COLCHESTER UNITED FC

Football in the Community

SUMMER 2022

ACTIVITIES FOR CHILDREN

EFL TRUST

Professional Footballers' Association

Supported by Premier League

ClassForKids

Registered Charity Number: 1159381

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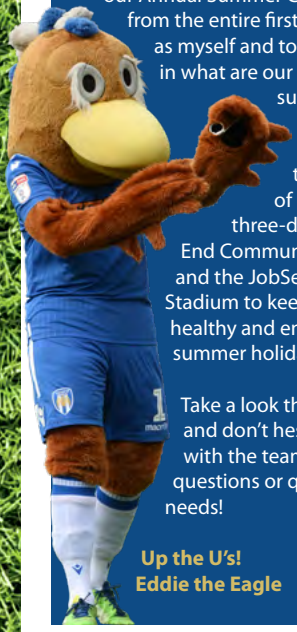
#UniteOurCommunities

ACTIVITIES FOR CHILDREN

INTRODUCTION

Summer is approaching and so is a jam-packed programme of summer activities for you to enjoy in 2022!

Colchester United Football in the Community are launching a comprehensive offer of football activities for boys and girls of all ages from May - August. These activities include our Annual Summer Camps with visits from the entire first team squad as well as myself and tonnes of other extras in what are our biggest weeks of summer activity. If you cannot make these week long camps there are plenty of day, two-day and three-day courses at Shrub End Community Sports Centre and the JobServe Community Stadium to keep yourselves fit, healthy and entertained over the summer holidays.



Take a look through this booklet and don't hesitate to get in touch with the team if you have any questions or queries to suit your needs!

Up the U's!
Eddie the Eagle

MAKE A BOOKING

Book your courses online at the click of a button with our online service!

ClassForKids.

COLCHESTER UNITED FC

COLCHESTER UNITED FC

Football in the Community

ABOUT US

Colchester United's Football in the Community is a registered charity that provides high quality sports and education programmes to children, young people and adults from across the region. In August 2014 Colchester United Football in the Community was awarded charitable status, enabling us as an organisation to be supported by the Charites Commission and Football League Trust. This also ensures that all the funding and income received is re-invested back into the improvement and development of the organisation.

When you book an activity with us, you can be confident that your child will have a great experience and make new friends:

- At an affordable price
- In a safe learning environment
- At superb venues with great facilities

Working in the heart of your local community, parents can rest assured that all activities will be delivered by highly qualified coaches with a wealth of experience in developing young people of all abilities.

FOOTBALL IN THE COMMUNITY COACHES

Key to your child's safety and enjoyment is a high level of guidance provided by our staff who are:

- Enthusiastic and experienced at working with children
- FA qualified coaches
- Trained in Emergency Aid
- CRB checked
- Safeguarding trained

HOW TO FIND US

Directions: www.cu-fc.com/club/directions
Satnav: Shrub End, CO2 9BQ;
JobServe Community Stadium (JCS), CO4 5ZD

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ANNUAL SUMMER CAMPS

The BIGGEST Soccer Camp of the Year! Open to children from School Years Reception – Year 11 our Annual Summer Camps are the highlight of our Holiday Activity provision! With three different courses available (Outfield, Goalkeeping and Girls Only), all attendees will receive the following:

- FREE Colchester United t-shirt
- FREE football
- An attendance trophy
- An opportunity to meet and collect autographs from the Colchester United First Team squad
- An opportunity to be awarded 'Player of the Week' prizes
- Access to play in our inflatable 5-a-side pitch
- Plenty of competitions and tournament football
- An opportunity to stay behind each day for another two hours training as part of our 'Extra Time' sessions

	DATES	SCHOOL YRS	TIME	VENUE	CODE	EARLY BIRD	FULL PRICE	EARLY BIRD PRICE P/DAY	PRICE P/DAY
Camp 1	25 July - 29 July	Reception - 11	9.30 - 15.00	Shrub End	ASC1	£85.00	£95.00	£17.00*	£19.00*
Camp 2	15 August - 19 August	Reception - 11	9.30 - 15.00	Shrub End	ASC2	£85.00	£95.00	£17.00*	£19.00*

**Full price includes Colchester United first team shirt and football. To add these to the price per day will cost an additional £20.*

Book both Annual Summer Camps for £160!

If booking on both Annual Summer Camps you will use the same football and shirt on both.

EARLY DROP OFF service available for an additional cost of £5 per day at Shrub End and JCS only from 8.30am to 9.30am.
EXTRA TIME service available after Annual Summer Camp events between 3.00pm and 5.00pm at £8 per day additional charge.

