

STAMFORD SPORTS CAMP

PARENT'S GUIDE

STAMFORD



SPORTS CAMP

COME AND JOIN US FOR A FUN PACKED WEEK
OF 16 SPORTS AND ACTIVITIES.



EARLY DROP OFF
& LATE PICK UP
AVAILABLE FOR A
SMALL ADDITIONAL FEE

9.00am-4.00pm
EVERYDAY
AGES 8-15



Stamford
Endowed
Schools

Welcome

Stamford Sports Camp is now a regular School Holiday initiative, aimed at giving children in Stamford and the local surrounding areas, aged between 8–15, a chance to take part in a fun filled week-long camp full of different sports and activities based at the Stamford Endowed Schools (Boys School).

This is a multi-activity sports camp that guarantees a child to participate in up to four different sports/activities each day. The camp will be run by fully qualified sports coaches and affiliated Sports Clubs.

The aims of the Stamford Sports camp are:

- 1) Give parents knowledge and confidence that your child/children will have an action packed fun filled week.
- 2) Week of physical activity and enjoyment both inside and outside.
- 3) To not only provide provision from 9am to 4pm but the camp is offering both early drop off club (8–9am) and late pick up club (4–530pm).
- 4) Provide children with new skills and knowledge of sports they may have never have participated in.
- 5) To engage children in individual and group type activities which making new friends is a given.
- 6) To provide the children with fully qualified and DBS checked staff, who are highly experienced in their fields of expertise.
- 7) Specialist sports tuition from some of our local and regional clubs who we are delighted that have signed up to take part in the inaugural Stamford Sports Camp.
- 8) Fully integrated wrap around care with not only sports coaches but also a Camp Coordinator and leisure assistants providing the staff for the week.
- 9) Healthy snacks and lunches provided
- 10) State of the art facilities both inside and outside (weather permitting of course)

Dates & Times

Please see website for dates for the next Stamford Sports Camp.

Camp registration is a prompt 9am each day, for a 9:15am first activity start.

Parking for Arrival and Collection

Parking is very limited at the SES Sports Centre so we kindly ask all parents/guardians to park at either the RLC car park (off East Street) or the LMS car Park (off St Paul's Street). Both of which are very short walks to and from the Sports Hall. Please see map on the next page.

