



The Inaugural Football Holiday Camp 2011: facts & figures

THE BREWSTER TRUST's Inaugural Football Holiday Camp 2011 is for girls AND for boys AND for children with disabilities – football for everybody. It takes place between July 4th and July 29th 2011 as a weekly programme free of charge.

Programme & age groups

July 4 th - 8 th :	Coaching course for football coaches
July 11 th - 15 th :	7 - 10 years, born 2001, 2002, 2003 and 2004
July 18 th - 22 nd :	11 - 14 years, born 1997, 1998, 1999 and 2000
July 25 th - 29 th :	15 - 18 years, born 1993, 1994, 1995, 1996
Venue:	FIFA approved UWI artificial turf football field at Paradise Park, The Lazaretto
Time:	daily 9.30 am to 3.30 pm
Registration fee:	BDS\$ 20.00, fully refundable after five days participation
Registration:	forms can be downloaded from www.football.bb , registration at the offices of the camp partners The University of the West Indies or The Barbados Football Association and also at THE BREWSTER TRUST's office in Trents

Organiser

The Inaugural Football Holiday Camp 2011 is organised by THE BREWSTER TRUST, a registered Charity in Barbados. The trust's mission is to promote, develop and improve football in Barbados with the aim of creating opportunities at all levels, but especially for the youth. To impart the qualities of leadership and loyalty, sportsmanship, competitive ambition and the drive for academic excellence as well as discipline, fair play and respect is our ultimate goal, just as the fruitful cooperation with all national and international football stakeholders.

Coaches

The coaches are alumni of Arsenal FC's Gap Year Programmes 2010/2011. The Gap Year is open for young men and women over the age of 17. At the beginning of the programme, Gap Year youngsters gain valuable qualifications in coaching, refereeing, first aid, child protection and Teaching English as a Foreign Language (TEFL) whilst spending time coaching and teaching in local schools and community soccer schools in and around north London in order to build up confidence levels.

THE BREWSTER TRUST is a partner of Arsenal FC and the Gap Year Programmes 2010 to 2013. The coaching course is held by John Olaleye, Gap Year/Internship Coordinator at Arsenal FC. The Gappers are under the special guidance of Nathaniel P. Brewster, Vice-President and co-founder of THE BREWSTER TRUST.



Coaching course for football coaches

One approach of THE BREWSTER TRUST is to have qualified and experienced people who are dedicated to football and are willing to share their know-how. Arsenal's approach fits perfectly with this philosophy. Taking the examples of Israel or Kenya, Arsenal in the Community has recruited, year by year, several gap year students to coach football. This is what THE BREWSTER TRUST sees as one important element towards coaching the coaches.

Beside the coaching week July 4th to 8th 2011, the participants are invited to assist the Gappers for the next three weeks on a weekly basis or a permanent basis to put into action what they've learnt. Each coach must be available for the training week and should be available for an additional "Holiday Camp" week.

No sweet without sweat.

The most outstanding participant at the coaching course selected by the Organiser will be awarded a coaching participation at the next Arsenal Gap Year programme for one month which includes accommodation in England as well as travel costs.

Three age groups

The weeks July 11th - 15th, July 18th - 22nd and July 25th - 29th are all about the youth. The training sessions are age group and performance related and following THE BREWSTER TRUST's mission it is football for everybody straight from the beginner full of fun and surprises.

Coaching in several groups, coaches are assigned to groups to encourage familiarity with the young people the coaches work with that same group over the course of each week.

Coaching elements will be multifarious with a daily competition based on the session, basic passing techniques developing the range and accuracy of the players, developing the players' basic dribbling and turning techniques like dribbling at speed, slalom dribbling, dribbling with turns incorporated, control sessions and heading sessions including aerial control with the focus on using various parts of the body like feet, knees or chest, basic techniques of shooting with a development focused on shooting with various parts of the strong and the weak feet, 3 vs 2 and 4 vs 3 shooting sessions and mini matches or a tournament at the end of the week. This will be followed by presentations to all players as well as "Player of the Week" and "Fair Play" awards being handed out.

Venue

The Inaugural Football Holiday Camp will be held at The University of the West Indies (UWI) on the FIFA approved UWI artificial turf at Paradise Park.

Changing rooms and bathrooms are available as part of the venue.

Medical

All coaches are familiar with First Aid. The further medical facility consists of present physiotherapists and an on call ambulance.

Schedule

The camp opens on Mondays to Fridays from 9.00 am (earliest drop off) to 4.00 pm (latest pick up); the sessions start punctually at 9.30 am, ending at 3.30 pm. Besides drinking and fruit break all participants have lunch together for one hour.



Insurance coverage

For every registered participant THE BREWSTER TRUST is contracting insurance cover with a special sport package for the duration of the camp.

This includes for example accident medical, deductible, co-insurance factor and also maximum per visit to doctor's office, hospital & home, specialist consultation benefits or physiotherapy.

Lunch & drinks

Mens sana in corpore sano – a healthy mind in a healthy body.

THE BREWSTER TRUST developed a special meal plan for the Inaugural Football Holiday Camp with typical football food like vegetable rice, spaghetti, grilled fish and juices for lunch with fruit breaks between the sessions – as well offered free of charge.

Camp Partner Barbados Bottling Company takes care of appropriate beverages like isotonic Powerade.

Equipment

You just need your football boots, if possible shin pads, but most important is to be motivated and to have fun.

Children with disabilities

As a matter of course THE BREWSTER TRUST offers the Inaugural Football Holiday Camp also to children with disabilities. Any special requirements can be discussed prior to registration with the organiser.

Registration

Spaces are limited, first come, first served. The registration fee is BDS\$ 20.00 which is fully refundable after five days participation in cash. THE BREWSTER TRUST is encouraging participation as part of the programme as well as rewarding attendance.

For registration information please visit www.football.bb to download the registration form. Please fill out and register at our office or at one of the following Camp Partners:

<u>THE BREWSTER TRUST</u> {registered charity 825} GH House, 4th Floor Trents, St James	<u>The University of the West Indies</u> Sport Academy Cave Hill CLR James Cricket Research Centre Cave Hill Campus	<u>Barbados Football Association</u> Richmond Welches, St. Michael
Monday to Friday: 9.30 am to 5.30 pm	Monday to Friday: 9.00 am to 4.00 pm	Monday to Friday: 9.00 am to 5.00 pm

The registration for coaches closes on Friday, July 1st 2011 at 3.00pm.

The registration for all age groups closes on Friday, July 8th 2011 at 3.00pm.

THE BREWSTER TRUST offers also an online reservation on www.football.bb.

**Camp hotline**

For any questions, feedback, comments, support – we are there to help:

Sasha Sutherland
Coordinator "The Inaugural Football Holiday Camp 2011"
THE BREWSTER TRUST
phone: 230-9318

Axel Bernhardt
CEO
THE BREWSTER TRUST
phone: 836-7813

Contact details

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Consider discipline, fair play and respect for the game.