

SPORTS ACADEMY

ACTM Ltd
Emozioni in viaggio
2013

Offering intensive soccer, dance, golf or tennis camps with English option



**TENNIS
SOCCER
GOLF
DANCE**



ACTM are proud to have teamed up with one of the most experienced and reliable Youth Operators in the UK and to be able to offer the Epsom Sport Academy to all our clients.

The general feedback from those who have attended, is **FIRST RATE** from the quality of the coaching to the general facilities and to the programme itself.

The Soccer Academy is the top seller and has been operating for 16 years;

The Golf and Tennis Academies are becoming more and more popular and offering an increasingly high standard and good level of coaching;

The Dance Academy was new in 2010 and once again we received wonderful feedback from those taking part in 2012.

Students especially complemented the outstanding & varied tuition. All 4 academies will offer an English language or multi-sport option towards the end of the day.

- Elite Soccer supported by Watford FC
- Elite Dance supported by DAPA
- Tennis in partnership with Service line tennis management
- Golf at the prestigious Epsom Golf Club
- Fantastic venues for soccer golf dance & tennis
- Outstanding sports facilities
- Top quality coaching in golf tennis & soccer
- Modern, airy accommodation
- Matches against English teams
- Visits to well known grounds
- Groups /individuals welcome
- EFL option

	09.30 - 12.15	14.30 - 15.30	16.00-18.30	20.00-22.00
Wed	Transfer to Epsom	Arrive & orientation, tour and introduction to coaches Room allocation and unpacking		Informal sporting activities
Thur	Soccer & Tennis students - skill session Golf students - welcome to Epsom GC and a lessons with the professional Dance - warm-up & Ballet	Soccer & Tennis - specialised Training Golf - time on the course Dance - Aerobic workout with strengthening and limbering	EFL Tuition or Multi sports	Evening Activities
Fri	Soccer - skills session Tennis - match against English opposition Golf - lesson with professional Dance - Street Jazz & Contemporary Dance	Soccer - small sides tournament Tennis - American Tournament Golf - time on the course Dance - a choice of Irish, Tap Dancing etc	EFL Tuition or Multi sports	Evening Activities
Sat	Full day excursion (Wimbledon, Chelsea or London)			Evening Activities
Sun	Soccer & Tennis - matces with local opposition Golf - 9 holes on away course Dance - Ballet	Soccer & Tennis - specialised Training Golf - Session on driving range Dance - a choice of Modern, Tap Dancing , etc	EFL Tuition or Multi sports	DVD Coaching Presentation
Mon	Soccer - trip to a professional teams training session Tennis - match against English opposition Golf - lesson with professional Dance - Aerobic workout and Street Jazz	Soccer & Tennis - specialised Training Golf - time on course Dance - stretching and relaxation	EFL Tuition or Multi sports	Evening Activities
Tue	Soccer & Tennis - skills session Golf - lesson with professional Dance - Contemporary Dance	Soccer & Tennis – inter Academy Tourn. Golf - time on course & prize giving Dance - a choice of Musical Theatre Style Dancing, Ballet Pointe work, etc	EFL Tuition or Multi sports	Evening Activities
Wed	Departure or Sports Morning	Departure or Cinema visit		Evening Act. Or Depart

Note: Golf timings: AM - if a lesson 0930-1145 / AM - if on course 0845-1145 PM - if a lesson 1330-1545 / PM - if on course 1300-1600

For more info and/or booking, please contact us via email: info@actmld.com

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VENUE

The International Elite Sports Academy is based at Epsom College, just 15 miles from Central London and with easy access to both Heathrow & Gatwick Airports. It boasts top class facilities in all areas, especially sport. The College was built in the early 1850's and its beautiful Gothic style buildings are set in 80 acres of Epsom Downs. The soccer pitches are of the highest quality and there are numerous tennis courts, all in top class condition. There are two sports halls. There is also an indoor swimming pool, two dance studios, and several squash courts. The college is little more than a 5 minute walk to the town centre.

THE PARTICIPANTS

The Academy is open to boys and girls between 10 and 16 years from all over the world, including Great Britain. We welcome individuals as well as organized groups/teams to the truly international environment that the Academy offers. Please note that the Elite Academy is NOT suitable for those who are at a very basic level or who merely want "social soccer, golf, dance or tennis".

STAFFING & PASTORAL CARE

In addition to our top quality coaching staff, we have our own staff on site 24 hours a day. A Programme Director will oversee all aspects of the programme and they are in constant liaison with the soccer coaches, other staff, the school representatives, caterers, group leaders, the students themselves, Head office etc.. Under the Programme Director, at each venue, we have an Activities Coordinator and a Welfare & Pastoral Care Coordinator with Activity Staff to plan & organise the multi sport sessions, and Teaching Staff to take care of the teaching. All staff are chosen for their ability to work with children and look after their various needs. They are aware that students are away from home, some of them for the first time and pastoral care is a major priority. All staff accompany the students on their trips and are responsible for getting the students up in the mornings, ensuring they eat properly, planning evening activities and ensuring they get to bed at the appropriate time.