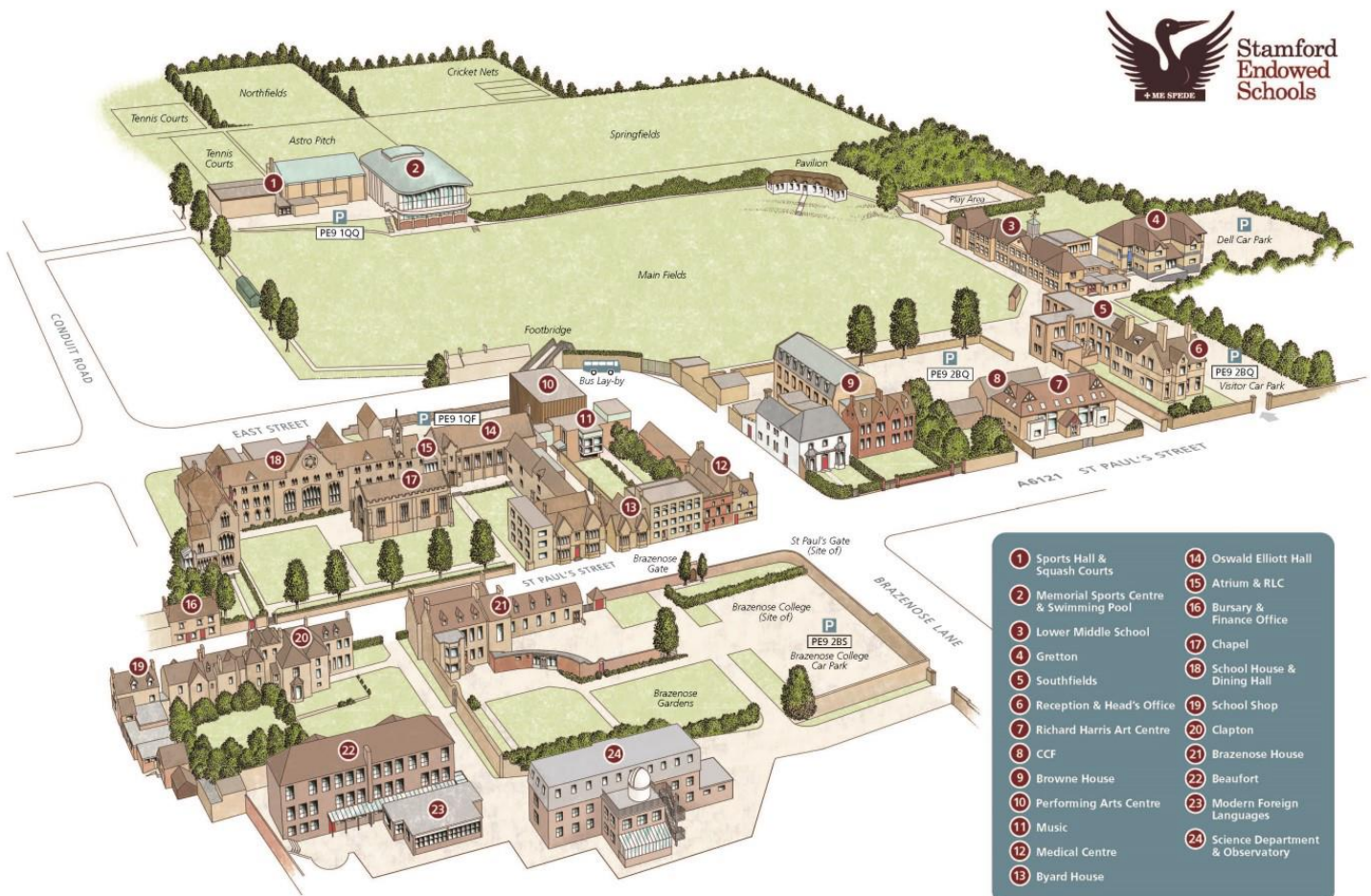
Early & Late Care Service

'Early Bird' Club – for parents who need to be at work earlier.
0800-0900*

'Late Pick Up' Club – for parents who cannot pick up children their children at 4pm.
1600-1730*

*Please note there is an additional charge for these care services. Please see Camp fees.

Stamford School Map



What will my child be doing over the course of the week?

The Stamford Sports Camp will be providing an action packed week of sporting activities, guaranteeing that there will be some sports that your child/children will have never had the chance to have a go out.

With registration at 9am each morning, the camp will run from 9.15am to 4.00pm and which will include four different sports/activities each day, as well as a 45-minute lunch break where pack lunches will be provided, as well as 2 x 30 minute refreshment breaks. A breakdown of the day is as follows:

Session times:

900am	Registration
0915-1030	Session 1
1030-1100	Refreshment 1
1100-1215	Session 2
1215-1300	Lunch
1300-1415	Session 3
1415-1445	Refreshment 2
1445-1600	Session 4

How will the week of the camp be organised?

The Stamford Sports Camp is aimed at children between the age of 8 and 15. Please see terms and conditions that state that a child must be at least 8 on the first day of the course and no later as under 8's are not permitted in the swimming pool without an adult.

The children will be split into four age groups, these will be:

- 1) 8-9's
- 2) 10-11's
- 3) 12-13's
- 4) 14-15's

It is recommended that the children be grouped according to age; this is for a number of reasons such as adapting the activities to be age-specific, differing levels of sporting ability and friends in School etc.

However, we will allow a child to be booked into the age group above or below that of your child if they have a friend and/or sibling that is very slightly younger or older. Failure to notify the Camp bookings team at the time of booking may result in not being permitted at a later stage.

For example: if your child is 10 years old they could in theory be booked into the 8-9 group but not the 12-13 group.

Timetable of Events

Please see the set Timetable of Events for the next Sports Camp. This can be found on the website www.stamfordsportscamp.co.uk. Each age group will move around the four zones throughout the course of the day (two sports in the morning and two sports in the afternoon).

The many different activities that your child will experience

As stated, each activity will be run by qualified coaches, and additional camp staff to assist the coaches. It is understandable that some children will like some sports/activities more than others will. It is also natural that children will have differing levels of ability, this will be taken into account and the sessions will be planned accordingly. We ask that all children give each activity a go; they will be designed to be fun and interactive as possible. The Stamford Sports Camp will provide all necessary safety equipment. Please refer to the Stamford Sports Camp website www.stamfordsportscamp.co.uk for a more detailed explanation of what each activity entails as well as information about the coach and/or club.

There is an outdoor activity planned each day. Obviously, this is weather dependent, so we please ask that parents plan for all eventualities. If the weather is forecast for rain, we have a wet weather option planned for each day.

Swimming

You will see from the 'Timetable of Events' that your child will be in the pool at least once during every day of the camp. Please make sure that your children come to the camp each day with their swimming kit, we cannot guarantee having any spares should you or your child forget to pack it!

