

# Christmas Holiday Sports Camps 2016



## Cricket - ISSC Henley Road

Monday 19 and Tuesday 20 December / Wednesday 21 and Thursday 22 December

## Indoor Hockey - ISSC Rushmere

Monday 19 December / Tuesday 20 December

## Netball - ISSC Rushmere

Wednesday 21 and Thursday 22 December

*Activities open to young people from any school  
Improve your skills and fitness while having fun  
Limited places available - book early to avoid disappointment!*



# ISSC

**HENLEY ROAD  
NOTCUTTS  
RUSHMERE**

[www.ipswichschoolssportscentre.co.uk](http://www.ipswichschoolssportscentre.co.uk)

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# RAY EAST'S CRICKET CENTRE OF EXCELLENCE

These sessions will give children the chance to receive cricket coaching from expert coaches, including Ray East, who is a former Essex county cricketer and an England CB Development Coach. There will be coaching in all aspects of cricket: catching, fielding techniques, bowling and batting, using the indoor cricket facilities at Ipswich School.

## CRICKET CENTRE OF EXCELLENCE 1

**WHEN:** Monday 19 December and Tuesday 20 December

**WHERE:** ISSC Henley Road - Sports Hall and Cricket Gallery

**TIME:** 10am – 4pm ● **AGES:** School Years 4 and 5 ● **COST:** £26 per day

**WHAT SHOULD I BRING?** Please wear suitable cricket clothing (a tracksuit is fine) and non-marking trainers, and bring a packed lunch and refillable water bottle. There will be Ipswich School cricket equipment available to use, but feel free to bring your own kit such as bats, gloves and protective gear

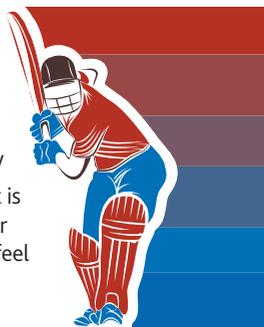
## CRICKET CENTRE OF EXCELLENCE 2

**WHEN:** Wednesday 21 December and Thursday 22 December

**WHERE:** ISSC Henley Road - Sports Hall and Cricket Gallery

**TIME:** 10am – 4pm ● **AGES:** School Years 6, 7 and 8 ● **COST:** £26 per day

**WHAT SHOULD I BRING?** Please wear suitable cricket clothing (a tracksuit is fine) and non-marking trainers, and bring a packed lunch and refillable water bottle. There will be Ipswich School cricket equipment available to use, but feel free to bring your own kit such as bats, gloves and protective gear



**Hertfordshire Mavericks**

### Mavericks Camp!

Wednesday 21st & Thursday 22nd December 2016  
Ipswich School Sports Centre, Ipswich IP5 1DE

10am - 3pm / £60 for 2 days  
For girls in years 5-8.

To book a place or for more information please visit:  
[www.mavericksnetball.co.uk/camps-and-classes/camps-and-classes/](http://www.mavericksnetball.co.uk/camps-and-classes/camps-and-classes/)

**the TouchLine** café

### Refreshments available at ISSC Rushmere

The Touchline Café is situated in the bar area at ISSC Rushmere and offers a range of cold drinks, teas, coffees, homemade cakes and savoury food.

The lounge area has ample seating for parents and visitors to the centre, so there's plenty of space to relax.

# INDOOR HOCKEY CAMPS

ISSC Indoor Hockey Camps are a fantastic opportunities for players to learn or further develop their indoor hockey skills. With distinctly different skills and techniques needed to excel at indoor hockey, ISSC Camps are centred around indoor hockey gameplay, providing lots of chances to put those new skills into action.



## PROGRESS CAMP

**WHEN:** Monday 19 December ● **WHERE:** ISSC Rushmere

**TIME:** 10am – 4pm ● **AGES:** School Years 4 to 6 ● **COST:** £26

**WHAT SHOULD I BRING?** Please wear suitable clothing such as a tracksuit and non-marking trainers, and bring a packed lunch and refillable water bottle. Please bring your own hockey equipment: sticks, shin pads, gum shields.

