



# 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**

Classes are grouped by a combination of age and ability. Students 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



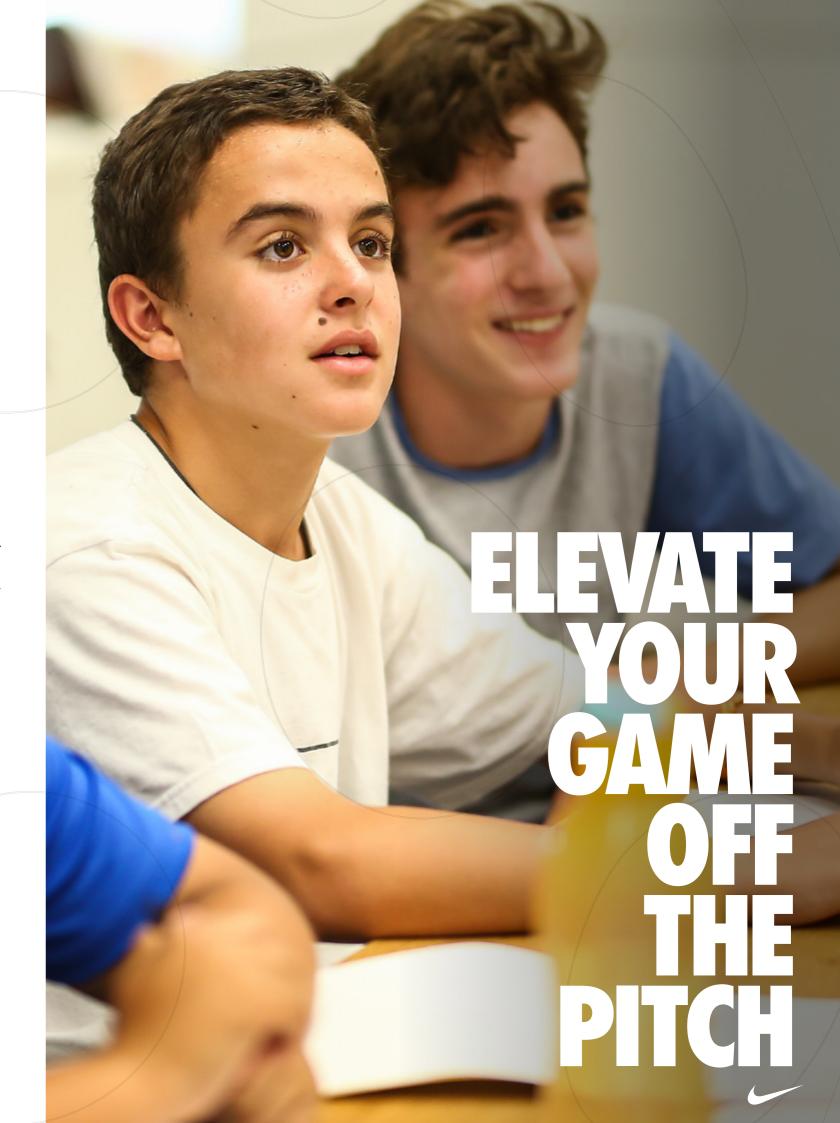
#### YOGA

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

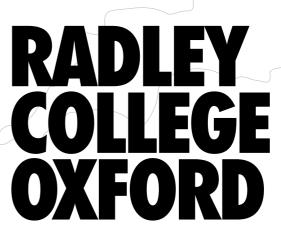
LONDON

HEATHROW AIRPORT (LHR)

GATWICK AIRPORT (LGW)







