



**PRE-SEASON**

# **GIRLS ELITE DEVELOPMENT RESIDENTIAL FOOTBALL CAMP**

**PGL LIDDINGTON, SWINDON - MAY 25 TO 27, 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

### MONDAY

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

### TUESDAY

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)

### WEDNESDAY

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 Liddington, 4 miles outside of Swindon. 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 lecture theatres allow the coaches to brief the girls on football sessions and host workshops. Football sessions will be hosted at Swindome, an all purpose state of the art indoor football facility.



## 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 £204 per player, which includes accommodation, food, insurance, transport for sessions to Swindome, all PGL activities and a TOFC Nike training top (new design for 2020!).

## TO BOOK

**Email:** [tofc.femalefootball.bookings@gmail.com](mailto:tofc.femalefootball.bookings@gmail.com)  
**or for more information call:** 07444 728868





## Liddington Wiltshire, England



### Highlights

- Central location - within easy reach of major cities including London
- Formerly Swindon Town's training facility
- 150 acres of grounds
- All en suite accommodation
- Common room with pool table, games machines, air hockey and TV



### 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 Liddington  
King Edwards Place, Foxhill  
Swindon  
SN4 0DZ

### Facilities

- |                           |                  |                   |                  |
|---------------------------|------------------|-------------------|------------------|
| • Football pitches        | • Common room    | • Leaders' bar    | • PGL activities |
| • Floodlit sports pitches | • Classrooms     | • Leaders' lounge | including Giant  |
| • Gym                     | • Lakes          | • Meeting rooms   | Swing & Archery  |
| • Lecture theatres        | • Netball courts | • Shop            |                  |

### 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