

**SUMMER  
2024**



**FOUNDATION**

# **NIKE FOOTBALL CAMPS.**







# TRAIN LIKE A CHELSEA PLAYER.

Residential 1- or 2-week summer camps for girls aged 12-17 with Chelsea FC Foundation at a leading English private school near London.

Players are coached by Chelsea FC Foundation in a training programme inspired by the Girls' Centre of Excellence curriculum at Chelsea FC Women, 2023 Super League champions. These camps are designed for girls who play football regularly for school or at club level. Players can choose to focus entirely on developing their game on and off the pitch with the Total Football option or improve their English language skills alongside their football with the Football + English option.





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# CAMP OPTIONS

Choose from either **TOTAL FOOTBALL** or **FOOTBALL + ENGLISH**.  
Both options are available as a 6- or 13-night camp.

## OPTION 1

### TOTAL FOOTBALL

- Up to 24 hours a week of coaching and games with Chelsea FC Foundation
- Up to 8 hours a week of football-related workshops
- Suitable for all English language abilities except beginners

## OPTION 2

### FOOTBALL + ENGLISH

- Up to 24 hours a week of coaching and games with Chelsea FC Foundation
- Up to 13 hours a week of English Language lessons using an accelerated model of English learning
- Suitable for all English language abilities

## ALL CAMPS INCLUDE



COACHING WITH  
CHELSEA FC



24/7  
SUPPORT STAFF



ON-SITE  
ACCOMMODATION



EXCLUSIVE NIKE  
GIFT PACK



FOOTBALL WORKSHOPS  
OR ENGLISH LESSONS



3 NUTRITIONALLY  
BALANCED MEALS A DAY



EXCURSIONS TO CITIES  
+ STAMFORD BRIDGE



COACHING REVIEW  
+ CERTIFICATE





**AT CHELSEA WE TRY TO  
PRODUCE THE BEST YOUNG  
PLAYERS TO PERFORM  
AT THE HIGHEST LEVEL  
WITHIN THE WOMEN'S GAME.**

**THE CAMPS ARE A  
GREAT CHANCE FOR  
YOUNG FEMALE PLAYERS TO  
EXPERIENCE THIS APPROACH  
TO PLAYER DEVELOPMENT.**

**- EMMA HAYES, CHELSEA FC MANAGER**





# COACHING

## RAISE YOUR GAME

The coaching curriculum is designed and delivered by Chelsea FC Foundation, one of the world's leading football, education and community programmes. Players discover what it takes to become 6-times Women's Super League Champions like Chelsea FC Women and gain an insight into life a young Chelsea FC player.

Coaches challenge players at every level and share insights into what it takes to succeed at the top of the game. A weekly football awards night on Friday celebrates success with prizes for performance and attitude throughout the week.





# COACHING PROGRAMME



# IMPROVE YOUR SKILLS



Players leave with a better understanding of the game and what it takes for a team to be successful. Showcasing their new-found skills in game scenarios, they understand how coaching drills and challenges throughout the week translate to match performance. As well as progressing on the pitch, players make new friends from around the world and develop maturity, confidence and an understanding of different cultures.



# TRAIN LIKE A PRO

Set within a world-famous English boarding school, this popular programme challenges players to improve at every level. High-intensity daily training sessions focus on playing as a team in the Chelsea FCW style whilst preparing to play competitive matches later in the week. Players are also challenged on an individual level to improve technically and tactically through a series of pro-style drills, skills challenges and small-sided games. Goalkeepers train in one technical session each day, then join outfield players for the second session to further understand gameplay situations.







# CHELSEA FC TRAINING CENTRE



## WHAT TO EXPECT

Every week, players experience what it's like to be a professional Chelsea FC player with a day of training at their Chelsea FC Training Centre.

Sessions focus on game play situations and encourage players to put the skills they've gained throughout the week into practice.

During the day, Chelsea FC's expert staff team, together with occasional special guest speakers, offer young players knowledge and insight into the professional game.



