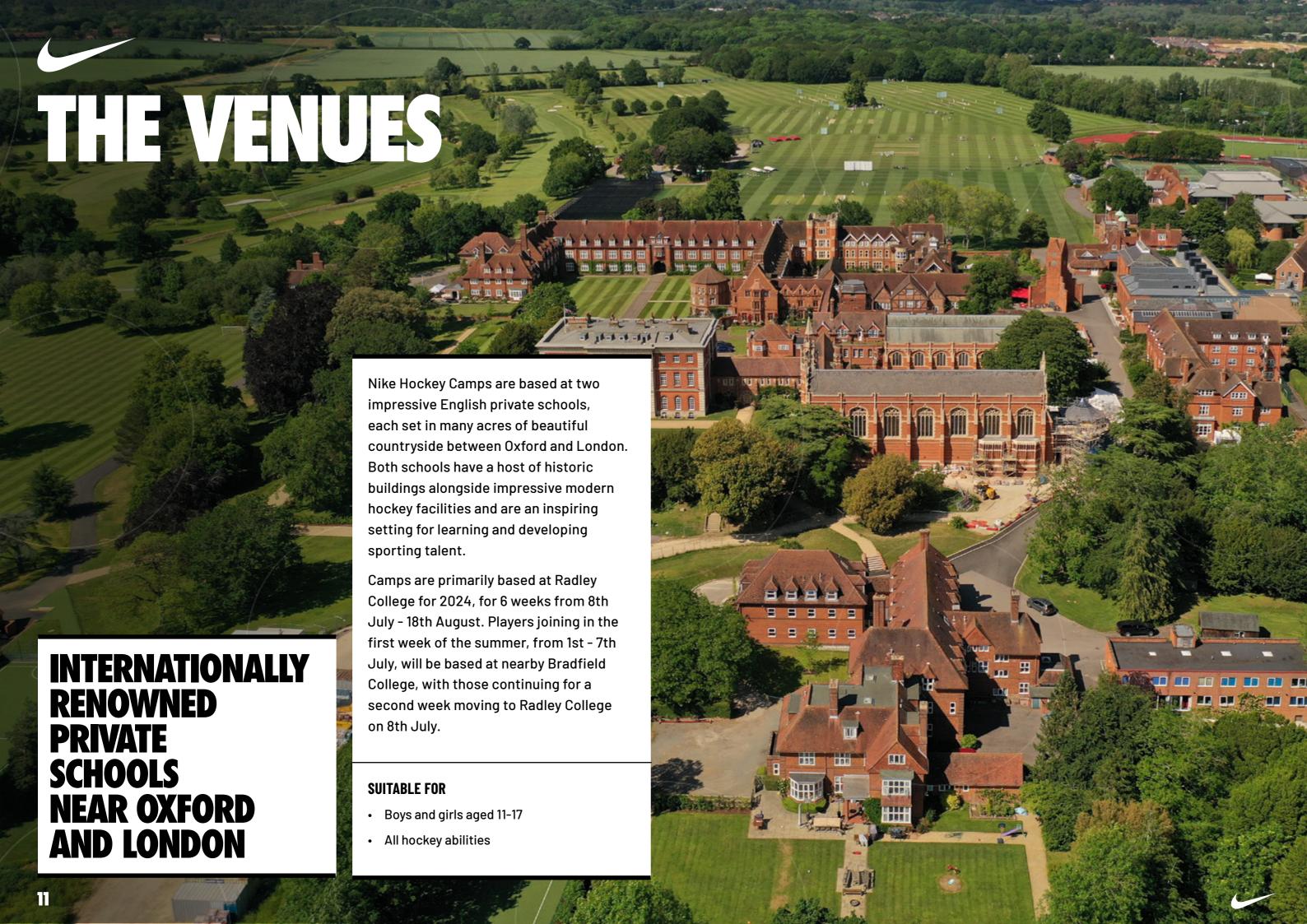


RADLEY COLLEGE

• LONDON

HEATHROW AIRPORT (LHR)

GATWICK AIRPORT (LGW





### THE VENUES DETAILS

### **ACCOMMODATION**

### **BRADFIELD**

Mix of single and shared bedrooms

### **RADLEY**

Mostly single rooms with shared bathrooms

### **TRANSFERS**

We offer an airport shuttle service from the following airports:

### **BRADFIELD**

- London Heathrow Airport (LHR) 32 miles / 51km
- London Gatwick Airport (LGW) 60 miles / 96km

### **RADLEY**

- London Heathrow Airport (LHR) 44 miles / 70km
- London Gatwick Airport (LGW) 77 miles / 125km

### **FACILITIES**

- Hybrid Astro hockey pitches
- Tartan athletics track
- Indoor sports centre
- Players' lounge with TV, table football and games consoles
- Free Wi-Fi
- Laundry facilities
- On-site camp shop

