

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!***



Venues across the North-East
**Northburn Primary, Cramlington • Whickham
School • St Paul's Primary, Alnwick •
Catchgate Primary, Annfield Plain**



For more information call/message Tony on 0771 324 4023

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www.shapeperformance.co.uk

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

SCAN ME!



Summer 2025 Sports Coaching Courses

Multi-sport Activities



A variety of some of the following activities: dodgeball, a water fight (weather dependant), football, Nerf games, bikes and scooters, basketball, cricket, archery, rugby, ultimate frisbee, tennis, volleyball, trampolining, and ultimate frisbee.

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 teamwork, leadership, and other psychological factors.



Courses run from 9:45am till 3pm and are available for children finishing Reception Class to those finishing Year 7 (Year 8 at Whickham). Prices vary at each venue but range from £17.50 to £20 per day. Discounts are available for siblings and for booking a full week. All coaching staff have a recent DBS check and relevant coaching, first aid and safeguarding qualifications. Many staff are degree qualified (dance or coaching science) or are trained PE teachers. We are fully insured through Insured4Sport. Early drop-offs available at Whickham and Catchgate.



Inflatable sessions are available once or twice per week at each venue

Testimonials (check out our Facebook page for many more – www.facebook.com/SHAPEperform)

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.”

Emma (mum of Mason) – “My son has been attending Tony’s holiday camps & training for a few years and absolutely loves it! Very well organised with experienced and friendly coaches. Has a good mix of activities outside of the football & multi sports. Well worth the money and it’s great knowing Mason is being well looked after while doing what he loves”.

Venue	Options	Monday 28th July to Friday 1st Aug.	Monday 4th to Friday 8th August	Monday 11th to Friday 15th August	Monday 18th to Friday 22nd August
St Paul’s Primary	Multi-sport activities	✓	✗	✗	✗
Whickham School	Multi-sport activities or football coaching	✗	✗	✓	✓
Cramlington Northburn Primary	Multi-sport activities	✗	✓	✗	✓
Catchgate Primary	Multi-sport activities or football coaching	✓	✓	✓	✓



FREE PLACES at Catchgate Primary School
Children living in Durham County who are eligible for benefits-related free school meals can attend for free! If your child attends a school in Durham they will send you details of how to book.



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