# TRAIN LIKE A CHELSEA PLAYER





**WE GIVE PLAYERS  
THE TOOLS AND INSIGHT  
TO IMPROVE,  
AND TO UNDERSTAND  
WHAT IT TAKES TO PLAY  
AT A HIGHER LEVEL**

**– HEAD COACH, CHELSEA FC FOUNDATION**



# TAKING PASSION FOR FOOTBALL INTO THE CLASSROOM



# ENGLISH TEACHING

## WHAT TO EXPECT




Classes focus on sport, harnessing students' passion for the subject to promote language learning in a fun and interactive environment. Using the CLIL (Content and Language Integrated Learning) model of English, qualified teachers infuse language learning into lively and active classes where sports-based projects, discussions and activities take centre stage.

Teachers guide students to improve their verbal communication skills while discussing legendary players, interviewing coaches, or writing and speaking their own match commentary. Learning is supported by English teachers living on-site and English is spoken at all times throughout the camp, creating an immersive learning environment.

## HOW IT WORKS

Students are grouped into classes based on a combination of age and ability. They complete a short online assessment before the camp starts and then speak with a teacher on arrival to ensure they are correctly placed for their level. At the end of the camp, each player receives a written report and advice on how to continue their learning at home.

## WHAT'S INCLUDED

-  UP TO 13 HOURS OF ENGLISH LESSONS PER WEEK
-  1:12 TEACHER TO STUDENT RATIO (AVERAGE)
-  INDIVIDUAL REPORT TO TAKE HOME







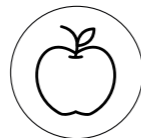
# WORKSHOPS

## OFF THE PITCH

Players taking the Total Football option follow a series of workshops and recovery activities throughout the camp. Specialist staff and coaches deliver in-depth workshops to players, giving them an insight into how Chelsea FC players excel on the pitch, and what it takes to succeed at the highest level. Outside the classroom recovery exercises, such as yoga, help players manage the workload of training twice a day.



## WORKSHOP EXAMPLES



### NUTRITION

WHY WHAT YOU EAT AND DRINK MATTERS



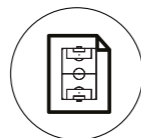
### TALENT IDENTIFICATION

WHAT DO CHELSEA FC LOOK FOR IN YOUNG PLAYERS?



### DREAM TEAM

WHICH PLAYERS MAKE YOUR WORLD XI?



### MATCH ANALYSIS

HOW CAN YOU INFLUENCE THE GAME MORE?



### WELLNESS

UNDERSTANDING PHYSICAL AND MENTAL HEALTHY HABITS



# ELEVATE YOUR GAME OFF THE PITCH







# CHARTERHOUSE SCHOOL SURREY



**AN  
INTERNATIONALLY  
RENOWNED UK  
PRIVATE SCHOOL**

Founded in the 1600s, Charterhouse has been home to Nike Football Camps with Chelsea FC Foundation since 2019.

The school has been on its current site in Surrey, near London, since 1847, with 240 acres of grounds and a breathtaking main school building surrounded by many more modern additions. Considered one of the leading schools in the UK, Charterhouse's rich footballing history includes being involved in defining the rules of the modern game at the first meeting of the Football Association in 1863.

With 12 immaculate natural grass football pitches spread across the idyllic campus, the school provides an inspiring environment for players to elevate their skills.

#### SUITABLE FOR

- Girls aged 12-17
- Players who play regularly for school or club







# CHARTERHOUSE SCHOOL THE DETAILS

## ACCOMMODATION

Mostly singles, some shared bedrooms

## TRANSFERS

We offer an airport transfer service from the following airports:

- London Heathrow Airport (LHR) 27 miles / 43km
- London Gatwick Airport (LGW) 38 miles / 61km

## EXCURSIONS

### ALL CAMPS

- Chelsea FC Training Centre
- Stamford Bridge Stadium + Museum

### 13-NIGHT CAMPS ONLY

- London Experience
- Theme Park

## FACILITIES

- 12 grass football pitches
- Tartan athletics
- Indoor swimming pool
- Indoor sports centre
- Players' lounge with TV, table football and games consoles
- Free Wi-Fi
- On-site camp shop
- Laundry facilities



## 2024 CAMP DATES

### 6-NIGHT CAMPS MONDAY - SUNDAY

- 01 Jul - 07 Jul
- 08 Jul - 14 Jul
- 15 Jul - 21 Jul
- 22 Jul - 28 Jul
- 29 Jul - 04 Aug
- 05 Aug - 11 Aug

