

**SUMMER  
2024**



**FOUNDATION**

# **NIKE FOOTBALL CAMPS.**





# TRAIN LIKE A CHELSEA PLAYER.

Residential 1- or 2-week summer camps for boys aged 9-17 with Chelsea FC Foundation at three locations in the South-East of England, near London.

Players are coached by Chelsea FC Foundation in training programmes inspired by the Academy curriculum at 5-time English Premier League winners, and 2-time European Champions, Chelsea Football Club. 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 on the Football + English option. Older players can also choose from two coaching programmes.



# CONTENTS

<b>THE CAMPS</b>	<b>04</b>
<b>CAMP OPTIONS</b>	<b>05</b>
<b>COACHING</b>	<b>07</b>
<b>CHELSEA FC TRAINING CENTRE</b>	<b>11</b>
<b>ENGLISH TEACHING</b>	<b>12</b>
<b>WORKSHOPS</b>	<b>13</b>
<b>VENUES</b>	<b>14</b>
<b>CAMP EXCURSIONS</b>	<b>22</b>
<b>LIFE ON CAMP</b>	<b>23</b>
<b>DATES + DETAILS</b>	<b>24</b>





# THE CAMPS

Choose from four camps, depending on age, dates, and coaching programme:

## DEVELOPMENT CAMP

AGES 9-13

LANCING COLLEGE, BRIGHTON

## ADVANCED CAMP

AGES 13-17

CHARTERHOUSE SCHOOL, SURREY

## PERFORMANCE CAMP

AGES 15-17

SURREY SPORTS PARK

## GOALKEEPER CAMP

AGES 13-17

CHARTERHOUSE SCHOOL, SURREY





# 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 FC,  
YOUTH DEVELOPMENT IS AN  
IMPORTANT PART  
OF WHAT WE DO.**

**THESE CAMPS ARE  
A FANTASTIC OPPORTUNITY  
FOR YOUNG PLAYERS  
TO DEVELOP THEIR FOOTBALL  
IN AN INSPIRING ENVIRONMENT  
WITH OUR TALENTED COACHES.**

**– MAURICIO POCHETTINO, CHELSEA FC MANAGER**



# COACHING

## TRAIN LIKE A PRO

The coaching curriculums are designed and delivered by Chelsea FC Foundation, one of the world's leading football, education and community programmes. All four camps provide players with an insight into life as a young Chelsea FC player, with coaches sharing insights into what it takes to compete at the highest level. On each camp, players are grouped by age and ability to ensure they get the best out of every training session.

## RAISE YOUR GAME

A weekly awards night on Saturdays celebrates players' successes, with prizes for performance and attitude throughout the week. Players leave with a better understanding of how to improve along with confidence from an international football environment and new friends from across the globe.



# COACHING PROGRAMMES



## DEVELOPMENT CAMP

**AGES 9-13  
LANCING COLLEGE**

The curriculum focuses on Chelsea's fast, attacking style of football and each day is themed on a different Chelsea First Team player. Young players learn to master the skills and techniques needed for each position in a fun and engaging environment.

Player development is supported through drills, skills challenges, and small-sided games. They develop independence and build self-confidence on and off the pitch, whilst making new friends from around the world.



## ADVANCED CAMP

**AGES 13-17  
CHARTERHOUSE SCHOOL**

Set within a world-famous English boarding school, this popular programme challenges players to improve at every level. Grouped by age and ability, high-intensity daily training sessions focus on playing as a team in the Chelsea FC style whilst preparing to play competitive 11-a-side 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. As well as learning what it takes to be part of a successful team, players make new friends from around the world and develop maturity.





# COACHING PROGRAMMES



## GOALKEEPER CAMP

**AGES 13-17**  
**CHARTERHOUSE SCHOOL**

Specialist Chelsea FC goalkeeping coaches work with players on the physical and technical aspects of the position such as ball handling, positioning, and distribution. Each day comprises of one session of goalkeeper-specific training and one outfield session, equipping players with the skills needed for this position in the modern game. During the outfield session, players get the chance to put their skills into practice in game scenarios alongside players on the Advanced Camp.



## PERFORMANCE CAMP

**AGES 15-17**  
**SURREY SPORTS PARK**

Aimed at players looking to transition to the senior game and experience a university campus, this smaller programme takes players deeper into the tactical side of football. Chelsea FC coaches offer players an in-depth insight into how to improve individual performance. On-pitch coaching is modelled on key elements of the Chelsea First Team's playing style with detailed technical drills reflecting in-game scenarios and sequences. Coaches look to develop the physical attributes and mental toughness needed to succeed at a senior level, giving players a true all-round football experience.



