



ELITE SPORTS ACADEMY

π SOCCER ACADEMY

π TENNIS ACADEMY

π DANCE ACADEMY

π GOLF ACADEMY

π BASKETBALL ACADEMY

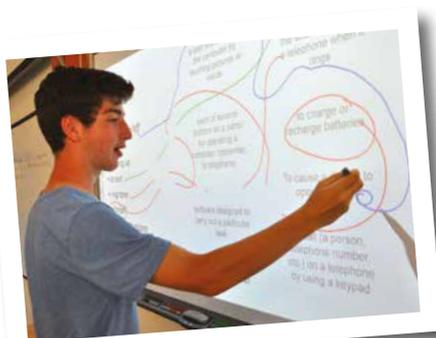


PROGRAMME

INTENSIVE BASKETBALL, SOCCER, DANCE, GOLF OR TENNIS

Our eleven years running the Project Sports Academy at Epsom have been a huge success. Our Soccer Academy is well established and 2017 saw its 21st year of operation, the Golf, Tennis and Dance Academies are becoming more popular and offering an increasingly high standard and good level of coaching.

In 2017 we offered our Basketball Academy for the 4th year which proved a resounding success and we look forward to developing this further in 2018.



DATES

We can accommodate students on minimum 2 week stays. We recommend fortnight stays but 3 and 4 weeks stays are also possible.

	START DATE	FINISH DATE
WEEK 1	4th July	11th July
WEEK 2	11th July	18th July
WEEK 3	18th July	25th July
WEEK 4	25th July	1st August

SAMPLE WEEKLY PROGRAMME

	09.30 - 12.15	14.30 - 15.30	16.00-18.30	20.00-22.00
Wed	Transfer to Epsom	Arrive & orientation, tour and introduction to coaches. Room allocation and unpacking		Informal sporting activities
Thur	Soccer & Tennis - skill session Basketball - skill development 1 on 1 & 3 on 3, 4 on 4 Golf - welcome to Epsom Golf Club and a lesson with the professional Dance - warm-up & Ballet	Soccer & Tennis - specialised Training Basketball - Competition, Mini Games Golf - time on the course Dance - Aerobic workout with strengthening and limbering	EFL Tuition or Multi sports	Evening Activities
Fri	Soccer - skills session Basketball - offence and defence transition Tennis - match against British opposition Golf - lesson with professional Dance - Street Jazz & Contemporary Dance	Soccer - small sides tournament Basketball - Fastbreak, Competition, Kings Court Tennis - American Tournament Golf - time on the course Dance - a choice of Irish Dancing, Tap Dancing, etc	EFL Tuition or Multi sports	Evening Activities
Sat	Full day excursion	Full day excursion		Evening Activities
Sun	Basketball, Soccer & Tennis - matches with local opposition Golf - Session on driving range or visit to another course Dance - Ballet	Soccer & Tennis - specialised Training Basketball - Competition & mini games Golf - Mini tournament or match against local team Dance - a choice of Modern, Tap Dancing , etc	EFL Tuition or Multi sports	Evening Activities
Mon	Soccer - trip to a professional teams training session Tennis - match against British opposition Basketball - skill development 1 on 1, 2 on 2 & 3 on 3 Golf - lesson with professional Dance - Aerobic workout and Street Jazz	Soccer & Tennis - specialised Training Basketball - Offense & Defense Handicap Transition, Mini games Golf - time on course Dance - stretching and relaxation	EFL Tuition or Multi sports	Evening Activities
Tue	Soccer & Tennis - skills session Basketball - match with local opposition Golf - lesson with professional Dance - Contemporary Dance	Soccer & Tennis - Inter Academy Tournament Basketball - Competition Finals! Golf - time on course & prize giving Dance - a choice of Musical Theatre Style Dancing, Ballet Pointe work, etc	EFL Tuition or Multi sports	Evening Activities
Wed	Departure or Sports Morning	Departure or Cinema visit		Evening Activities or departure (one week students)

TENNIS ACADEMY

Developing tennis skills as a youth enables a player to have the foundations for a lifetime of interest and improvement. At Epsom Elite Tennis Academy we have an instructional program that will enable pupils to get better, compete, have fun and enjoy tennis forever.

All aspects of the game are covered; forehands, backhands, first and second service, returns of serve, volleys, drop shots and smash. Attention is given to the use of topspin and slice and students also look at the latest techniques employed by the world's top players - power-play and the drive volley amongst others.