### 13-NIGHT CAMPS MONDAY - SUNDAY

- 01 Jul - 14 Jul
- 08 Jul - 21 Jul
- 15 Jul - 28 Jul
- 22 Jul - 04 Aug
- 29 Jul - 11 Aug





**THE CAMP  
HAS BEEN BRILLIANT  
FOR HER FOOTBALL  
AND SELF-ESTEEM,  
AND SHE HAS MADE  
MANY FRIENDS FROM  
AROUND THE WORLD  
IN A WEEK**

**- PARENT, CHELSEA FC CAMP 2023**





# CAMP EXCURSIONS

All camps include exciting excursions, giving players a taste of some of the UK's top attractions.

THEME PARK • LONDON  
CHARTERHOUSE SCHOOL



## STAMFORD BRIDGE

### EVERY WEEK

The trip to Chelsea FC's iconic stadium in West London includes a behind-the-scenes tour and a visit to the museum where players can learn about the evolution of the club and the secrets to their long-term success.

## THEME PARK

### 13 NIGHT CAMPS ONLY

There's something for everyone at England's top theme parks. Adrenaline junkies can ride rollercoasters that go from 0-80mph in under two seconds, while those who prefer to keep their feet near the ground can enjoy smaller rides and traditional fairground activities.

## LONDON EXPERIENCE

### 13 NIGHT CAMPS ONLY

Players experience the sights of England's capital city including the famous 'Big Ben' and Buckingham Palace, rounding the day off with the chance to do some shopping.







# LIFE ON CAMP

Camps are action-packed with sport, learning and meeting friends from around the world. Here are some useful insights about life on camp and how players are looked after.

## ACCOMMODATION

Players stay in boarding houses on campus based on age group, with boys and girls in separate houses. All houses have a communal players' lounge for relaxing during downtime. Some boarding houses have single bedrooms only. Where houses have shared bedrooms, we may be able to accommodate roomshare requests.

## DIET, NUTRITION AND HYDRATION

Meals are nutritionally balanced and designed for young athletes. There are a variety of options to choose from, including a vegetarian option. Welfare staff guide each player to ensure they are eating and drinking enough of the right foods during the camp. Coaches ensure players drink plenty of water during training sessions.

## WELFARE STAFF

There is a dedicated camp management and welfare team on-site all day and night. They are trained to look after players' wellbeing and are always on hand to help, support and guide campers to reach their full potential.




## MEDICAL AND INJURY

A nurse is available each day to monitor illness, medical conditions and dispensation of medication. Further support and advice is provided by an on-call private doctor. Sports therapists or physiotherapists are present during sports sessions in case of injuries and subsequently to advise on recovery.






## A TYPICAL DAY

### MORNING

-  BREAKFAST
-  MORNING MEETING
-  FOOTBALL COACHING

### AFTERNOON

-  LUNCH
-  ENGLISH OR WORKSHOPS
-  RECOVERY + WELLNESS

### EVENING

-  DINNER
-  FOOTBALL COACHING
-  RELAX + LIGHTS OUT







# DATES + DETAILS

## CHARTERHOUSE SCHOOL

### AVAILABLE CAMPS

#### TOTAL FOOTBALL

- Up to 24 hrs of football a week
- Up to 8 hrs of workshops a week

#### FOOTBALL+ENGLISH

- Up to 24 hrs of football a week
- Up to 13 hrs of English a week

### DESIGNED FOR

- Girls aged 12-17
- Players who play regularly for school or club

### EXCURSIONS

- Chelsea FC Training Centre
- Stamford Bridge Stadium + Museum
- London Experience (13-night camps only)
- Theme Park (13-night camps only)

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# BOOK A FOOTBALL CAMP TODAY.

## VISIT

[eurosportscamps.com](https://eurosportscamps.com)

## CALL

+44 (0) 203 889 6236

## EMAIL

[info@eurosportscamps.com](mailto:info@eurosportscamps.com)



Euro Sports Camps is a trading division of CMT Learning, specialising in residential camps that combine high quality English language teaching with sports coaching to accelerate learning, sporting development and self-belief. CMT Learning works with the world's top clubs, federations and coaches, together with advice from sports scientists and English language specialists.

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