WHITSUN HOLIDAY ACTIVITIES

MINI KICKERS

DATE(S)	SCHOOL YR	TIME	VENUE	EARLY BIRD	FULL PRICE	EARLY BIRD PRICE P/DAY	PRICE P/DAY
30 & 31 May 2022	Rec – 2	10.00 – 12.00	Shrub End	£16.00	£20.00	£8.00	£10.00

SOCCER CAMP

30 & 31 May 2022	3 – 6	9.30 – 15.00	Shrub End	£35.00	£40.00	£18.50	£20.00

TRAIN LIKE A PRO

30 & 31 May 2022	7 – 11	9.30 – 15.00	Shrub End	£35.00	£40.00	£18.50	£20.00

GIRLS ONLY SOCCER CAMP

30 & 31 May 2022	3 – 6	9.30 – 15.00	Shrub End	£35.00	£40.00	£18.50	£20.00

GOALKEEPERS CAMP

30 & 31 May 2022	3 – 6	9.30 – 15.00	Shrub End	£35.00	£40.00	£18.50	£20.00

STRIKERS CAMP

31 May & 1 June 2022	3 – 6	9.30 – 15.00	JCS	£35.00	£40.00	£18.50	£20.00

EARLY BIRD OFFER AVAILABLE! *Book by 3rd May to receive the Early Bird offer*

- **Early drop off service available for an additional cost of £5.00 per day at Shrub End and JCS only from 8.30am – 9.30am.**

BOOK YOUR COURSES ONLINE!

Colchester United's Football in the Community courses can be booked at the click of a button with our online booking service.

Using Class4Kids, you are able to book all term time and holiday activities online - making it even easier than ever to get involved with Colchester United Football in the Community!

To book online please visit **colchester-united-fitc.class4kids.co.uk**

SUMMER HOLIDAY ACTIVITIES

ANNUAL SUMMER CAMPS

	DATES	SCHOOL YRS	TIME	VENUE	CODE	EARLY BIRD	FULL PRICE	EARLY BIRD PRICE P/DAY	PRICE P/DAY
Camp 1	25 July - 29 July	Reception - 11	9.30 - 15.00	Shrub End	ASC1	£85.00	£95.00	£17.00*	£19.00*
Camp 2	15 August - 19 August	Reception - 11	9.30 - 15.00	Shrub End	ASC2	£85.00	£95.00	£17.00*	£19.00*

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MINI KICKERS

DATE(S)	SCHOOL YR	TIME	VENUE	EARLY BIRD	FULL PRICE	EARLY BIRD PRICE P/DAY	PRICE P/DAY
1 - 3 August 2022	Rec – 2	10.00 – 12.00	Shrub End	£18.00	£20.00	£8.00	£10.00
8 - 10 August 2022	Rec – 2	10.00 – 12.00	Shrub End	£18.00	£20.00	£8.00	£10.00
SOCCER CAMP							
1 - 3 August 2022	3 – 6	9.30 – 15.00	Shrub End	£45.00	£50.00	£18.50	£20.00
8 - 10 August 2022	3 – 6	9.30 – 15.00	Shrub End	£45.00	£50.00	£18.50	£20.00
TRAIN LIKE A PRO							
1 - 3 August 2022	7 – 11	9.30 – 15.00	Shrub End	£45.00	£50.00	£18.50	£20.00
8 - 10 August 2022	7 – 11	9.30 – 15.00	Shrub End	£45.00	£50.00	£18.50	£20.00
GIRLS ONLY SOCCER CAMP							
1 - 3 August 2022	3 – 6	9.30 – 15.00	Shrub End	£45.00	£50.00	£18.50	£20.00
8 - 10 August 2022	3 – 6	9.30 – 15.00	Shrub End	£45.00	£50.00	£18.50	£20.00
GOALKEEPERS CAMP							
1 - 3 August 2022	3 – 6	9.30 – 15.00	Shrub End	£45.00	£50.00	£18.50	£20.00
8 - 10 August 2022	3 – 6	9.30 – 15.00	Shrub End	£45.00	£50.00	£18.50	£20.00
STRIKERS CAMP							
4 - 5 August 2022	3 – 6	9.30 – 15.00	Dome	£35.00	£40.00	£18.50	£20.00
11 - 12 August 2022	3 – 6	9.30 – 15.00	JCS	£35.00	£40.00	£18.50	£20.00

EARLY BIRD OFFER AVAILABLE! ***Book by 27th June to receive the Early Bird offer***

VENUES: Shrub End: Shrub End Community Centre, CO2 9BG | Dome: Warriors Rest Tiptree, Maypole Road, CO5 OEN
JSC: JobServe Community Stadium, United Way, Colchester CO4 5UP

HOLIDAY ACTIVITIES

WHEN YOU BOOK ON TO A CUFITC HOLIDAY COURSE YOU HAVE THE OPPORTUNITY TO:

- Have the chance to meet Colchester United first team players and Eddie the Eagle
- Possibly be recommended to our boys and girls Development Centres

GUARANTEES

- Receive a free gift if you attend two days or more
- Meet new friends
- Compete in challenges to receive prizes
- A fun, challenging and disciplined environment

SOCCER CAMPS

Our Soccer camps offer coaching for both boys and girls of all abilities from School Years 2-6. Delivered by our FA Qualified FITC coaches, each attendee will receive a certificate of attendance and a free gift, and will have the opportunity to compete for trophies and medals as well as opportunities to be selected for our CUFC Development Centres. Depending on availability, CUFC player and Eddie the Eagle mascot appearances are also arranged to provide an enriching and memorable experience!

