

**SUMMER
2025**

NIKE VOLLEYBALL CAMPS.



LEARN. TRAIN. PLAY.

New for 2025, residential 1- or 2-week camps in July and August for girls aged 12-17 at two leading private schools near Oxford and London.

Players can choose to focus entirely on developing their game on and off the court with the Total Volleyball option or improve their English language skills alongside their volleyball with the Volleyball + English option.

The coaching programme is developed by professional players, and is designed to enable young volleyball players of any ability to hone their skills and improve their game. Camps are action-packed with training, workshops, and fun activities, enabling players to progress while having the time of their lives.





CONTENTS

CAMP OPTIONS	07
COACHING	09
TOURNAMENT DAY	13
ENGLISH TEACHING	17
WORKSHOPS	19
VENUES	21
CAMP EXCURSIONS	31
LIFE ON CAMP	33
DATES & DETAILS	35





CAMP OPTIONS

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

OPTION 1

TOTAL VOLLEYBALL

- Up to 24 hours a week of volleyball coaching and match play
- Up to 8 hours a week of sports-related workshops
- Suitable for all English language abilities except beginners

OPTION 2

VOLLEYBALL + ENGLISH

- Up to 24 hours a week of volleyball coaching and match play
- 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



PRO VOLLEYBALL
COACHING



24/7
SUPPORT STAFF



ON-SITE
ACCOMMODATION



EXCLUSIVE NIKE
GIFT PACK



SPORTS WORKSHOPS
OR ENGLISH LESSONS



3 NUTRITIONALLY
BALANCED MEALS A DAY



EXCURSIONS TO
CITIES + LANDMARKS



COACHING REVIEW
+ CERTIFICATE





COACHING

360° VOLLEYBALL

The coaching team create a high-energy and fun training environment that motivates and inspires players to reach their full potential. Suitable for players at any experience level, coaches challenge players to develop and refine technical skills including passing, setting, serving, hitting, blocking and defensive/offensive strategies.

RAISE YOUR GAME

Coaches share their own experiences about what it takes to raise your game to the highest level. They equip players with a better understanding of the game and how to continue to progress at home. Fitness and conditioning drills are used to improve footwork, balance and speed.

ON COURT



TECHNIQUE



TACTICS



ATHLETICISM



COMMUNICATION



MATCH PLAY



MEET THE VOLLEYBALL DIRECTOR



SAM DUNBAVIN

Sam has 10 years of experience coaching alongside his career playing beach volleyball for England. He has coached internationally at the highest level, including the England women's team at their Olympic qualifiers in 2024 and has been part of the England junior coaching team for the last four years.

He achieved a first-class-honours degree from Cambridge University, where he was the first person to ever be awarded a volleyball 'blue'. Through his knowledgeable and passionate approach to coaching, he motivates campers to develop their skills both on and off the court.





TOURNAMENT DAY

PLAY TO WIN

At the end of each week, players put their new skills to the test in a tournament.

This event is the culmination of each player's training, enabling them to adopt the mindset of a professional athlete and understand what it takes to succeed in competition. The highlight of the week, tournament day is fiercely competitive and full of fun!

RULE
THE
GAME





**OUR GOAL IS TO
INSPIRE, CHALLENGE,
AND EMPOWER ATHLETES
TO TAKE THEIR GAME
TO THE NEXT LEVEL.**

SAM DUNBAVIN
VOLLEYBALL DIRECTOR





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



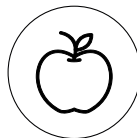


WORKSHOPS

WHAT TO EXPECT

Players taking the Total Volleyball option follow a series of workshops and recovery activities throughout the camp. They are introduced to a range of topics designed to give a broader view and better understanding of athletic performance, and what it takes to succeed on and off the court. 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



