

COPTHORNE HOCKEY CAMP INFORMATION SHEET

Who is the camp suitable for?

- Our Hockey Camps are open to boys and girls aged between 8-16 years of age. We cater for children with limited hockey experience, ie playing at school, to more experienced players.

My child has never played Hockey before. Can they attend?

- Hockey is a technical sport that can take a while to pick up. Due to the way the camps are tailored, we advise that children who have never picked up a stick do not attend. There will be an opportunity to provide details of your child's playing experience during the booking process.

Where do I drop off and collect my children?

- Drop off and collection will be at the Astro at Copthorne School. Please check the Wildcats website for camp timings. Please use postcode RH10 3HR which brings you to the school. You can park in the main school car park follow the directions on the map below to the drop off / pick up location.



What equipment do we need to bring?

- For outfield players a **gum shield and shin pads** are mandatory. Failure to bring these will mean that the child cannot take part in the camp.
- Suitable sports clothing such as shorts, long socks, tracksuits are fine, and astro turf shoes are recommended (no studded boots).
- A hockey stick should be brought by the player if they have one. We have a very limited number of sticks we can provide on the day but will need to be notified in advance if you need one.

What else will we need to bring on the day?

- Please bring a packed lunch with snacks for morning and afternoon breaks. **Please do not put any nuts or nut products in your child's lunch box**
- A refillable water bottle
- Waterproof jacket for rainy days and sun cream for sunny days!
- Any medicines. There will be an opportunity to outline any medical needs during the booking process.

How is the camp structured?

- Although there is no 'typical' camp day, the format is as follows:
- Registration on the pitch
- Introduction – the camp leader will introduce the coaches and discuss 'housekeeping' and general rules. The group will then be split by age and/or ability.
- Morning session – Warm up, 2 hours of coaching with a short snack break.
- Lunch
- Afternoon session – 2 hours of coaching and gameplay.
- De-brief and prizegiving

How do I contact the camp manager on the day?

- If you need to contact the camp manager on the day you can call the Wildcats duty mobile phone on **07544 973 240 during camp hours only**. For anything non urgent please email wildcatscamp@caterhamschool.co.uk