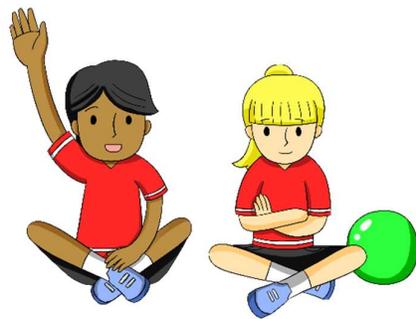


Sporting Influence Camps

Entrusting your children into our camps

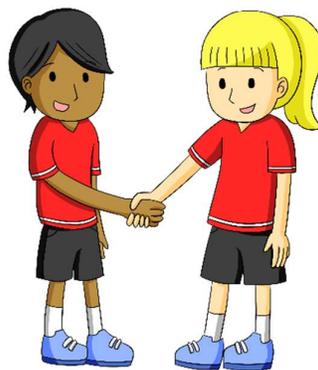
Parents' Guide



SPORTING INFLUENCE

Improving Social Skills Through Sport 

Content	Page	Content	Page
Welcome	3	Contact details	4
Core Values	3	How to Find us	4
Drop off and Pick up	5	Meals and Snacks	6
Example Day	5	Water	6
Activities	7	DVD hour	8
Special Activities	8	Swimming	9
Weather	9	Clothing	10
Sun Cream	10	Injury and Illness	11
Medication and Health concerns	11	Expectations of Children	11



Welcome

Thank you for booking your child on to our Sporting Influence camp. This guide will give you an initial insight into our camps, what your child will be doing and what they need to bring with them.

If you need any further information please do not hesitate to contact Sporting Influence using the contact details on page 4.

Core Values

Building Social Skills through sport

Our 5 main social skills that we bring into all aspects of our camp: -

Communication

Body Language

Determination

Respect

Encouragement

Building Self esteem

We believe that the sporting environment is the ideal place for children to develop key social skills. Our Camp in particular, allows children from different schools and backgrounds to mix and develop friendships. We set up fun games to allow these friendships to develop throughout the days and reward children who try to show our core values and are good friends to other children at camp.



Contact Details

Telephone numbers

Davis Moss - 07748197608
Jude Kilburn - 07967836655
Ryan Ellis - 07577459085

Email Addresses

sportinginfluence.camps@gmail.com

David Moss

SportingInfluence@gmail.com

Ryan Ellis

ryanellis.sportinginfluence@gmail.com

Jude Kilburn

judekilburn.sportinginfluence@gmail.com

Dan McTernan

danmcternan.sportinginfluence@gmail.com

How To Find Us

Harrogate Ladies' College Sports Centre

Located off Duchy Road

Please park on the Tennis courts through the large black gates.

Please follow the path round to the Sports Hall, past the squash courts on your left. Go inside and you will be greeted by the Sporting Influence Team.

Drop off and Pick up

Early Drop off

8:00 – 9:00am - £3 extra charge

Standard Drop off

9:00am – 09:30am

Standard Pick up

3:30pm

Late pick up

3:30pm – 5:30pm - £6 extra charge

Children need to be signed into camp on their arrival and signed out when being picked up. If any children are being picked up by someone different to whom has dropped them off or who is not the parent/guardian please ensure you inform a member of staff.

If we have not been informed we will ring the parent/guardian to double check before releasing any child.

The camp gates will be shut between the hours of 9:30am and 3:00pm for safety, if any adults need to come to camp for some reason during those hours please park up at the main school and walk down the side of the field.

Example Day

08:00 – 08:45 – Board Games and puzzles
08:45 – 09:30 – Active games in the sports hall
09:30 – Welcome to camp
09:35 – 10:15 – Team Games – everyone takes part
10:15 – 11:00 – First choice of activities
11:05 – 11:15 – Snack
11:15 – 12:05 – Second choice of activities
12:05 – 13:00 – Lunchtime
13:00 – 13:50 – Third choice of activities
13:50 – 14:40 – Fourth choice of activities
14:40 – 15:20 – Team Games – everyone takes part
15:20 – 15:30 – End of camp presentation
15:30 – First pick up time
15:30 – 16:30 – Active games in the sports hall
16:30 – 17:30 – Classroom games

Meals and Snacks

Children should bring with them:

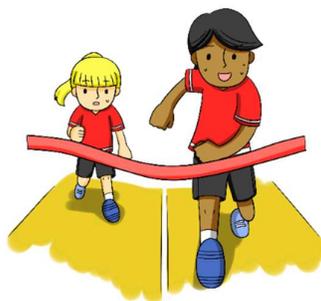
- A snack for mid-morning
- Packed lunch

If a camper is staying for late pick up it might be an idea to bring a snack for the afternoon too.

Sporting Influence are a NUT FREE camp please ensure you adhere to this with the food that is given for snack and lunch.