The morning sessions concentrate on the technical skills whilst the afternoons emphasise the tactical, physical, and mental sides of match-play.

Each group will have time on the ball machine which is both beneficial to consistency and a valuable coaching aid. The speed gun determines whether the service has pace and control.

The Epsom Elite Tennis Academy has a daily tennis schedule and includes:

- ⌘ LTA & ITF Approved Coaches
- ⌘ Development of proper stroke mechanics as used by the world's top players
- ⌘ Learn and refine effective tactics and strategies through rigorous training
- ⌘ Dedicated daily match-play sessions to build mental toughness and tactical awareness
- ⌘ Evaluation Report with recommendations for improvement
- ⌘ End of week tournament

MATCHES

Subject to availability we will endeavor to organise Tennis matches against local British teams.



BASKETBALL ACADEMY



The Elite Basketball Academy has been a great success since we introduced it in 2013. Participants will receive individual and group instruction from our qualified and experienced team of coaches. They will help students hone their basketball skills and grow in the sport generally.

SKILLS

- ⌘ SHOOTING
- ⌘ ONE-ON-ONE MOVES
- ⌘ PASSING
- ⌘ BALL HANDLING
- ⌘ MOVEMENT WITHOUT THE BALL
- ⌘ SCREENING/CUTTING
- ⌘ MAN-TO-MAN TECHNIQUES
- ⌘ DEFENCE POSITIONING
- ⌘ REBOUNDING
- ⌘ TEAM PLAY
- ⌘ DAILY SCRIMMAGES
- ⌘ COMPETITIVE MATCHES

The daily format includes fundamental instruction, lectures, mini competition, 1 on 1, Free Throw, Shooting, and 2 on 2 or 3 on 3 mini tournaments. The main objective is not only to develop new skills or improve existing skills but to ensure each student

leaves the Academy with renewed energy and enthusiasm for the game of basketball and improved self-confidence.

The Epsom Elite Basketball Academy is a great place for any young basketball player who is looking to improve his or her skills, work hard, make new friends and have fun!

MATCHES

Subject to availability we will endeavor to organise Basketball matches against local English teams.

GOLF ACADEMY

Epsom Golf Club

We are proud and delighted to offer this programme at the prestigious Epsom Golf Club which is immediately adjacent to Epsom College. The club has a great history of developing Junior golfers, and holds top level awards from the golfing bodies for its continued successes.

The programme will combine lessons with the clubs team of PGA Professionals, covering every aspect of the game and includes sessions using the clubs swing analysis studio. Students will get to visit the driving range to put the lessons into practice, spend plenty of time playing on the course and, where possible, take part in a tournament at the end of the week.

All students should have handicap certificates which must be submitted to us in advance.

STUDENTS MUST BRING THEIR OWN CLUBS & GOLF SHOES AS WELL AS APPROPRIATE DRESS. They must also be prepared for all weathers! Students may need to dress for summer, but also adapt for days where it may rain, or become colder than normal.

On the days the students are out on the course their mornings will run from 08.45-11.45 and their afternoons from 13.00-16.00. When they have lessons their mornings will run from 09.30-11.45 and their afternoons from 13.30-15.45.

MATCHES

Subject to availability we will endeavor to organise Golf matches against local English teams.



DANCE ACADEMY

DAPA



The Dance Academy has been a huge success from the outset with fantastic teachers and a real buzz to the programme. We have had hugely positive feedback from all those involved (students, parents, group leaders and the Dance teachers themselves!) We are really excited about our involvement with DAPA and together we look forward to taking the Dance Academy on to yet another level.

DAPA has been running for over 15 years supplying teachers for dance courses nationwide. DAPAs base is in Kent where it has over 50 students at it's Dance Academy.

The programme will again offer a wide range of dance styles - Ballet, Street Jazz, Tap, Cheerleading, Contemporary and Irish Dancing. Courses will also cover limbering, stretching, and relaxational programmes associated with dance. Students will gain new techniques and performance skills.

Our teaching staff are all very experienced with a background in the professional theatre and in the world of dance.

Students wishing to join the course should already have a strong background in dance - it is NOT suitable for beginners. The course is hard work - but great fun and a fantastic way to keep in shape and improve your dancing skills over the summer holidays.