RESPECT

CREATING A CULTURE
OF TRUST AND RESPECT



ELITE PERFORMANCE

WHAT IT TAKES TO PERFORM
AT THE HIGHEST LEVEL



RESILIENCE

HOW TO BOUNCE BACK
FROM DIFFICULT SITUATIONS



GOAL SETTING

TAKING ACTIVE STEPS TO ACHIEVE
YOUR DESIRED OUTCOME



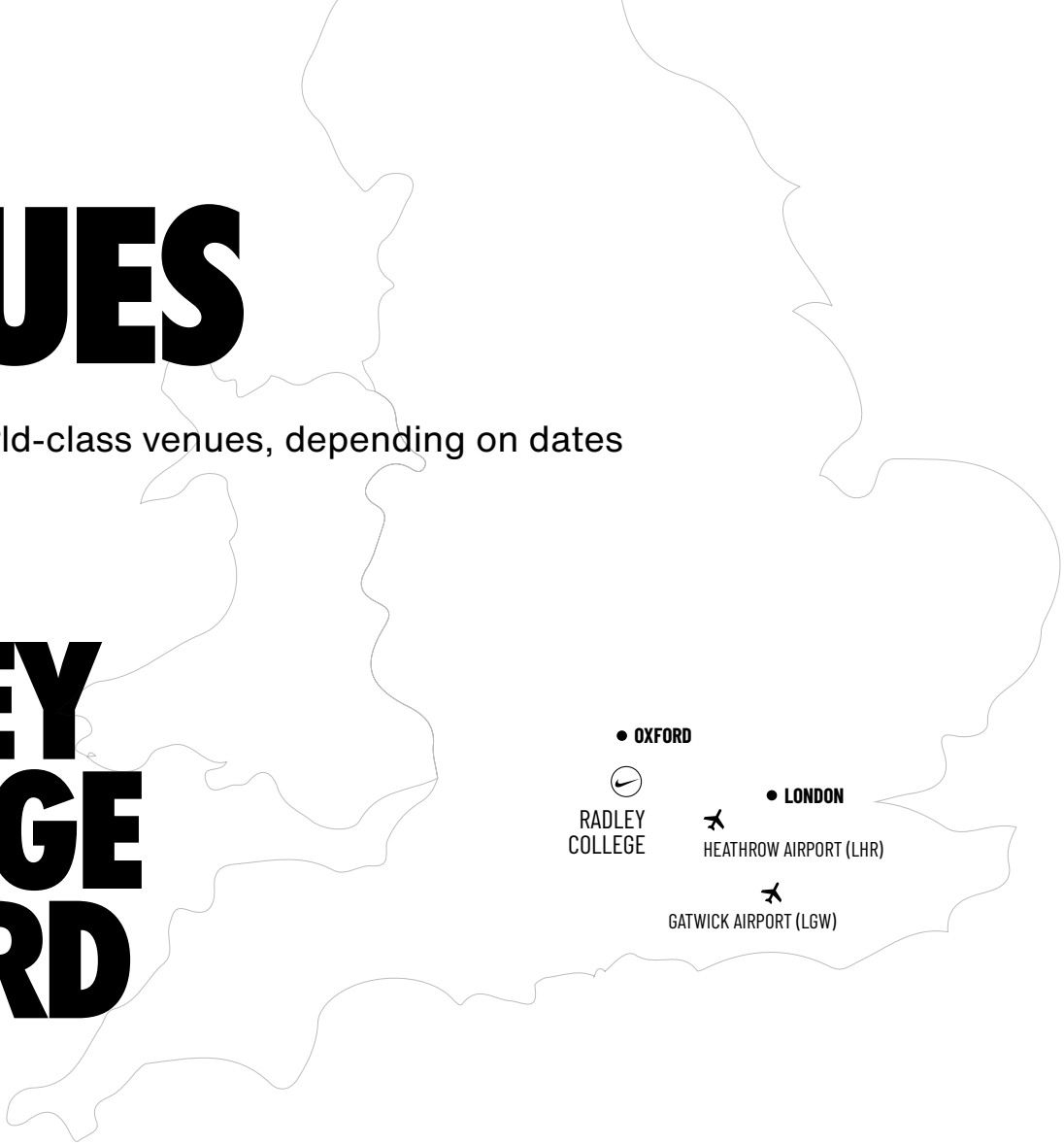
ELEVATE YOUR
GAME OFF
THE COURT



VENUES

Choose from two world-class venues, depending on dates

RADLEY COLLEGE OXFORD



CHARTERHOUSE SCHOOL SURREY





RADLEY COLLEGE, OXFORD

**LEADING ENGLISH
PRIVATE SCHOOL
IN THE HEART OF
THE OXFORDSHIRE
COUNTRYSIDE**

Founded in 1847, Radley College is a historic British private school set in over 800 acres of self-contained grounds in the idyllic English countryside near Oxford. The school is situated within five minutes of best-in-class indoor courts, with sand courts in Oxford offering players the chance to adapt their skills to beach volleyball. With its magnificent buildings and world-class sports facilities, Radley College provides an inspirational environment for players to realise their potential.

