

## COPTHORNE NETBALL CAMP INFORMATION SHEET

### Who is the camp suitable for?

- Our Netball Camps are open to boys and girls aged between 7-14 years of age. We cater for all abilities from those with limited experience, maybe playing for the first time at school, to more experienced players.

### My child has never played netball before. Can they attend?

- Yes. There will be an opportunity to provide details of your child's playing experience during the booking process.

### Where is the drop off and pick up point?

- Please drop your child off **Copthorne Netball Courts** shown on the map below. Registration opens at 9.20am. There is ample parking in the School Car Park. Pick up is in the same location.



### What equipment do we need to bring?

- Suitable sports clothing such as shorts, tracksuit and trainers. The camps mainly take place outdoors so packing rain jacket would be advisable. There is an indoor back up venue in the event of severe wet weather.

### **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
- 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:

- 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, 2.5 hours of coaching with a short snack break
- Lunch
- Afternoon session – 2.5 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 directly on the day, then please call the Wildcats duty mobile phone which is **07544 973 240**. For anything non urgent please email [wildcatscamp@caterhamschool.co.uk](mailto:wildcatscamp@caterhamschool.co.uk)