ELITE SPORTS ACADEMY



THE PARTICIPANTS

Recommended age range – 10-16 years

The Academy is open to boys and girls aged between 10 and 16 from all over the world, including Great Britain. We welcome both individuals as well as groups to the truly international environment that the Academy offers.

Please note that the Elite Academy is NOT suitable for those who are at a very basic level or who merely want social soccer, golf, dance, basketball or tennis.

All 5 academies offer the option of English language tuition or multi-sport afternoons.

ENGLISH AS A FOREIGN LANGUAGE

We offer an optional (pre-booked) EFL course.

The course includes:

- 12 hours tuition per week
- All required materials
- Completion certificate

Children will be taught according to ability with emphasis placed on conversation and communication.

MULTI SPORT SESSIONS

Those not taking the EFL option have supervised multi activity sessions. These include swimming, volleyball, squash, table tennis, badminton, and lots more!

STAFFING & PASTORAL CARE

In addition to our top quality coaching staff, we have our own staff on site 24 hours a day. Our Programme Director oversees all aspects of the course. Under the Programme Director, we have activities, welfare and teaching staff to plan and organise the multi-sport sessions and take care of the teaching.

All our wonderful staff are chosen for their ability to work with children and look after their needs. They understand that students are away from home, some of them for the first time and pastoral care is a major priority.

All staff accompany the students on their trips and are responsible for getting the students up in the mornings, ensuring they eat properly, planning evening activities and ensuring they get to bed at the appropriate time.

VENUE

The Elite Sports Academy is delighted once again to be based at Epsom College, just 15 miles (21 kms) from Central London and with easy access to both Heathrow and Gatwick Airports. It boasts top class facilities in all areas, especially sport.

The College was built in the early 1850s and its beautiful Gothic style buildings are set in 8 acres of quite magnificent grounds on the edge of Epsom Downs. The soccer pitches are of the highest quality and there are numerous tennis courts, all in top class condition. There are two sports halls. There is also an indoor swimming pool, two dance studios, and several squash courts. The college is little more than a 5 minute walk to the town centre.



ACCOMMODATION

Rooms are of a good standard and consist of a mixture of single, doubles and a few triples. Rooms are spacious, airy, nicely decorated and comfortable and there are plenty of shower and toilet facilities.

FOOD

Epsom has an exceptional reputation for high quality food in its excellent dining room. Emphasis is placed on a good dietary balance as well as popular food allowing for different cultural tastes. There are three meals provided each day with traditional English as well as continental breakfasts; lunch and dinner with hot and cold options, a vegetarian choice as well as a salad bar.

EVENINGS

Our evening programme includes such activities as discos, barbecues, film shows, sports & games.

EXCURSIONS

We include a full day excursion each week. These, where possible, will be to venues associated with the various sports such as Wimbledon or Chelsea Football Stadium and will include a visit to central London.

SOCCER ACADEMY



This will be the 22nd year of our International Soccer Academy and we are delighted to be continuing our relationship with Football Magic Coaching who run youth academies all over London. They proved hugely popular in 2017 and are approved by The FA Premier League. FM Coaching work closely with the Premier League as part of their Next Step programme for Premier League Academy players who have been released from their scholarship programme. The players who have been given an opportunity to begin their coaching career with FM coaching have made excellent progress and it has proved the ideal environment for them to learn their trade. FM coaching take full control of the coaching programme which again combines the excellent - and unique - mix of soccer and English.

The Elite Soccer Academy offers a really high quality programme with top level coaching. We have welcomed football loving youngsters from the USA, Canada, Japan, Hong Kong, Egypt, South Africa, Russia, Germany, Hungary, Austria, Italy, Finland, Switzerland, Spain, Morocco, Israel, Singapore, Saudi Arabia, Kuwait, Latvia, Mali, China, Cameroon, Namibia, the Maldives and the UAE.

The youngsters gel as a group through the games, tournaments, skill sessions and simply through the communal living; this has resulted in some notable victories for Academy teams in the matches organised against local English club teams.

THE GOAL

The aim remains very much the same - to help all participants appreciate the different dimensions that the game has to offer. They will learn through skill sessions, DVD presentations (where appropriate), team games and through making new friends from all over the world in a social soccer environment.

Boys and girls alike will appreciate that football is fun and truly an international game. The fundamentals of soccer will be taught in addition to the roles, positional play, teamwork, ball control, team and individual techniques and the essence of fair play.

MATCHES

Subject to availability we will endeavor to organise Soccer matches against local English teams.

