



PRE-SEASON

GIRLS ELITE DEVELOPMENT RESIDENTIAL FOOTBALL CAMP

PGL CAYTHORPE, LINCOLNSHIRE - MAY 28 TO 30, 2020

Elite-level coaching programme and activity weekend. Created & overseen by Bristol City Women manager, Tanya Oxtoby, and delivered by Women's Super League players.

WHAT IS IT?

Tanya Oxtoby's pre season elite development camp is an exciting opportunity for players to come and train with the best players in the country in preparation for their season ahead. The camp will be delivered by current and ex international footballers, and is aimed to provide players with a fun and safe learning environment to reach their individual potential as a player and a person. The aim of the program is to combine football specific tactical and technical training, psychology workshops, small sided games and football conditioning sessions, with PGL team based confidence building activities. The PGL activities will be brand new for TOFC for 2020! For goalkeepers, we will offer specific workshops and training with former New Mexico University keeper Cassie Ulrich. Players participating in the program will create new friends, acquire new skills and be in the best possible position to start their season and/or trials on the front foot!



ITINERARY

THURSDAY

- 1pm: ARRIVE at PGL Caythorpe
- 2pm: Introduction to program
- 3pm: Coaching session w/ Tanya & Bristol City players
- 5pm: EVENING MEAL
- 7pm: PGL team-building activity

FRIDAY

- 8am: BREAKFAST
- 9am: Coaching session with Tanya Oxtoby and Bristol City Womens WSL players
- 11am: Sports Psychology workshop - Goal Setting (Special WSL Guest Speaker)
- 12.30pm: LUNCH
- 3pm: PGL team-building activity
- 5pm: EVENING MEAL
- 7pm: Champions League tournament (WSL Players to attend and help run tournament)

SATURDAY

- 8am: BREAKFAST
- 9am: Coaching session with Tanya Oxtoby and special guest
- 11am: Sports psychology workshop - having a growth mindset
- 12.30pm: LUNCH
- 2pm: Matches (WSL players in attendance)
- 4pm: DEPART



WHERE IS IT?

The program is held at PGL Caythorpe Court, 9 miles from Grantham, situated in the heart of the Lincolnshire countryside. The site operates as a residential children's outdoor activity centre, and is a fully enclosed, safe environment. Accommodation and meals are provided on site, and classrooms allow the coaches to brief the girls on football sessions and host workshops.



WHO CAN ATTEND?

This camp is open to girls of all abilities aged between 8-16 years old. Players will be grouped with their appropriate age and ability to make sure they are challenged throughout the program. There will be a number of age and ability appropriate sessions based on particular topics which the players will rotate through during the sessions to maximise their learning potential. For younger girls who would prefer a 2-day/1-night or a day camp option, please contact us for more details.

COST

The cost of this wonderful experience is £199 per player, which includes accommodation, food, insurance, all PGL activities and a TOFC Nike training top (new design for 2020!).

TO BOOK

Email: tofc.femalefootball.bookings@gmail.com
or for more information call: 07444 728868





Caythorpe Lincolnshire, England



Highlights

- Within easy reach of major cities including Leicester, Nottingham & Birmingham
- Formerly part of De Montfort University
- 65 acres of grounds
- All en suite accommodation
- Recent £2 million investment in facilities



Accommodation

Purpose-built modern accommodation blocks.
En suite rooms sleep 3 to 6.
Girls roomed in age groups.
Friends attending can room together.

Address

PGL Caythorpe Court
Caythorpe, near Grantham
Lincolnshire
NG32 3ER

Facilities

- Football pitches
- Sports hall
- Evening entertainments venue
- Common room
- Classrooms
- Lakes
- Leaders' bar
- PGL activities including Giant Swing & Archery

Sample Menu

Breakfast

- Choice of cereals, yoghurts & fruit
- White & brown toast w/preserves
- Porridge oats with cinnamon & brown sugar
- Grilled sausage, eggs & beans
- Vegetable sausages (V)

Lunch

- Tomato soup with choice of bread
- Baguettes & wraps w. various fillings e.g chicken strips
- Tuna & sweetcorn
- Roasted vegetables & cheese (V)
- Salad bar

Dinner

- Chef's special soup
- Beef lasagne
- Fish fingers
- Vegetable stir fry w/noodles (V)
- Fresh carrots & green beans
- Ice cream