DATES - SOCCER, TENNIS, DANCE, GOLF

We can accommodate students on minimum 1 week stays. We recommend fortnight stays but 3 and 4 weeks stays are also possible.

	START	FINISH
WEEK1	July 3 rd	July 10 th
WEEK2	July 10 th	July 17 th
WEEK 3	July 17 th	July 24 th
WEEK 4	July 24 th	July 31 st



ENGLISH AS A FOREIGN LANGUAGE

We have qualified teachers on site. We offer an optional TEFL course (this must be pre-booked). 12 hours tuition per week is offered and children will be taught according to ability with emphasis placed on conversation and communication. All course materials are provided and certificates are awarded at the end of each child's stay. Further details on application.

MATCHES

Tennis, golf & soccer matches are organised against local English teams and will be geared strictly according to age/ability.

FOOD

Epsom has an exceptional reputation for high quality food in its excellent dining room. Emphasis is placed on a good dietary balance as well as popular food provided for different cultural tastes! There are three meals provided each day: traditional English as well as continental breakfasts; lunch and dinner with hot/cold options, a vegetarian choice as well as a salad bar.

EXCURSIONS

We include a full day excursion each week. This will, as far as possible, be related to the appropriate sport. Additionally there will be a trip out for the soccer players to watch a top team train and matches against local opposition for all sports.

EVENINGS

A structured evening programme will include soccer & tennis related events (e.g DVD coaching and tactics presentations, tournaments, videos of famous matches) as well as non-soccer related events (eg: discos, barbecues, film shows and other indoor Sports) Our staff are on hand throughout the day and evening.

MULTI SPORT SESSIONS

At our Elite Soccer, Golf, Dance & Tennis Academies, those not taking the EFL option have supervised multi activity sessions. These include tennis, swimming, water polo, volleyball, basketball, squash, table tennis, badminton, and lots more!

ACCOMMODATION

Accommodation at Epsom is in Fayrer House. Very recently refurbished, rooms are of a good standard and consist of a mixture of single, doubles and a few triples. Rooms are spacious, airy, nicely decorated and comfortable and there are plenty of showers & toilet facilities near to each room. Note we cannot guarantee specific rooms for any student in advance.

For more info and/or booking, please contact us via email: info@actmltd.com

SOCCER ACADEMY **ACTM** Ltd

Emozioni in viaggio

Run in conjunction with Watford Football Club



This will be the 17th year of the International Soccer Academy and we are delighted of the good relationship between our local organisers and the Watford Football Club which has proved such a success since they joined the project in 2008. They take full control of the coaching programme which again combines the excellent - and unique - mix of soccer and English.



The Elite Soccer Academy is designed for those who play regular soccer to a good standard and it is an intensive course. It will be available as a 1, 2, 3 or 4 week programme. For those who do not play to quite such a high standard, we strongly recommend the English PLUS Soccer option at Brecon (July) and Cranbrook (August). See ACTM's main **Summer School brochure** for further details.

THE GOAL The aim remains very much the same: to help all participants appreciate the different dimensions that the game has to offer.

The Elite Soccer Academy offers a really high quality programme with top level coaching. We have welcomed football loving youngsters from the USA, Canada, Japan, Hong Kong, Egypt, South Africa, Russia, Germany, Hungary, Austria, Italy, Finland, Switzerland, Spain, Morocco, Israel, Singapore, Saudi Arabia, Kuwait, Latvia, Mali, China, Cameroon, Namibia, the Maldives and the UAE.

They will learn through skill sessions, DVD presentations (where appropriate), team games and through making new friends from all over the world in a social soccer environment. Boys and girls alike will appreciate that football is fun and truly an international game. The fundamentals of soccer will be taught in addition to the roles, positional play, teamwork, ball control, team and individual techniques and the essence of fair play.

The youngsters gel as a group through the games, tournaments, skill sessions and simply through the communal living; this has resulted in some notable victories for Academy teams in the matches organised against local English club teams.

The weekly programme is laid out elsewhere but the course covers intensive skill sessions, small sided as well as full side competitive games, video/lecture sessions, goalkeeping teach-ins as well as visits to well known stadia. Subject to age range/groups, there will be games against the Watford Academy sides. We will also endeavour to arrange a visit to a pre season professional game (as an optional extra/supplement).



COACHING STAFF We will be using the Watford Youth Academy's Coaching staff who will handle all the coaching. We hope to receive visits from some of the Watford Senior team and we will try and arrange visits to Watford's training ground to watch their senior side in pre season training.



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TENNIS ACADEMY

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Emozioni in viaggio

In partnership with Service Line Management

Matchpoint
tennis camps

The Tennis Academy was formed (and continues to thrive) in response to the growing number of junior tennis enthusiasts from around the world who enquire each year about the chance to practice tennis with professionals, in the UK. .

