

English Sport Camp

CHAMPIONS

NEVER GIVE UP



Information for parents

13th to 18th July 2020

20th to 25th July 2020

Index

- 3** Camp description
- 4** What to bring / What not to bring
- 5** Timetable
- 6** Trip with Mediterranean Surf
- 8** Medical attention
- 9** General rules
- 11** Behaviour policy
- 12** Menu
- 13** How to get to school
- 14** Contacting the school



Do your best and enjoy your sport

Our sport camp is designed to **perfect and improve combining sport training with English in the most enjoyable way.**

Children work in English with **specialist instructors** and learn in a dynamic and personalised fashion.

The specific objectives of the Sport Camp are adapted to the ages and individual traits of the children.

Activities are organised in such a way that the child is in **constant contact with the English language** and can practice the fundamental skills of the chosen sport.

We keep on offering our camp with residency at school. Only children born between 2008 and 2011 (both included) can take part. **Team work and socialisation** will be an essential part at the end of their sports day.



What to bring

For External children (Athletes who do not stay in the school residence)

- Swimsuit, flip flops, towel and cap
- Sun cream (minimum SPF 30)
- Light morning snack: juice, fruit, energy bar or sandwich
- Personal hygiene products (shampoo, shower gel, toothbrush, paste)
- Cap for sun protection
- Mosquito repellent is recommended
- Two sets of sport clothing (wearing one of them when coming to school in the morning)
- Sport shoes

For interns (Athletes who stay in the school residence)

- Swimsuit, flip flops, towel and cap
- Sun cream (minimum SPF 30).
- Cap for sun protection
- Personal hygiene products (shampoo, shower gel, towel, toothbrush, paste)
- Mosquito repellent is recommended
- Two sets of sport clothing for each day
- Extra clothes (t-shirt, shorts...)
- Sleeping bag, bed sheet, pillow
- Pyjama

We also recommend that you clearly mark your clothes and personal items with your child's full name.

They will be allowed to bring a book for break times, even though there will be a small library available with English and Spanish books.

What not to bring

- Electronic devices
- Valuable items

Timetables

Time Activity

8:00	Wake up
8:30-9:00	Breakfast
9:00-9:20	Personal hygiene routine and tidy up the bedrooms Arrival of external children.
9:30-11:00	Training
11:00-11:30	Morning snack
11:35-12:45	Other leisure activities
13:00-14:00	Swimmingpool
14:15-15:15	Lunch
15:30-17:00	Break -Board games
17:00-17:20	Educational talk
17:30-19:30	Evening snack
19:30-20:15	Training
20:30-21:30	Hygiene daily routine. Departure of external children.
21:30-22:00	Dinner
22:00-22:30	Free time
22:30	Lights out

Mediterranean Surf School Patacona Beach (Alboraya)

For boarding pupils



The aim of this activity is for children to become familiar with the water and with water sports, but also for them to enjoy a fun day at the beach.

Dates: Saturday 18th of July and Saturday 25th of July.

Time: 10:15am-5:00pm.

Ages: From 8 years of age.

Pupil-instructor ratio:

9 years of age and younger → 5 pupils: 1 instructor

Older than age 9 → 8 pupils: 1 instructor

Children must bring sport clothing, a change of clothes, towel, swimsuit, flip flops and sun cream.



Timetable for the activity:

10:00	Children depart Caxton College.
10:15	Children arrive at the Mediterranean Surf School.
10:15 – 11:15	Introduction to the Mediterranean Surf School staff and its facilities. Snack in the shady area near the building and formation of groups.
11:15 – 13:00	Sport activities (surf, SUP and mega SUP).
13:00 – 13:30	Get out of the water, cool down, return to the school building and change clothes.
13:30 – 14:30	Picnic lunch.
14:30 – 16:30	Dry activities.
16:30 – 17:00	Get ready to leave.
17:00	Collection by parents/guardians.

All activities carried out with the ***Mediterranean Surf School*** include the necessary equipment: a neoprene suit and the appropriate board.

The School's facilities include a large changing room with lockers and showers with hot water so that students feel comfortable before and after surfing.

The Mediterranean Surf School's instructors are trained in first aid. Also, the School has an accident insurance policy that covers any injury occurring during the activities.



Medical attention

Caxton College has a clinic and a school nurse who deals with all basic medical attention required by athletes.

In the event that an athlete feels unwell, they will be kept in the clinic resting under the supervision of the nurse until their parents can come to collect them.

If an athlete has an accident or requires medical attention, they will be taken to the school clinic. If necessary, the school will contact parents and the athlete will be taken to the closest health centre or hospital.