### **EXCURSIONS**

### **ALL CAMPS**

- Theme Park
- Oxford Tour

### 13-NIGHT CAMPS ONLY

London Experience











### **DATES**

### 6-NIGHT CAMPS MONDAY - SUNDAY

### **BRADFIELD**

• 01 Jul - 07 Jul \*

### **RADLEY**

- 08 Jul 14 Jul
- 15 Jul 21 Jul
- 22 Jul 28 Jul
- 29 Jul 04 Aug
- 05 Aug 11 Aug
- 12 Aug 18 Aug

### 13-NIGHT CAMPS MONDAY - SUNDAY

### **BRADFIELD** > **RADLEY**

01 Jul - 14 Jul \*\*

### **RADLEY**

- 08 Jul 21 Jul
- 15 Jul 28 Jul
- 22 Jul 04 Aug
- 29 Jul 11 Aug
- 05 Aug 18 Aug



<sup>\*\*</sup> First week at Bradfield College, second week at Radley College



<sup>\*</sup> Camp takes place at Bradfield College

MY KIDS HAD AGREATIME AT CAMP. THEY WERE COACHED BY AN OLYMPIC GOLD MEDALLST. 

- PARENT, HOCKEY CAMP 2023

## **CAMP EXCURSIONS**

All camps include exciting excursions, giving players a taste of some of the UK's top attractions.

• OXFORD

RADLEY
COLLEGE
BRADFIELD
COLLEGE

• LONDOI

THEME PARK







### THEME PARK

There's something for everyone at England's top theme parks. Adrenaline junkies can ride rollercoasters that go from 0-80mph in under two seconds, while those who prefer to keep their feet near the ground can enjoy smaller rides and traditional fairground activities.

### **OXFORD TOUR**

Players explore the historic city of Oxford, home to the oldest university in the English-speaking world, with magnificent architecture and academic history around every corner.

### **LONDON EXPERIENCE**

Players experience the sights of England's capital city including the famous 'Big Ben' and Buckingham Palace, rounding the day off with the chance to do some shopping.



### LIFE ON CAMP

Camps are action-packed with sport, learning and meeting friends from around the world. Here are some useful insights about life on camp and how players are looked after.

### **ACCOMMODATION**

Players stay in boarding houses on campus based on age group, with boys and girls in separate houses. All houses have a communal players' lounge for relaxing during downtime. Some boarding houses have single bedrooms only. Where houses have shared bedrooms, we may be able to accommodate roomshare requests.

### DIET, NUTRITION AND HYDRATION

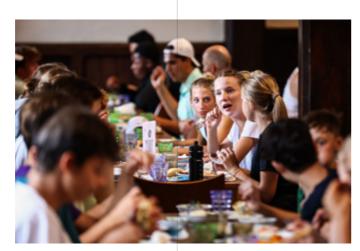
Meals are nutritionally balanced and designed for young athletes. There are a variety of options to choose from, including a vegetarian option. Welfare staff guide each player to ensure they are eating and drinking enough of the right foods during the camp. Coaches ensure players drink plenty of water during training sessions.

### **WELFARE STAFF**

There is a dedicated camp management and welfare team on-site all day and night.
They are trained to look after players' wellbeing and are always on hand to help, support and guide campers to reach their full potential.

### MEDICAL AND INJURY

A nurse is available each day to monitor illness, medical conditions and dispensation of medication. Further support and advice is provided by an on-call private doctor. Sports therapists or physiotherapists are present during sports sessions in case of injuries and subsequently to advise on recovery.











### A TYPICAL DAY

### **MORNING**



BREAKFAST



MORNING MEETING



HOCKEY COACHING

### **AFTERNOON**



) LUNCH



ENGLISH OR WORKSHOPS



RECOVERY + WELLNESS

### **EVENING**



DINNER



HOCKEY COACHING



RELAX + LIGHTS OUT







### **VENUES**

- Bradfield College, Reading
- · Radley College, Oxford

### **AVAILABLE CAMPS**

### **TOTAL HOCKEY**

- Up to 24 hrs of hockey a week
- Up to 8 hrs of workshops a week

### **HOCKEY+ENGLISH**

- Up to 24 hrs of hockey a week
- Up to 13 hrs of English a week

### **DESIGNED FOR**

- Boys and girls aged 11-17
- · All hockey abilities

### **EXCURSIONS**

- Oxford Tour (weeks with \*)
- Theme Park Experience (weeks without \*)
- London (13-night camps only)

### **BRADFIELD COLLEGE CAMP DATES**

### 6-NIGHT CAMPS MONDAY - SUNDAY

13-NIGHT CAMPS MONDAY - SUNDAY

• 01 Jul - 07 Jul \*

• 01 Jul - 14 Jul †

† First week at Bradfield College, second week at Radley College

### RADLEY COLLEGE CAMP DATES

### 6-NIGHT CAMPS Monday - Sunday

- 08 Jul 14 Jul \*
- 15 Jul 21 Jul
- 22 Jul 28 Jul \*
- 29 Jul 04 Aug
- 05 Aug 11 Aug \*
- 12 Aug 18 Aug

### 13-NIGHT CAMPS Monday - Sunday

- 08 Jul 21 Jul
- 15 Jul 28 Jul
- 22 Jul 04 Aug
- 29 Jul 11 Aug
- 05 Aug 18 Aug

