

Welcome to Gulf Star Holiday Camps

Thank you for considering Gulf Star Holiday Camps during the Term break. 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).

Upon arrival at school you will be greeted by the Gulf Star team (the guys and girls in navy blue or white t-shirts) and your child will be given a name badge to distinguish their individuality so that they can make friends easier. 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.

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.

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.

Sample timetable of a camp day

DATES:		Group A	Group B	Group C	Group D
09:00-10:00	Morning Session 1	Sensory Games	Crafts Challenge	Rounders	Dodgeball
10:00-10:15	SNACK Break				
10:15-11:15	Midday Session 1	Dodgeball	Sensory Games	Crafts Challenge	Rounders
11:15-11:30	SNACK Break				
11:30-12:30	Midday Session 2	Rounders	Dodgeball	Team Games	Crafts Challenge
12:30-13:00	LUNCH Break				
13:00-13:45	Afternoon Session	Crafts Challenge	Rounders	Dodgeball	Team Games
13:45-14:00	Camper of the Day and pick up				

What does your child need to bring to camp?

Your child needs to bring the following everyday:

- 2 snacks and 1 lunch for 3 breaks
- Enough water through out the day
- Old baggy T-shirt for Art
- Trainers or pumps (not flip flops)

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, splash and fun(some venues), 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.

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 (FS Reception accessible through Gate 3)
- Pick up from 1:45-2:00pm
- All bookings to be made through bookings.gulfstarsports.com/camps, and paid in advance.
- Groups will be split by age groups and limited to 16 students per group.