



# Holiday Sports Coaching Courses



**Archery • Basketball • Cricket • Dance • Football • Nerf Games  
Inflatables • Trampolining • Gymnastics • Dodgeball • Tennis  
Rugby • Bikes & Scooters • Ultimate Frisbee • Danish Longball  
Golf • Water fight • Volleyball • Capture the Flag • *plus others!***



## Whickam School

**Tuesday 22<sup>nd</sup>, Wednesday 23<sup>rd</sup> &  
Thursday 24<sup>th</sup> April 2025**



**For more information call/message Tony on 0771 324 4023**

**Email: [info@shapeperformance.co.uk](mailto:info@shapeperformance.co.uk)**

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

**Book at: <https://campscui.active.com/orgs/ShapePerformance>**



# Easter 2025 Sports Coaching Course

## Option 1

### Multi-sport Activities

Choose this course to play some of the following activities: dodgeball, a water fight (weather dependant), football, Nerf games, bikes and scooters, basketball, cricket, tag rugby, ultimate frisbee, tennis, volleyball, trampolining, climbing/bouldering and ultimate frisbee...



## Option 2

### Football Coaching

All the usual stuff you would expect during a football coaching course: challenges, Coaching, matches & tournaments. Players receive expert coaching to develop their skills and tactical knowledge, as well as helping them develop team-work, leadership and other important psychological factors.



Courses run from 9:45am till 3:00pm, early drop-off available from 8:45am. Courses are suitable for children in Year 1 to Year 8. Day rate is £20 (£17.50 for 2<sup>nd</sup> sibling & £15 for additional siblings). 10% discount for booking all 3 days. All coaching staff have a recent DBS check and relevant coaching, first aid and child protection/safeguarding qualifications. Many of our staff are degree qualified (dance or coaching science) and a number are trained PE teachers. We are fully insured through Insured4Sport.

**Testimonials (check out our Facebook page for many more)**

- Stephen (dad of Matthew) – "Great value for money. Children are active in a safe environment with professional staff having fun but also learning lots of skills. Would definitely recommend to others."
- Lisa (mum of Jake) – "My son loved his first week on the multi-sports course that I've just booked him on again! He's only just starting to enjoy sports and games and he came home happy and motivated each day, a little more confident each time, so I can only thank the coaches for that."
- Helen (mum of Evie) – "My 6yr old has just participated in the dance, gymnastics and trampolining course. She absolutely loved it and has come home happy and confident each night. She can be very shy in new situations but performed in front of parents today with a smile! Thank you to everybody involved- she will definitely come again!"

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