

WINTER CAMP INFORMATION PACK



Welcome to Gulf Star Sports Winter Camp 2023

Thank you for considering Gulf Star Sports Winter Camp this year.
Please read on to find out a bit more information about the
activities on offer and how to prepare your child for our camp.

Arriving at Camp

Gulf Star requests that all children are registered and collected daily by a parent or guardian (over the age of 18). **Registration must be made in advance via ASD Oduo.** You can find more information regarding this at the ASD campus rec office.

Upon arrival at school you will be greeted by the Gulf Star team (*the staff in white T-shirts*) and your child will be given a name badge to distinguish their individuality so that they can make friends easier. **Entry and exit through Gate 5.** To avoid crowding we will ask parents to drop their children and leave, to reduce the number of parents on site at any one time.



Activities

There will be a range of activities on offer. In a typical day, you can expect your child to have at least two sports-based session, one 'calming creative' i.e. art and one 'active creative' i.e. dance or martial arts.

Activities on offer include:

football, dodge ball, gymnastics, martial arts, swimming, racquet sports, basketball, cricket, rugby, handball, gardening, performing arts (all kinds of dancing including hip hop for boys and girls), drama, and art. We also run team building activities throughout the week.

Campers will be split into different age categories to make sure that they can enjoy age appropriate challenges and be with students their own age or similar.



Camp Schedule

Before camp starts you will be sent a schedule of the week for the camp your child is participating at. This will help with preparing what your child needs for the day (i.e. if your child has an activity like swimming on that day).

All children will participate in **4 activities** across the day and activities will vary dependent on the "theme of the week." We have attached an example of what a day may look like on camp.

Gulf Star staff will be available to talk to parents should there be additional questions or extra requirements.

Your child needs to bring the following everyday:

- **2 snacks and 1 lunch for 3 breaks**
- **Refillable water bottle**
- **Old baggy T-shirt for Art**
- **A hat & sun screen for outdoor sessions**
- **Trainers or pumps (not flip flops)**
- **Swim wear (everyday)**



Weekly Activity Schedule KG				
Monday	Tuesday	Wednesday	Thursday	Friday
STEM	Soccer	STEM Challenge	Athletics	Athletics
Break				
Parkour	Bouldering	Gymnastics	Martial Arts	Ball Games
Break				
Basketball	MINI Construction	Ninja Warriors	Baking	Table Games
Break				
Swimming	Slip n Slide	Swimming	Soccer	Water Games
Lunch				
Arts & Crafts	Story Time	Creative Designs	Parkour	Parkour



Snack Time

Your child will have the opportunity for two snacks and one lunch throughout the day. At Gulf Star Holiday Camps, we aim to promote healthy habits and we would like to encourage your child to bring healthy, nutritious snacks.

During the camp children will not be allowed to swap food with each other and we have a 'no nuts' policy on our camps.

Final Reminders

- Drop off from **8:30-9:00am** (Gate 5) Elementary gym.
- Pick up from **1:45-2:00pm**
- All bookings to be made through **Schools ODOO**, and paid in advance.
- Groups will be split by age groups and limited to 16 students per group.