We provide the basics for keen intermediates, but the Academy is also designed to cater for those established players keen to develop their fitness, and the technical, tactical, physical, and mental sides of their game. Developing tennis skills as a youth enables a player to have the foundations for a lifetime of interest and improvement.

A pupil may wish to play on a school team, play tournaments, compete at their local club, or just learn the game in a fun and exciting environment with other students. At Epsom Elite Tennis Academy we have an instructional program that will enable pupils to get better, have fun and enjoy tennis forever. Service Line Tennis Management (servicelinemanagement.com), who are partners with us, provide the tennis coaching staff are vastly experienced and will lead the program to deliver the most up to date and effective teaching methods. Each pupil will be evaluated and placed accordingly to their ability and age where possible to ensure they remain focused and challenged throughout the week. There is an excellent Player: Coach ratio where the same coach works all week that group providing vital continuity for both sides.

The Epsom Elite Tennis Academy has a daily tennis schedule and includes, but is not limited to:

- ✓ 5 hours plus of Instructor lead training
- ✓ LTA & ITF Approved Coaches with experienced playing backgrounds
- ✓ Development of proper stroke mechanics as used by the world's top players
- ✓ Learn and refine effective tactics and strategies through rigorous training
- ✓ Dedicated daily matchplay sessions to build mental toughness and tactical awareness
- ✓ Evaluations Report presented to pupil at end of the week with recommendations for improvement
- ✓ End of week tournament



Students enrol for one or two week programmes, and should be between 10 and 16 years old. All aspects of the game are covered – forehands, backhands, first and second service, returns of serve, volleys, drop shots and smash. Attention is given to the use of topspin and slice – and students also look at the latest techniques employed by the world's top players – power-play and the drive volley amongst others. The morning sessions concentrate on the technical skills whilst the afternoons emphasize the tactical, physical, and mental sides of match-play. Each group will have time on the ball machine which is both beneficial to consistency and a valuable coaching aid. The speed gun determines whether the service has pace and control!

COACHING STAFF Since 1983 the key to Service Line's worldwide success has been the selection of qualified coaches trained to exacting Service Line standards. The Academy Team will be led by one of Service Line's most senior tennis professionals and the coaching will be top class!! Parents can rest assured we have selected a caring, committed and enthusiastic team, with a thorough understanding of the skills needed to get the most from young people! "The tennis coaches blend serious tennis knowledge with a sense of fun, and are brilliant at involving every type of player" Ace Tennis Magazine September 2006.

Testimonials from the coaches this year: Becky Llewellyn coached at Epsom 2009 & 2012, a former international & UK top 10 player says "A fun action packed camp filled with giving technical and tactical advice during theme focused coaching sessions, balanced with match support during tournament days. It's great to see such an improvement in the players during their stay". Jess Bosi coached at Epsom 2012, a former UK national player says "Great fun coaching kids from many other countries where you see them improve their tennis and their English during their stay".



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GOLF ACADEMY

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Epsom Golf Club

This will be the sixth year for the Elite Golf Academy. We are proud and delighted to offer this at the prestigious Epsom Golf Club (www.epsomgolfclub.co.uk) which is immediately adjacent to Epsom College meaning no transport is involved and no roads to cross!

The programme will combine lessons with the Head Professional (and/or his assistants), matches against the juniors at both Epsom GC as well as other nearby clubs, visits to the driving range, plenty of time playing on the course (green fees included) and, where possible, a tournament at the end of the week with prizes.



This programme is not suitable for beginners (indeed all students should have handicap certificates). Students should bring their own clubs & golf shoes as well as appropriate dress (no jeans). For those wanting a less intensive golf programme, we recommend our English PLUS golf programmes at Bruton, Abbotsholme, Wymondham & Brecon. See ACTM's main **Summer School brochure** for further details.



DANCE ACADEMY

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Run in conjunction with Dapa (Dean Academy of Performing Arts)

DAPA

The Dance Academy was another huge success in 2012 with fantastic teachers and a real buzz to the programme. We have had hugely positive feedback from all those involved (students, parents, group leaders & the Dance teachers themselves!) We are really excited about our involvement with DAPA and together we look forward to taking the Dance Academy on to yet another level in 2013. DAPA has been running for over 12 years – supplying teachers for dance courses nationwide. DAPA's base is in Kent where it has over 500 students at its Dance Academy.

The 2013 programme will again offer a wide range of dance styles - Ballet, Street Jazz and Contemporary Dance. Courses will also cover limbering, stretching, and relaxation programmes associated with dance. Students will gain new technique and performance skills. Courses will also cover Tap dancing, Cheerleading and Irish Dancing.



Our teaching staff are all very experienced with a background in the professional theatre and in the world of dance.



Students wishing to join the course should already have a strong background in dance – it is NOT suitable for beginners. The course is hard work - but great fun and a fantastic way to keep in shape and improve your dancing skills over the Summer Holidays (Please note that for those not wanting such an intensive dance programme, we offer English plus dance at a number of our summer school sites, catering for all dates & ages – See ACTM's main **Summer School brochure** for further details.).

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