**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**



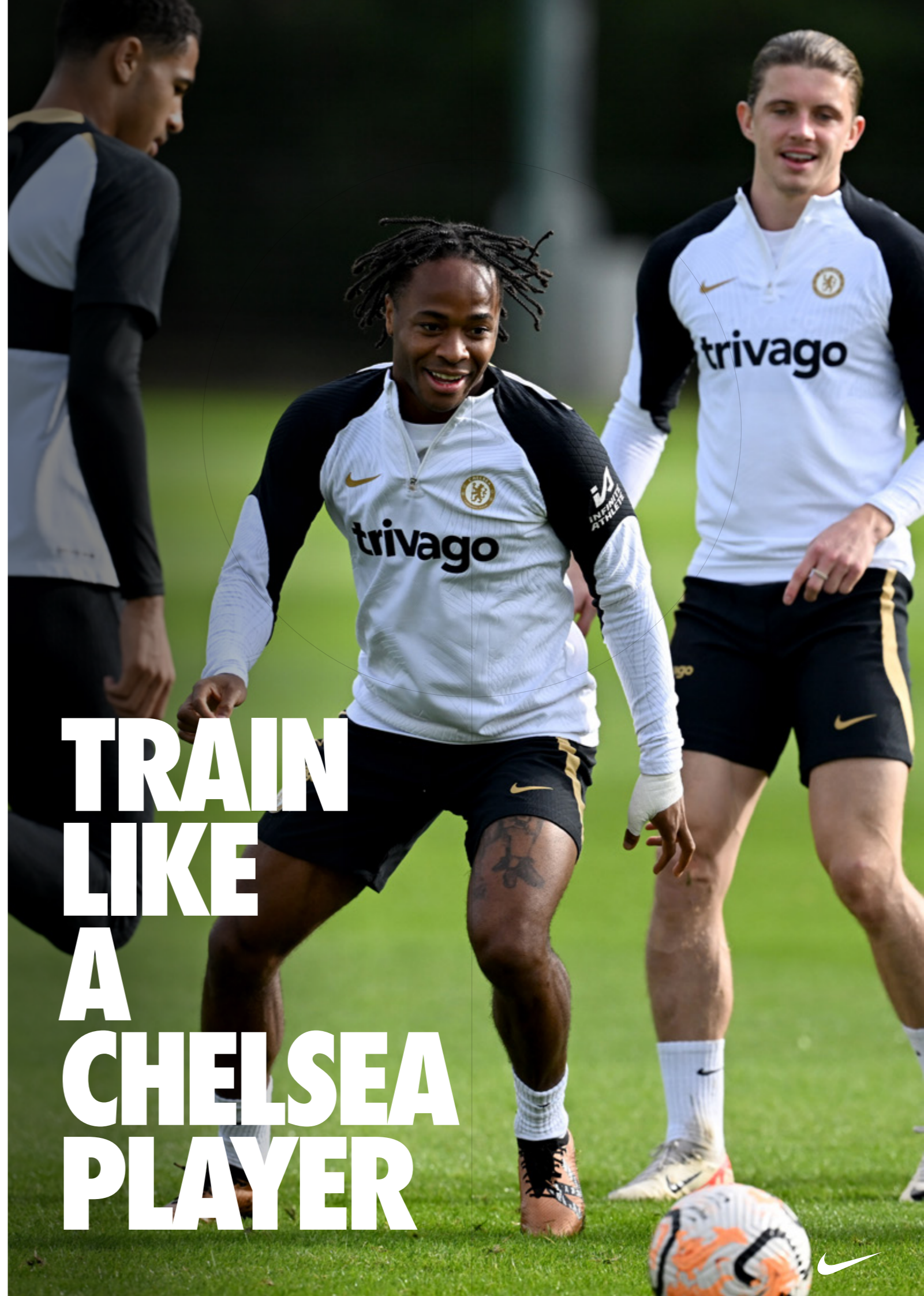
# CHELSEA FC TRAINING CENTRE



## 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 official training centre.

Sessions focus on gameplay 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 players knowledge and insight into the professional game.



# TRAIN LIKE A CHELSEA PLAYER

# TAKING PASSION FOR FOOTBALL INTO THE CLASSROOM



# ENGLISH TEACHING

## WHAT TO EXPECT




Classes focus on football, 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

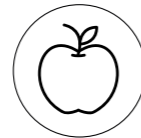
## OFF THE PITCH

Players taking the Total Football option follow a series of workshops and recovery activities throughout the camp.

Fun discussions introduce younger players on the Development Camp to topics that explore how Chelsea FC players excel on and off the pitch. Specialist staff and coaches deliver in-depth workshops to players on the Advanced and Goalkeeper Camps, giving them an insight into what it takes to succeed at the highest level. Players on the Performance Camp are guided through a short coaching course designed to give them a greater understanding of the game.

