

## Booking Conditions

1. You must book and pay for the full length of the course to receive the published course price.
2. A cancellation policy applies as follows:  
28 days or more - full refund  
14-28 days - loss of 50% of course fee  
1-14 days - loss of 75% of course fee
3. Southgate Hockey Centre reserves the rights to exclude or refuse entry to the Camp if we believe that any person is causing damage to the facilities, or is disruptive to the other attendees. No refund will be given under these circumstances.
4. Southgate Hockey Centre reserves the rights to cancel a course if there are insufficient numbers

Bookings should be made by 30 April 2019

Early bird discount available for bookings before 31 Jan 2019.

An application form can be downloaded from

[www.southgatehockeycentre.co.uk](http://www.southgatehockeycentre.co.uk)

Places can be reserved via the website, but will only be confirmed once the application form and payment have been received.

If you have any queries, please contact:

Liz Moss

Southgate Hockey Centre

Office: 020 8440 7574

Mobile: 0790 500 5168

Email: [liz@shcentre.co.uk](mailto:liz@shcentre.co.uk)

*Comments from players and parents of past camps*

“ This camp has brought my hockey up to another level and the way that I think on the pitch! ”

“ Excellent- challenging but also really enjoyable, with great coaching ”

“ The tents were fab!! There was plenty of space to scatter mess! ”

“ The food was very good, especially variety in the evenings and large choice in the mornings! ”

“ I really really really enjoyed my week and made some great friends! ”

“ Really enjoyed the camp it was the highlight of a good summer! ”

“ Just a quick line to say thank you for a fantastic week - Emily had a most marvellous time and she commented that it was the some of the best hockey tuition she has received. ”



# Summer 2019 Residential Hockey Camps

**Lead by Ex GB international John Shaw**

**Advanced Residential Hockey Camps**

**For county JAC and regional hockey players and above.  
Aged 13-18**



**5 day Advanced Camp  
for Boys & Girls**

**Sunday 28 July  
to Friday 2 August**

**Sunday 4 Aug  
to Friday 9 August**



**Southgate Hockey  
Centre  
Trent Park, Snakes  
Lane, Oakwood, London  
EN4 0PS  
Tel 020 8440 7574**

**[www.southgatehockeycentre.co.uk](http://www.southgatehockeycentre.co.uk)**

## High ability, High expectations

This is a high level hockey camp. To apply you will have played county or regional hockey or have been nominated by your coach as being capable of training and playing at this level. We will be training alongside other talented players and we will expect the work rate and ability to be high.



## Quality Coaching

The courses will be led by ex GB international John Shaw. Assisting John will be a team of high quality coaches. The player to coach ratio will be kept low (1:12) to ensure that all players benefit from individual attention. All coaches are fully insured, HA qualified and CRB checked.

## Learning and improvement

The camp will be focused on improving your hockey skills and your game play. We guarantee that you will have learnt new skills and be a better player at by the end of the week!

## Looking after you

A physiotherapist and first aider will be on site during the course. Staff will be on site at night, in tents along side you. And there is no point in working you hard if we do not feed you properly. Our kitchens will be providing a range of nutritionally balanced meals to keep you in top form during the week. (There will also be snacks available to buy in case you are still hungry!)

## Accommodation

Tents will be provided within a fenced area alongside the pitches and the club house. Access to the club house will be available at all times. Night coaches will be sleeping in tents alongside the players. You just need to bring a sleeping bag and mat.

## All work and no play makes Jack a dull boy!

A series of fun, but competitive events will be built into the schedule including the Connect 4 Challenge, quiz night, and Quick Cricket. There will be down time between training sessions and in the evening and a special activity day on Wednesday.



## Places

There are 48 places available. 42 Field players and 6 goalkeepers.

## Welcome BBQ

Welcome BBQ for players and parents. We know many of you will have travelled a long way and so we open the camp with a welcome BBQ where parents and players will be able to relax after their journey, see the facilities and chat to coaches. We will also use this time to ensure that all the administration, form filling etc is completed.

## Timetable (approx)

Sunday	Daily Schedule Mon/Tues/Thurs	Wednesday Activity Day
14.00 Welcome BBQ	08.00 Breakfast	
15.30 Accommodation	09.30 Pitch	
18.00 Hockey	13.00 Lunch and rest	<b>Friday</b> 08.00 Breakfast
19.30 Shower	14.00 Pitch	09.30 Pitch
20.00 Dinner & free time	17.00 Shower & free time	12.00 Lunch and rest
22.30 In tents	18.00 Dinner	13.00 Pitch
	19.00 Activities	14:00 Packing
	22.30 In tents	15:00 Awards & close

## Cost

The cost for the week is £420. (early bird £400 before 31 Jan 19).

- All coaching fees
- Equipment & pitch hire, balls, bibs, cones, rebound boards etc
- All meals, breakfast, lunch and dinner, which will be taken in the club house or in the BBQ area alongside.
- Activity Day
- Qualified first aid and Physiotherapist on site each day
- Camp 2019 T-shirts

## Payment

Is by bank transfer.

Details on the application form at [www.southgatehockeycentre.co.uk](http://www.southgatehockeycentre.co.uk)