8 JULY - 18 AUGUST 2024

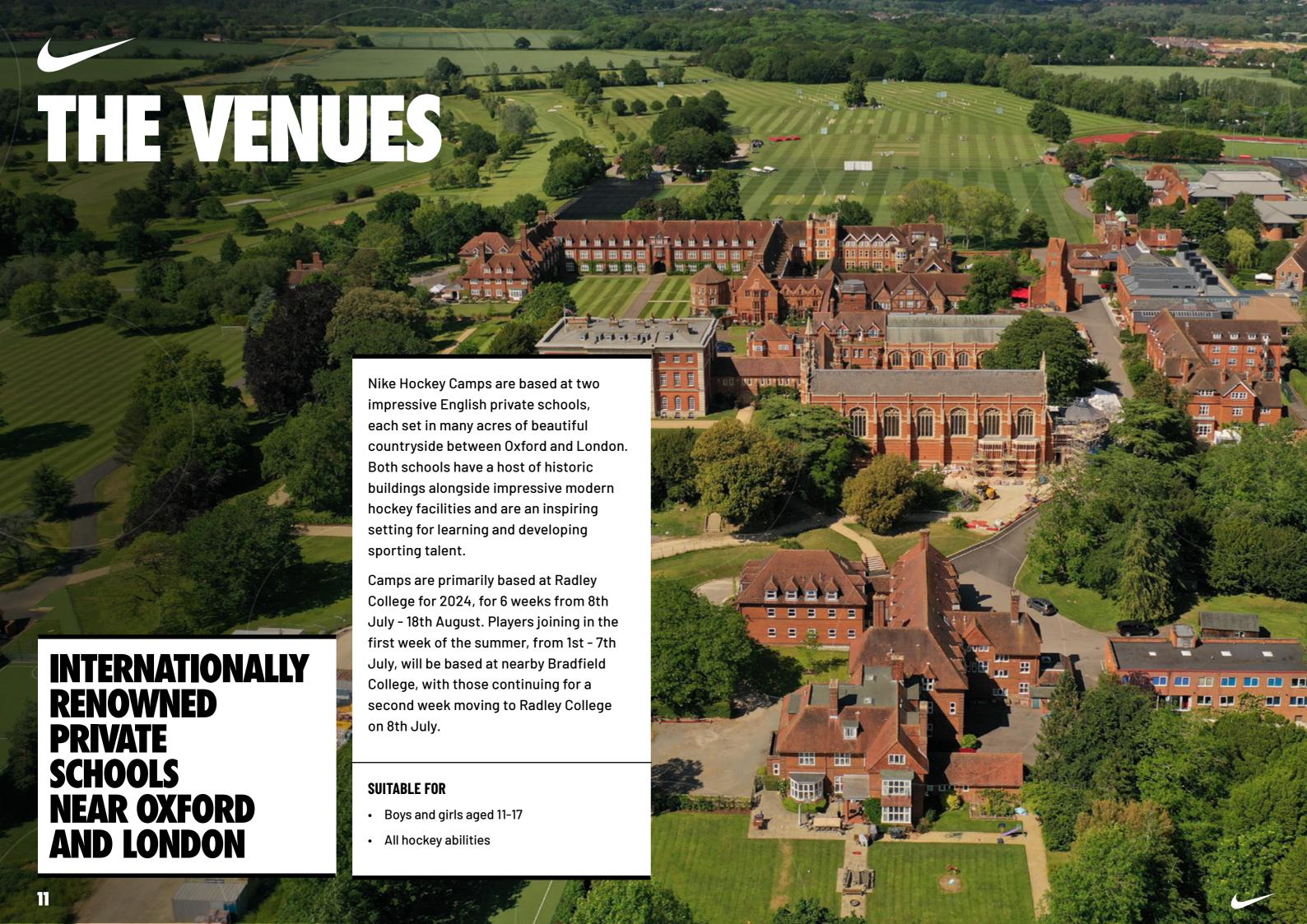


RADLEY COLLEGE

• 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

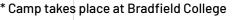
#### 13-NIGHT CAMPS MONDAY - SUNDAY

#### **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











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

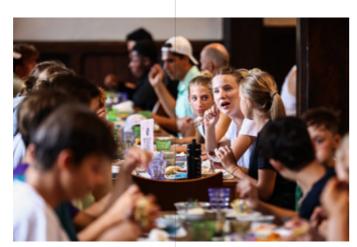
Meals are nutritionally balanced and designed for young athletes. There are a variety of options to choose from, including a vegetarian option. Welfare staff guide each player to ensure they are eating and drinking enough of the right foods during the camp. Coaches ensure players drink plenty of water 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
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- 29 Jul 11 Aug
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