SUITABLE FOR:

- Girls aged 12-17
- All volleyball abilities



RADLEY COLLEGE THE DETAILS

ACCOMMODATION

Single bedrooms with
shared bathrooms

TRANSFERS

We offer an airport shuttle service
from the following airports:

- London Heathrow Airport (LHR)
44 miles / 70 km
- London Gatwick Airport (LGW)
77 miles / 125 km

FACILITIES

- Indoor courts within 5 minutes drive
- Sand courts within 20 minutes drive
- Grass courts on-site
- Players' lounge with TV,
table football and games consoles
- Free Wi-Fi
- Laundry facilities
- On-site camp shop

EXCURSIONS

ALL CAMPS

- London Experience
or
- Oxford Tour

13-NIGHT CAMPS ONLY

- Theme Park



2025 CAMP DATES

6-NIGHT CAMPS MONDAY – SUNDAY

- 07 Jul - 13 Jul
- 14 Jul - 20 Jul
- 21 Jul - 27 Jul
- 28 Jul - 03 Aug

13-NIGHT CAMPS MONDAY – SUNDAY

- 07 Jul - 20 Jul
- 14 Jul - 27 Jul
- 21 Jul - 03 Aug





CHARTERHOUSE SCHOOL, SURREY

AN INTERNATIONALLY RENOWNED UK PRIVATE SCHOOL

Founded in the 1600s, Charterhouse School has been home to Nike Sports Camps 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. The school is equipped with outstanding sports facilities, including 17 grass sports pitches, an athletics stadium and a sports centre. With its comfortable accommodation and beautiful lawns and gardens, Charterhouse provides an inspiring setting for players to learn and grow.

SUITABLE FOR:

- **GIRLS AGED 12-17**
- **ALL VOLLEYBALL ABILITIES**





CHARTERHOUSE SCHOOL

THE DETAILS

ACCOMMODATION

Mostly singles, some shared bedrooms

TRANSFERS

We offer an airport shuttle service from the following airports:

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

FACILITIES

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

EXCURSIONS

ALL CAMPS

- Theme Park
or
- Go Ape Adventure Centre

13-NIGHT CAMPS ONLY

- London Experience



2025 CAMP DATES

6-NIGHT CAMPS MONDAY – SUNDAY

- 30 Jun - 06 Jul
- 07 Jul - 13 Jul
- 14 Jul - 20 Jul

13-NIGHT CAMPS MONDAY – SUNDAY

- 30 Jun - 13 Jul
- 07 Jul - 20 Jul





CAMP EXCURSIONS

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



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.



OXFORD TOUR

EVERY OTHER WEEK
Players explore the historic city of Oxford, home to the oldest university in the English-speaking world, with magnificent architecture and academic history around every corner.



LONDON EXPERIENCE

EVERY OTHER WEEK
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. Player welfare is at the heart of what we do, and camp life is designed to provide a fun and supportive environment for players to grow in skills and confidence.

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.

MEDICAL AND INJURY

Medical staff are 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.




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 have an incredible experience.






A TYPICAL DAY




MORNING

-  BREAKFAST
-  MORNING MEETING
-  VOLLEYBALL COACHING

AFTERNOON

-  LUNCH
-  ENGLISH OR WORKSHOPS
-  RECOVERY + WELLNESS

EVENING

-  DINNER
-  VOLLEYBALL COACHING
-  RELAX + LIGHTS OUT





DATES & DETAILS

		<div><div><div>RADLEY COLLEGE GIRLS AGED 12-17</div><div>All volleyball abilities</div></div></div>	<div><div><div>CHARTERHOUSE SCHOOL GIRLS AGED 12-17</div><div>All volleyball abilities</div></div></div>
VENUES		<div><div><div>RADLEY COLLEGE OXFORD</div></div></div>	<div><div><div>CHARTERHOUSE SCHOOL SURREY</div></div></div>
VOLLEYBALL		UP TO 24 HRS OF VOLLEYBALL A WEEK	
Choose from either option:	TOTAL VOLLEYBALL	UP TO 8 HRS OF WORKSHOPS A WEEK	
	VOLLEYBALL + ENGLISH	UP TO 13 HRS OF ENGLISH A WEEK	
6 NIGHT CAMPS DATES		<div><div><div>▪ 07 Jul - 13 Jul</div><div>▪ 14 Jul - 20 Jul</div><div>▪ 21 Jul - 27 Jul</div><div>▪ 28 Jul - 03 Aug</div></div></div>	<div><div><div>▪ 30 Jun - 06 Jul</div><div>▪ 07 Jul - 13 Jul</div><div>▪ 14 Jul - 20 Jul</div></div></div>
13 NIGHT CAMPS DATES		<div><div><div>▪ 07 Jul - 20 Jul</div><div>▪ 14 Jul - 27 Jul</div><div>▪ 21 Jul - 03 Aug</div></div></div>	<div><div><div>▪ 30 Jun - 13 Jul</div><div>▪ 07 Jul - 20 Jul</div></div></div>
EXCURSIONS		OXFORD TOUR LONDON EXPERIENCE THEME PARK GO APE ADVENTURE CENTRE	





BOOK A VOLLEYBALL CAMP TODAY.

VISIT

eurosportscamps.com

CALL

+44 (0) 203 889 6236

EMAIL

info@eurosportscamps.com



EUROSPORTSCAMPS



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. © 2024 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.