Outside the classroom, recovery exercises, such as yoga, help players manage the workload of training twice a day.

## WORKSHOP EXAMPLES



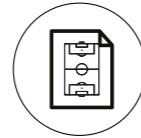
**NUTRITION**  
WHY WHAT YOU EAT AND DRINK MATTERS



**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





# VENUES

Choose from three world-class venues, depending on the camp.



## LANCING COLLEGE BRIGHTON

**DEVELOPMENT CAMP**  
AGES 9-13

## CHARTERHOUSE SCHOOL SURREY

**ADVANCED CAMP + GOALKEEPER CAMP**  
AGES 13-17

## SURREY SPORTS PARK

**PERFORMANCE CAMP**  
AGES 15-17





# LANCING COLLEGE BRIGHTON

**DEVELOPMENT CAMP  
AGES 9-13**

**HISTORIC  
PRIVATE SCHOOL  
WITH EXTENSIVE  
FOOTBALL  
FACILITIES**

Spectacularly situated on the South Coast overlooking the sea, Lancing College is one of Britain's great private schools. The college is just 15 minutes from the historic seaside town of Brighton, in East Sussex. Founded in 1848, Lancing College has developed an international reputation for academic and sporting achievement.

Within an enclosed campus, the school has 8 immaculate grass football pitches, an all-weather pitch and an indoor sports hall, making it the perfect home for the development camp.

**SUITABLE FOR**

- Boys aged 9-13
- All football abilities except beginners





# LANCING COLLEGE THE DETAILS

## ACCOMMODATION

A mix of single and shared bedrooms

## TRANSFERS

We offer an airport shuttle service from the following airports:

- London Heathrow Airport (LHR) 66 miles / 105km
- London Gatwick Airport (LGW) 30 miles / 48km

## EXCURSIONS

### ALL CAMPS

- Chelsea FC Training Centre
- Stamford Bridge Stadium
- London Experience

### 13-NIGHT CAMPS ONLY

- Brighton Pier
- Theme Park

## FACILITIES

- 8 grass football pitches
- All-weather pitch
- Indoor sports hall
- Indoor swimming pool
- 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
- 12 Aug - 18 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
- 05 Aug - 18 Aug







# CHARTERHOUSE SCHOOL SURREY

**ADVANCED CAMP + GOALKEEPER CAMP  
AGES 13-17**



**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**

- Boys aged 13-17
- 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 Experiences
- Theme Park

## FACILITIES

- 12 grass football pitches
- 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
- 12 Aug - 18 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
- 05 Aug - 18 Aug \*\*



\* Camp takes place at Lancing College  
 \*\* First week at Charterhouse School, second week at Lancing College





# SURREY SPORTS PARK

**PERFORMANCE CAMP  
AGES 15-17**

## **ELITE TRAINING VENUE AT SURREY UNIVERSITY**

Surrey Sports Park is a new venue for Nike Football Camps in 2024. It is situated in the historic town of Guildford at the University of Surrey, just 40 minutes from London. Opened in 2010, this £36m elite training venue is a sporting hub in the South-East of England. Currently, home to several professional sports teams and athletes, the park played host to 16 Olympic and Paralympic teams, including Team GB, USA, and China for pre-London 2012 training.

With state-of-the-art facilities and modern on-site accommodation, Surrey Sports Park provides the perfect environment for older players looking to take their game to the next level.

### **SUITABLE FOR**

- Boys aged 15-17
- Players who play regularly for school or club





# SURREY SPORTS PARK

## THE DETAILS

### ACCOMMODATION

Single bedrooms with en-suite bathrooms

### TRANSFERS

We offer an airport shuttle service from the following airports:

- London Heathrow Airport (LHR) 21 miles / 35km
- London Gatwick Airport (LGW) 31 miles / 50km

### EXCURSIONS

#### ALL CAMPS

- Chelsea FC Training Centre
- Stamford Bridge Stadium
- London Experience

#### 13-NIGHT CAMPS ONLY

- Theme park

### FACILITIES

- 12 grass football pitches
- 2 artificial 3G football pitches
- 50m Olympic-standard swimming pool
- Gym + strength and conditioning area
- Players' lounge with TV, table football and games consoles
- On-site camp shop
- Laundry facilities



## 2024 CAMP DATES

### 6-NIGHT CAMPS MONDAY - SUNDAY

- 24 Jun - 30 Jun
- 01 Jul - 07 Jul
- 08 Jul - 14 Jul
- 15 Jul - 21 Jul

### 13-NIGHT CAMPS MONDAY - SUNDAY

- 24 Jun - 07 Jul
- 01 Jul - 14 Jul
- 08 Jul - 21 Jul



**OUR SON HAD  
A WONDERFUL TIME  
AT CHARTERHOUSE.  
A WELCOMING ATMOSPHERE  
WITH GREAT COACHES,  
WHERE CHILDREN  
FROM ALL OVER THE WORLD  
COULD LEARN NEW TACTICS  
AND IDEAS.**

**- PARENT, CHELSEA FC CAMP 2023**



# CAMP EXCURSIONS

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



## STAMFORD BRIDGE

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.