Water

Each child should bring their own water bottle to ensure they can keep hydrated throughout the day. There are stations where water bottles can be refilled. Sporting Influence have regular water breaks, as we are an active camp we actively encourage children to drink plenty of water.



Activities

We are proud to offer a number of different activities throughout the day and the children get to choose which activities they would like to take part in. Some activities we split up age groups and other we join together depending on numbers.

Arts and Crafts
Athletics
Badminton
Board Games
Capture the Flag
Cricket
Cross Over
Dodgeball
Football
Hockey
Hula Hut Throw Down
Netball
Rounders
Swimming
Tag Rugby
Team Games
Tennis
Pop Lacrosse
VX8



Special Day Activities

Water Fight Wednesday – every Wednesday throughout the year we hold water fight Wednesday. Children may bring water guns with them to camp. In the warmer holidays the water fight is outside, children must bring with them a change of clothes and a towel. When the water fight is in the swimming pool children must ensure they have swimming kit and towel.

Outside Water Fight

October Half Term

Easter Holidays

May Half Term

Summer Holidays

In The Pool Water Fight

Christmas Holidays

February Half Term

DVD Hour

We have a selection of Children's DVD'S and will make sure that they are relevant to the age of the children watching them.

A number of parents have requested this chill out hour during the day especially for some of the younger children with us for a long day.

If you specifically do not want your child to have the 1 hour of DVD time please let staff know this when booking your place or at drop off.

No child will be able to have more than 1 hour in any one day.



Swimming

We offer a swimming session for Key Stage 1 and one for Key Stage 2/3 separately every day.

For both sessions we have a member of staff in the water with the children, a lifeguard on the side of the pool and then depending on numbers we staff the pool further if needed.

The changing rooms are located at pool side so all the children will get changed by the pool.

Every child does a swimming test at the start of a lesson and then a record is kept of the child's level so that we can keep a record of each child. If children are weak swimmers we advise arm bands so they can join in the fun swim session really well. Older children who are weak swimmers will be asked to have a woggle or float while they are in the pool.

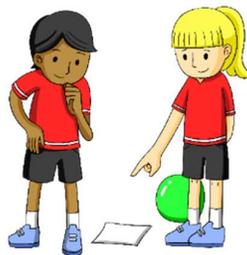
Weather

The weather can be very varied in the beautiful town of Harrogate. Please ensure that you send your child in with the correct clothing for the weather.

We are very lucky that we have some fantastic indoor facilities so if the weather gets too cold and wet or too hot we can stay inside.

However, we do walk outside to the dining room so therefore it is important that in the winter months you send your child in with a coat and if it is forecast rain that they have a rain coat.

We do try to spend time outside, therefore please send your child in with the correct clothing appropriate for that day for example a hat in the summer months.



Clothing

It would be extremely helpful if you could write a name in any coats, jumpers and any other items that might be taken off so that we can reunite the children with their items more easily.

The children will be active during their time at Sporting Influence Camp so we advise the children to wear active wear and layer up. That way they can adapt to the different indoor and outdoor environments we are in.

In the summer months please ensure your children have a hat with them for when they are outside.

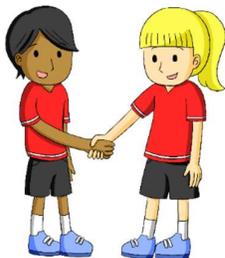
If your child wishes to take part in any football sessions outside please send your child to camp with shin pads, football boots, a change of tracksuit bottoms and socks. We do like to try and have at least 1 football session on the field.

We do offer a swimming session everyday so please remember your swimming kit, goggles and towel.

Sun Cream

In the warm months please make sure you send your child to camp with sun cream already applied.

Please send your child in with sun cream that can be re-applied half way through the day if necessary. We can guide the children with this but it is important that they know how to apply sun cream themselves.



Injury and Illness

If your child obtains an injury during camp you will be informed of this on pick up unless we deem it serious and therefore we will call you during the day.

If your child is sick during camp hours you will be called to pick them up and they will not be able to attend camp for 48 hours. If your child is booked in for days they cannot attend due to sickness they cannot be refunded but you may re-arrange their attendance for another time.

If your child has any injuries or illness prior to attending camp but are well enough to attend camp then please inform staff on your arrival so that we can be sure to watch out further for your child that way and give them any extra care they need.

Medication

If your child is on regular medication and needs to take this during camp hours it is vital that you inform staff of this and we will come to the decision of a plan of action depending on the medication needed.

Please ensure that if your child has any medical information that we need to know that you inform staff.

Expectations of Children

Our camp is a fun and friendly environment which we pride ourselves on, it is important that all children adhere to the rules of the camp and treat the people at camp and the facilities with respect.

We encourage the children to take responsibility for their belongings and treat these with respect.

If we believe that any child is not reaching the expectations of the environment we will speak to the child and if they continue that will be something we wish to speak to their parent/guardian.