There is a minimum age of 8 years to be in the pool unaccompanied by an adult, which is why we have set the minimum age of the camp to 8 years. The Stamford Sports Camp also is to assume that if booking your child on the camp, they can swim at LEAST 25 metres. As previously stated the activities in the pool will be adapted to age and ability and all sessions in the pool will have at least two RLSS qualified lifeguards present at all times.

Scuba Diving with 'DIVE Rutland Scuba Diving School'

The Stamford Sports Camp has a partnership with DIVE RUTLAND Scuba Diving School to run extra, additional bookable sessions in the pool between the hours of 4pm to 530pm. These extra sessions are in addition to the camp fees (see Price List at the back of this guide). Please refer to the Timetable of Events to see what sessions will be running on the next Sports Camp.

Each of the three Scuba Diving sessions are limited to 15 children on each. These are booked on a first come first served basis. When bookings for the camp closes, roughly two weeks before the start of the camp, we will send everyone booked on to the dive sessions some paperwork to complete and send back.

Lunch & Refreshments

A packed lunch will be provided as part of the camp cost. The packed lunch will consist of:

- Bottle of water
- A roll/baguette with a change of filling each day (ham, cheese, beef, egg etc)
- A piece of fruit
- Small pack of biscuits
- Bag of crisps

There are also two refreshment breaks in the mid-morning and mid-afternoon. This is also included and will consist of a bottle of water, a piece of fruit and a biscuit.

As stated, lunch is provided and built in to the cost of the camp, however if you wish your child/children to eat their own packed lunches then please feel free. Please make sure that on the booking form; you select that you wish your children to bring their own food. If children are to bring their own food this must be for every day of the camp, please do not pick and choose.

If you are happy for the Stamford Sports Camp to supply your children with refreshments and snacks but they have certain dietary requirements, please state these requirements on the booking form.

We do however, actively encourage your children to bring with them their own bottle of water (clearly labelled); there are water fountains on site that enable the children to refill their water bottle. We also do have drinks vending machines on site. Please refer to **WHAT MY CHILD NEEDS TO BRING ON THE DAY.**

During Lunch and refreshment breaks your child will be with all the other children, this gives the children a chance to meet older/younger peers, a chance to chat about what they have done so far and to make new friends.

What your children will need to bring to camp each day

Here is a simple checklist for parents:

- 1) If you do not wish the Stamford Sports Camp to provide you with the INCLUDED packed lunch, please provide your children with an alternative for each day.
- 2) A water bottle – labelled
- 3) Money – this is optional, but if your children wish to purchase drinks from our vending machines, we ask that £3 is a maximum. Children are responsible for their own finances.
- 4) Sun cream – if it is a hot day we ask parents to ensure they have had their first application before arriving at the camp (if they are programmed to go outside first that day). We will of course remind and assist the children in re-applying during breaks and lunches unless you advise us otherwise.
- 5) A sun hat

- 6) Suitable clothing to play sports in. Please be prepared for clothes to get a little dirty and sweaty. We also suggest trainers for suitable footwear. Please ensure clothing is labelled.
- 7) Clothing for cooler weather. A light jacket or jumper. Children will be outside at some point each day. If rain is forecast, we do have a wet weather alternative.
- 8) Swimming kit. A costume and towel for each day. Failure to remember your swimming kit may result in non-participation for pool activities.

What your children should avoid bringing to the camp

The Stamford Sports Camp does not accept any liability for lost or stolen items during the period of the camp. Therefore, children are encouraged not to:

- 1) Bring electrical devices (although we will not take them off them). During sporting activities children who do bring any such device, will be asked to leave them in their bags.
- 2) Any more than £3 with them. Apart from vending machines, everything from refreshments to packed lunches will be provided on the camp.

Photography

We may wish to take pictures of children and staff during the course of the camp, which we can use in our marketing material in future camps.

If you DO NOT wish your children to appear in any photographs and promotional material, could you please return the slip at the bottom of the camp Photography Policy page?

Useful contact numbers and addresses

Bookings and enquiry number: 01780 750050

Email address: bookings@stamfordsportscamp.co.uk

Website address: www.stamfordsportscamp.co.uk

Postal Address: SES Sports Centre, Conduit Road, Stamford, Lincs, PE9 1QQ



Price List

Camp (9am–4pm)	£195 pp
Early Bird Club (8am–9am)	£4 per day
Late Pick–Up Club (4pm–530pm)	£5 per day
SCUBA Diving	£35 pp

(PLEASE SEE TIMETABLE OF EVENTS FOR DATES SCUBA SESSIONS ON)