**WHAT WILL I DO?** The ISSC Indoor Hockey Progress Camp introduces the core fundamental skills of indoor hockey: individual defensive play, ball carrying and elimination skills, and goalscoring. Players will get the chance to experience using the indoor boards and take indoor penalty corners, as well as starting to learn indoor patterns of play and tactical structures.

## PERFORMANCE CAMP

**WHEN:** Tuesday 20 December ● **WHERE:** ISSC Rushmere

**TIME:** 10am – 4pm ● **AGES:** School Years 7 to 9 ● **COST:** £26

**WHAT SHOULD I BRING?** Please wear suitable clothing such as a tracksuit and non-marking trainers, and bring a packed lunch and refillable water bottle. Please bring your own hockey equipment: sticks, shin pads, gum shields.

**WHAT WILL I DO?** The ISSC Indoor Hockey Performance Camp will develop core indoor skills to the next level, introducing advanced elimination and passing skills alongside creative goalscoring inside the D. Players will be introduced to different team presses and advanced individual defensive techniques and team tactics will be introduced.

*For more information about all Christmas activities and about Ipswich School Sports Centres, go online:*

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

## Make a Splash! Swimming Lessons at ISSC Henley Road

We run swimming lessons for adults and children in our indoor pool at ISSC Henley Road. Group lessons and one-to-one sessions are available.

**Adult sessions** take place on Thursday evenings. Cost £6 per session

**Children's lessons** take place on Tuesday: 4-6pm; Thursday: 4-6pm; Saturday: 8am-2pm. Cost £6 per session

**One-to-one lessons** are available for both adults and children. The cost is £20 for a 30minute session.

To book a place or find out more, please contact Bryan Caley on: [caley@ipswich.school](mailto:caley@ipswich.school) or ring 01473 408308

Or visit our website: [www.ipswichschoolsportscentre.co.uk](http://www.ipswichschoolsportscentre.co.uk)



# CHRISTMAS SESSIONS BOOKING FORM



- Please return the form and your payment to: Heather Dixon, Ipswich School, Henley Road, Ipswich IP13SG
- Payment: Cheques should be made payable to 'ISE Limited'
- We accept payment through Care4, Edenred, Computershare, Kiddivoucher and childcareplan
- One booking form per person. Please book by 9 December (hockey) or 16 December (cricket). Limited spaces available - bookings taken on a first come, first served basis

Please tick which sessions and days you would like to attend:					
<b>Hockey Progress Camp</b>	School Years 4 - 6	Mon 19 Dec	<input type="checkbox"/>		
<b>Hockey Performance Camp</b>	School Years 7 - 9	Tues 20 Dec	<input type="checkbox"/>		
<b>Cricket Centre of Excellence 1</b>	School Years 4 & 5	Mon 19 Dec	<input type="checkbox"/>	Tues 20 Dec	<input type="checkbox"/>
<b>Cricket Centre of Excellence 2</b>	School Years 6, 7 & 8	Weds 21 Dec	<input type="checkbox"/>	Thurs 22 Dec	<input type="checkbox"/>
<i>To book a place on the netball sessions visit <a href="http://www.mavericksnetball.co.uk">www.mavericksnetball.co.uk</a></i>					
Name:					
Address:			Postcode:		
Email:			Phone:		
School attended:			Date of Birth:		
Any medical conditions:					
Emergency contact details:					
Name:		Phone:			
Relationship to participant:					
Consent: I agree to my child taking part in the ISSC hockey camp or cricket centre of excellence and confirm that my child does not suffer from any medical condition other than those listed. I agree to photographs being taken to be used in local papers, online or by ISSC for camp promotions. I authorise the leader of the coaching session, or any other adult coach present to provide medical first aid when required (parents will be contacted if an incident occurs). I have read, understood and accept the ISSC terms and conditions (found on <a href="http://www.ipswichschoolsportscentre.co.uk">www.ipswichschoolsportscentre.co.uk</a> )					
Parent/guardian name:					
Parent/guardian signature:					
Date:					