GOALKEEPERS CAMP

This position-specific course will cover all aspects of the CUFC Development Centre Goalkeeping syllabus, suitably challenging young and enthusiastic goalkeepers of all abilities. Components include handling technical practices, shot stopping, footwork drills, distribution techniques from both hands and feet, communication and fun games. This camp often runs concurrently with our soccer camps, allowing the opportunity to implement everything practiced into a match environment.

MINI KICKERS

This is an introductory course for children in School Years Reception – Year 2. With a great emphasis on fun and enjoyment, our enthusiastic coaches will deliver sessions that will improve and develop your child's fundamental movements and basic listening, social and football skills through the means of play and light competition.

STRIKERS CAMP

Goals, goals, goals! From basic shooting technique to game play situations against tough defenders, this camp is guaranteed to give any young goal-scoring enthusiast some tips to become a better striker, regardless of ability.

TRAIN LIKE A PRO

Ever wondered what it's like to train like a professional footballer? Now you can! This camp is aimed at secondary school aged footballers that wish to experience a professional training environment. Specifically, this involves more advanced coaching sessions designed to test and improve both technical and tactical game understanding. Match preparation guidance in the form of nutritional advice also provided.

GIRLS ONLY SOCCER CAMPS

Our Girls Only Soccer Camps give female players the opportunity to refine their techniques in a safe and enjoyable environment. Activities are designed to improve individual skillset through technical practices whilst providing the opportunity to meet and make new friends. Players who demonstrate a high skill level on this camp can be recommended to Essex FA's Female PDC or Centre of Excellence programmes.

COLCHESTER UNITED SKILLS CENTRE

SOCCER MINIS/EARLY EAGLES

For children aged four or in Reception/school years 1 or 2. It offers football coaching for the youngest players in two age groups. Sessions include skills coaching, fun games to reinforce the coaching points and small-sided games to give players a basic understanding of the rules of football.

SOCCER KIDS

For children in school years 3, 4, 5 and 6. Coaching is split into two age groups. Sessions include a warm up, enabling children to re-visit and refine techniques whilst building confidence in game situations.

SOCCER 4S

For children in school years 5 and 6. Soccer 4s includes lots of 4 v 4 games to develop technique, football insight and communication. Each session includes a conditioned small-sided game.

SKILLS SCHOOL

For secondary school players wishing to receive further coaching on ways to be skilful with the ball at their feet. A popular session for players that have progressed through Soccer Kids.

Our Skills Centre is an open-to-all programme for the ages of 4 – 14 and focuses on developing those that attend in basic to advanced skill practices and match environments

TECHNICAL GOALKEEPING PROGRAMME

The Technical Goalkeeping Programme (TGP) is designed to support the development of goalkeepers of all abilities whether at the beginning of their journey or those looking at accessing additional professional goalkeeping coaching. Goalkeepers who attend these sessions may have the opportunity to attend our invitation only sessions within the Development Centre.

TUESDAYS

DATE(S)	SCHOOL YR	TIME	COURSE NAME	VENUE	NO. OF SESSIONS	BLOCK PRICE (PER SESSION)
19 April - 19 July 2022	3 – 4	17.00 – 18.00	Skills Centre	JCS	13	£65 (£5)
	5 – 6	17.00 – 18.00	Skills Centre	JCS	13	£65 (£5)

WEDNESDAYS

20 April - 20 July 2022	1 – 3	16.45 – 17.45	Skills Centre	Dome	13	£65 (£5)
	3 – 6	16.45 – 17.45	Skills Centre	Dome	13	£65 (£5)

THURSDAYS

21 April - 21 July 2022	3 – 4	17.00 – 18.00	Skills Centre	Shrub End	13	£65 (£5)
	5 – 6	17.00 – 18.00	Skills Centre	Shrub End	13	£65 (£5)
	7 – 9	17.00 – 18.00	Skills Centre	Shrub End	13	£65 (£5)
	3 – 6	17.00 – 18.00	Technical Goalkeeping Programme	Shrub End	13	£65 (£5)
	3 – 6	17.00 – 18.00	Wildcats (Girls Only)	Shrub End	13	£65 (£5)

FRIDAYS

22 April - 15 July 2022	Rec – 1	16.00 – 17.00	Soccer Minis	Shrub End	12	£60 (£5)
	2	16.00 – 17.00	Soccer Minis	Shrub End	12	£60 (£5)
	3 – 4	16.00 – 17.00	Skills Centre	Shrub End	12	£60 (£5)
	5 – 6	16.00 – 17.00	Skills Centre	Shrub End	12	£60 (£5)
	2 - 3 yrs	16.45 – 17.45	Tiny U's	Shrub End (Hall)	12	£60 (£5)

SATURDAYS

23 April - 16 July 2022	Rec – 2	9.30 – 10.30	Early Eagles	JCS	12	£60 (£5)
	3 – 4	10.30 – 11.30	Skills Centre	JCS	12	£60 (£5)

VENUES: Shrub End: Shrub End Community Centre, CO2 9BG | Dome: Warriors Rest Tiptree, Maypole Road, CO5 OEN
JSC: JobServe Community Stadium, United Way, Colchester CO4 5UP