



NIKE FOOTBALL CAMP UK SUMMER 2018

LEARN TRAIN PLAY

Residential camps for boys and girls aged 8-17. Based at Lancing College, a leading English private school, players will be coached by Brighton and Hove Albion Soccer Schools in an intensive training programme. Alongside their football training, players can choose to improve their English or Advanced English skills with a dedicated team of professional English teachers. With players from over 30 countries joining the 2017 programme, this is a truly international experience.



WHAT'S INCLUDED



TOTAL FOOTBALL: AGE 8-17

- An intensive programme suitable for anyone who wants to focus on their football training
- 23 hours a week of football training and games with Brighton & Hove Albion Soccer Schools

FOOTBALL AND ENGLISH: AGE 8-17

- Suitable for all English language levels
- 12.5 hours a week of English Language lessons using an accelerated model of English learning
- 12 hours a week of football training and games with Brighton & Hove Albion Soccer Schools

FOOTBALL AND ADVANCED ENGLISH: AGE 12-17

- Suitable for C1 level, advanced and native English speakers
- 6 hours a week of Advanced English lessons focusing on a business- or sports-related project
- 15 hours a week of football training and games with Brighton & Hove Albion Soccer Schools

IN ADDITION...

Players benefit from workshops delivered by sports scientists, supporting their on-field training. In the evenings, players share a fun-filled activities programme with new friends and spend time in the dedicated players' lounge. There is also the opportunity to explore England's unique culture on excursion days to London, Brighton and Portsmouth.



THE FOOTBALL

The coaching curriculum is designed to challenge and inspire players at all levels. In addition to the club's core practices, each session focuses on a particular skill, delivering conditioned drills and fun activities based on movement.



TECHNICAL



PHYSICAL



TACTICAL



MENTAL



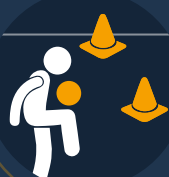
SELF-PROFILING



RULES FOR REFUELLING



INDIVIDUAL SKILLS ASSESSMENT



STRENGTH AND CONDITIONING



RECOVERY



ACCELERATED LEARNING

Throughout the camp, English lessons are supported by a fully immersive language experience. All activities, training and sports workshops are delivered in English. The focus on communication in our project work helps students prepare for exams such as IGCE, IELTS, Trinity, Cambridge, ESB, GCSE and CAE.

ENGLISH For ages 8-17 12.5 hours a week of classroom-based lessons

Our professional and dedicated English language teachers use a customised curriculum that has been designed by experienced academic leaders, and is based on the CLIL approach used in top schools worldwide. Practising communication, reading and writing skills, students will put their learning into context, creating press releases, writing articles, conducting player interviews and researching sports-related media.

An entry test groups students by age and ability at the start of the week. With an average of 12 students per class, students get excellent individual feedback, including a written report and completion certificate to take home.

ADVANCED ENGLISH For ages 12-17 with C1 level English or above 6 hours a week of classroom-based sessions Plus group study time

A chance for older players to develop teamwork and project skills, whether they're native English speakers or have a good level of English as a second language. Working to a specific brief, players will team up to research, construct and present a project on either sports or business. Using a combination of guided and independent study, this course equips players with the skills to succeed at University and in the working world.



THE LOCATION LANCING COLLEGE BRIGHTON

Spectacularly situated high on a hill overlooking the sea, Lancing College is one of Britain's great private schools. The college is just 15 minutes from the historic sea-side town of Brighton. Founded in 1848, Lancing College has developed an international reputation for academic and sporting achievement.

With 8 grass football pitches, 3 all-weather pitches and an indoor sports hall, Lancing College is the perfect home for Nike Football Camps in the UK.

FACILITIES

- 8 grass football pitches
- 3 all-weather pitches
- Indoor sports hall
- Players' lounge with TV, table tennis, foosball table and games consoles
- Free WIFI
- On-site camp shop
- Laundry facilities

Accommodation

Single, twin and triple bedrooms and dormitories, with shared bathrooms.

Meals

3 nutritionally balanced meals a day and an evening snack, including vegetarian options. Specific dietary requirements can be catered for.

Transport links

- Heathrow Airport (107 km)
- Gatwick Airport (49 km)
- Brighton rail station (14 km)

Airport transfers are available from Heathrow and Gatwick airports. We can also provide visa support letters if required.



EXCURSIONS



London (all 13-night camps)

Starting the day with a tour of Niketown on Oxford Street and a chance to shop in its celebrated football section, players will embark on a walking tour around the city's iconic landmarks and take a ride on the famous London Eye.



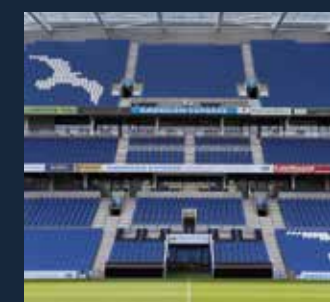
Portsmouth Shopping and Historic Dockyard (every other week)

Players will enjoy an interactive tour of HMS Victory, the impressive flagship of Lord Nelson in the Battle of Trafalgar before heading to Gunwharf Quays, the south coast's leading designer outlet shopping centre.



The American Express Elite Football Performance Centre (every week)

Players will have the opportunity to train with their coaches on a dedicated pitch at Brighton and Hove Albion's AMEX Elite Football Performance Centre, a state-of-the-art Category One academy venue.












The American Express Community Stadium & Brighton Pier (every other week)

Players will visit the home of English Premier League football team Brighton & Hove Albion FC in a behind-the-scenes stadium tour. In addition, players will spend the afternoon enjoying all the rides and amusements of Brighton Pier, a classic English seaside pier acknowledged by some as the finest ever built.



CAMP SCHEDULE

> A TYPICAL DAY

08:30		Breakfast
09:00	 	English lesson / Advanced English / Football session
12:15		Lunch
14:00		Football session (games & matches)
17:30		Dinner
19:00		Evening activities
20:30		Players' Lounge
22:00		Bed



2018 CAMP DATES

13-Night Camps

Monday 2 July - Sunday 15 July
Monday 9 July - Sunday 22 July
Monday 16 July - Sunday 29 July
Monday 23 July - Sunday 5 August
Monday 30 July - Sunday 12 August



International
Culture
Exchange