## LONDON EXPERIENCE

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.



## THEME PARK

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.



## BRIGHTON PIER

Players spend the day at the traditional British seaside city of Brighton, enjoying all the rides and amusements of Brighton Pier.





# 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

	<b>DEVELOPMENT CAMP AGES 10-13</b> All football abilities	<b>ADVANCED CAMP AGES 13-17</b> Players who play regularly for school or club	<b>PERFORMANCE CAMP AGES 15-17</b> Players who play regularly for school or club	<b>GOALKEEPER CAMP AGES 13-17</b> Players who play regularly for school or club
<b>VENUES</b>	<b>LANCING COLLEGE</b>	<b>CHARTERHOUSE SCHOOL</b>	<b>SURREY SPORTS PARK</b>	<b>CHARTERHOUSE SCHOOL</b>
<b>FOOTBALL</b>	<b>UP TO 24 HRS OF FOOTBALL A WEEK</b>			
Choose from either option:	<b>TOTAL FOOTBALL</b>	<b>UP TO 8 HRS OF WORKSHOPS A WEEK</b>		
	<b>FOOTBALL + ENGLISH</b>	<b>UP TO 13 HRS OF ENGLISH A WEEK</b>		
<b>6 NIGHT CAMPS LOCATION + DATES</b>	01 JUL - 07 JUL 08 JUL - 14 JUL 15 JUL - 21 JUL 22 JUL - 28 JUL 29 JUL - 04 AUG 05 AUG - 11 AUG 12 AUG - 18 AUG	01 JUL - 07 JUL 08 JUL - 14 JUL 15 JUL - 21 JUL 22 JUL - 28 JUL 29 JUL - 04 AUG 05 AUG - 11 AUG 12 AUG - 18 AUG *	* Camp takes place at Lancing College 24 JUN - 30 JUN 01 JUL - 07 JUL 08 JUL - 14 JUL 15 JUL - 21 JUL	01 JUL - 07 JUL 08 JUL - 14 JUL 15 JUL - 21 JUL 22 JUL - 28 JUL 29 JUL - 04 AUG 05 AUG - 11 AUG 12 AUG - 18 AUG *
<b>13 NIGHT CAMPS LOCATION + DATES</b>	01 JUL - 14 JUL 08 JUL - 21 JUL 15 JUL - 28 JUL 22 JUL - 04 AUG 29 JUL - 11 AUG 05 AUG - 18 AUG	01 JUL - 14 JUL 08 JUL - 21 JUL 15 JUL - 28 JUL 22 JUL - 04 AUG 29 JUL - 11 AUG 05 AUG - 18 AUG *	* First week at Charterhouse, second week at Lancing College 24 JUN - 07 JUL 01 JUL - 14 JUL 08 JUL - 21 JUL	01 JUL - 14 JUL 08 JUL - 21 JUL 15 JUL - 28 JUL 22 JUL - 04 AUG 29 JUL - 11 AUG 05 AUG - 18 AUG *
<b>EXCURSIONS ALL CAMPS</b>	<b>CHELSEA FC TRAINING CENTRE STAMFORD BRIDGE + LONDON TOUR</b>	<b>CHELSEA FC TRAINING CENTRE STAMFORD BRIDGE</b>	<b>CHELSEA FC TRAINING CENTRE STAMFORD BRIDGE + LONDON TOUR</b>	<b>CHELSEA FC TRAINING CENTRE STAMFORD BRIDGE</b>
<b>EXCURSIONS 13 NIGHT CAMPS</b>	<b>BRIGHTON PIER THEME PARK</b>	<b>LONDON EXPERIENCE THEME PARK</b>	<b>LONDON EXPERIENCE THEME PARK</b>	<b>LONDON EXPERIENCE THEME PARK</b>







# BOOK A FOOTBALL CAMP TODAY.

**SPEAK TO YOUR  
AUTHORISED AGENT.**



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.

© 2023 Copyright CMT Learning Ltd. All rights reserved. Nike and the Swoosh design are registered trademarks of Nike, Inc. and its affiliates and are used under license. Nike is the title sponsor of the camps and has no control over the operation of the camps or the acts or omissions of CMT Learning.