The school will not administer any type of analgesic medication without first consulting the child's parents.

No medication may be brought from home, with the exception of antibiotics, which should be accompanied by a doctor's prescription. These medicines should be given to the school's Main Reception, but should never be given to the child nor placed in the child's bag. All medicines must be clearly marked with the child's name, the dosage and the time(s) to be administered.

General rules

Athletes must wear sports clothing in order to participate in the activities organised.

The school reserves the right to search athletes' belongings if this is considered necessary.

Energy drinks are not allowed in our school.

The use of electronic devices is not allowed.

The school will not accept any responsibility for electronic devices or valuables that are lost or broken.



Behaviour Policy

The school has created a behaviour policy specifically for the Sport Camp. This policy must be followed by all parties involved in the camp in order to foster integration and respect.

Those behaviours that violate the rules of coexistence in our school will be considered as disciplinary infractions. The infractions are classified as minor and serious. These are:

Minor incidents:

- Disobeying a coach
- Not following rules during trainings
- Wearing inappropriate clothing

Serious incidents:

- Aggression
- Bullying
- Leaving school grounds
- Various serious incidents

Consequences:

- The Sport Camp Coordinators will have a meeting with the School Directors to decide on the measures to be taken depending on to the severity of the incident.
- Parents/agency will receive a call from our school. The school reserves the right to expel an athlete from the summer camp immediately.

Any athlete who jeopardises the integrity or safety of others will be expelled without hesitation.

We expect parents/tutors to support us in implementing this code of behaviour as we believe that discipline is a shared responsibility.



July Menu 2020

Monday	Tuesday	Wednesday	Thursday	Friday
13 Pureed sweet potato and swede soup Turkey in sauce with wholemeal rice Chickpea salad Fruit / Ice cream	14 Oven cooked rice Mixed salad Mayonnaise salad* Pineapple / variety of Yoghurt	15 Vegetable Panache Ham & cheese pizza Bean sprout salad Fruit salad	16 Lentils with vegetables Breaded chicken breast with ratatouille Spinach, cheese and beetroot salad Fruit: Banana or pear	17 Wholemeal spaghetti with tomato sauce, vegetables and cheese Baked cod with steamed cauliflower Potato salad Apple or Yoghurt
20 Six-vegetable puree Shepherd's Pie Lentil salad Fruit / Ice cream	21 Macaroni bolghesa French omelette with ratatouille Mayonnaise salad* Fruit: Pineapple / Yoghurt	22 Valencian Paella Mixed Valencian salad with boiled egg Quinoa salad Fruit salad	23 Haricot bean and vegetable stew Grilled chicken breast with roasted potatoes Spinach, cheese and beetroot salad Fruit: Banana or pear	24 Summer salad Breaded hake with sautéed peas Rice salad Apple or Yoghurt
27 Boiled vegetables Meatballs with vegetable sauce Bean salad Fruit / Ice cream	28 Vichyssoise with croutons Chicken stew with wholemeal rice Mayonnaise salad* Pineapple or Home-made custard cream	29 Seafood paella Home-made ham croquettes with steamed broccoli Bean sprout salad Fruit salad	30 Lentils with vegetables Scrambled eggs with bacon and mushrooms Spinach, cheese and beetroot salad Fruit: banana or pear	31 Macaroni with tomato sauce, vegetables and cheese Baked cod with tempura-style vegetables Potato salad Apple or Yoghurt

* Mayonnaise salad is served without tuna for Primary
 Please bear in mind that the menu is subject to change

Lunch menus are approved by the school doctor (Dr. Mascarós)

- Gazpacho, boiled vegetables, salad and fruit available daily.
- White and whole meal bread also available.



If your child needs a special diet, please contact Mónica Gimeno: 961 424 177

How to get to school

By car:

You can park in the school's underground carpark and accompany your child at 9:00am to the following meeting points:

- **Football and Basketball:** pine tree area

You can collect your child at 7:45pm at the following meeting point:

- **Football and Basketball:** pine tree area





Contacting the school

Main Reception:
caxton@caxtoncollege.net
961 424 500

Caxton Sports Centre (CSC):
caxton-extrascolares@caxtoncollege.net
961 424 176

You may send an e-mail or phone the school to book an appointment to meet with the teacher.

It is very important that you contact the school's Main Reception if your child needs to leave school earlier than usual, will arrive late or will be absent.





**BSO
Outstanding
School**



Excellence
in Education

For more information, phone us or visit our web page

caxton@caxtoncollege.net · caxtoncollege.com · 961 424 500 · Puçol · Valencia