

# English and Football Camp

## Learn English, improve your game, discover England!

- Based at our Southampton Junior Centre
- 28 June - 26 July 2020 (1-4 weeks; start & finish any week)
- 15 hours of English lessons per week
- 12 hours of football sessions per week
- Matches against local school teams and mixed nationality teams
- 1 full-day trip and 1 half-day trip per week
- Ages 11-17



Our English & Football Camp offers you an exciting combination of professional football coaching, English lessons, trips and many other activities. As well as developing your football skills, you'll improve your English, discover amazing places in the UK and make friends from around the world.

Each week you will have football training sessions, an interactive seminar on sports science and a friendly match against either a mixed nationality team or local British school team.

The training sessions will give you the chance to understand the game better as well as to improve your performance through fitness sessions and analytical exercises. You'll learn tactics that you can put into practice during the weekly friendly matches. On certain trips you will also have the option to visit a football stadium for an additional fee. So what are you waiting for? Join us for a fantastic summer of fun and football here in the home country of the Premier League!



*Photos show training sessions and a match against a local team. Training facilities may differ from those shown.*

## English Programme

Lessons at the Lewis School are fast-paced and fun, and are based on our own syllabus, designed especially for young learners. All students complete a placement test on arrival, and each week there is the opportunity for promotion to a higher level.

- Average 12-15 students per class (maximum 18)
- Levels are from Elementary (A1) to Advanced (C1)
- All learning materials provided
- Report and certificate at the end of the course



## Football Programme

The programme is delivered by a sports professional with a background in football, coaching, physiotherapy and sports science. Training sessions will take place at Goals Southampton. The programme includes:

- 1 match per week
- 1 sports psychology session per week
- 1 fitness session per week
- 2 technical coaching sessions per week
- certificate ceremony on final day



## Other Activities

- 1 full-day trip per week to London, Oxford or Isle of Wight
- 1 half-day trip per week to Bournemouth, Winchester, Salisbury or Portsmouth
- Optional stadium visits on some trips (availability depends on interest - see noticeboard on centre)
- Optional trips available on Sundays (additional fee)
- Evening activities as per centre timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Placement Test/Lessons*	Lessons*	Lessons*	Lessons*	<b>Full-Day Trip</b> (Bi-weekly London trips are extended to 21.00)	Lessons*	Arrival / Departure/ Homestay / Sunday Programme / Optional Trip on Request
Lunch	Lunch	Lunch	Lunch		Lunch	
Football Training	Football Training	<b>Extended Half-Day Trip Until 19.00</b>	Football Training	Friendly Match		
Dinner	Dinner		Dinner	Dinner		
Chill Out with Optional Conversation Club & Games / <b>Homestay</b>	Mini Olympics	Chill Out / <b>Homestay</b>	Cruise	Chill Out with Optional Conversation Club / <b>Homestay</b>	Lewis Talent Evening	

The above timetable is a sample. Please see [lewis-school.co.uk](http://lewis-school.co.uk) for the full timetable. \* English lessons may be in the morning or the afternoon. This alternates on a weekly basis. Students with homestay accommodation spend Sunday and four evenings per week with their host. Residential accommodation is available from 7 July.



Top: English lesson. training venue, London Trip. Bottom left: pitch at Goals Southampton. Bottom right: match against local team.

Find out more at [www.lewis-school.co.uk](http://www.lewis-school.co.uk)