

WEST HAM FOOTBALL PROGRAMMES SUMMER 2023



FOUNDATION

THE ACADEMY OF FOOTBALL

Elite Pro-Experience | Academic Year Programme

Accredited by the
 **BRITISH
COUNCIL**
for the teaching
of English in the UK



by Choices
International

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WELCOME TO OUR PROGRAMMES!

Our programmes combine the best, high-quality sports programmes with unique locations such in United Kingdom, Ireland, and Spain. The schedule has been carefully designed for teenagers from all over the world to blend a mixture of fun and education, in order to provide an unforgettable experience.

We are pleased to offer an exceptional range of summer & year-round programmes incorporating multiple activities and featuring West Ham United Foundation International Academy, Real Madrid Foundation, Atlético de Madrid, Rafa Nadal Academy among others.

Our Elite Football Academy, in association with West Ham United Foundation Academy, provides a year-round football academy with a leading premiership team. Football is combined with academic studies and provides a route for aspiring players to enter the professional arena.

- We aim to offer you the best, high-quality programmes combined with unique locations.
- We offer a wide and exciting choice of sports programmes, excursions and activities.
- We emphasize student well-being, safety and security.
- Our English teachers are highly qualified with suitable experience and using the latest methodologies.
- School facilities and accommodation are selected for their standards of excellence.
- We cater for individuals and groups.

We look forward to welcoming you to our camps!

Inma Sánchez
Managing Director

LONDON

LONDON is the capital and largest urban area of both England and the United Kingdom. Our residential college is set on a beautiful traditional campus in east London. Our students benefit from both being close to London and living in a friendly environment.

Participants have the chance to improve their football skills by taking part in one of our leading football programmes at West Ham United Foundation Football Academy. For those who are keen on playing tennis, golf or cricket the International Elite Academy is the right place to practice at a professional level.





ELITEPRO-EXPERIENCE

WEST HAM UNITED FOUNDATION INTERNATIONAL FOOTBALL ACADEMY

Enjoy the football experience of a lifetime with this world-leading Elite Pro-Experience Football Programme!. Train at West Ham United Foundation International Academy and experience the professional training methods that have made elite players worldwide.

HIGH PERFORMANCE PROGRAMME

Reach your highest potential: focus on technical, tactical, team preparation and performance analysis, mental development and injury prevention.

Enhance your technical and match-play skills under the guidance of West Ham United Foundation’s coaching team and participate in rewarding training sessions. Showcase your skills: demonstrate your passion and commitment for the game.

Football training in an academy system widely recognised as the best in the UK.

Immerse yourself in the professional environment of a premiership club.

Learn what it takes to become a professional player and experience the best, intensive training of your life!

HIGH PERFORMANCE PROGRAMME STRUCTURE

- Designed for players already playing at a high-level.
- Aims to take participants to the next level through training methods and techniques developed for the professional teams.
- Training covers all areas of technical skills, tactical skills, physical conditioning and psychological techniques, providing a comprehensive and rewarding programme.
- Using the latest video analysis technology and training techniques, you can participate in our Pro-Experience seminars, delivered by West Ham United Foundation’s staff. This covers areas including Scouting/Player identification,
- Nutrition and Physical Conditioning and other specialist areas.
- Candidates will be selected based on proven ability.
- Aim to integrate player into English football.
- Participants aged 12-17 who want to focus on Goalkeeping training, we offer specific training according to their level.

HIGH PERFORMANCE PROGRAMME STRUCTURE

English Programme plus Football: 15 hours of football training plus 12 hours of English classes per week. Our programme is accredited by the British Council to guarantee the highest quality of service in English classes.

We offer this programme as both Residential or Day-Camp.

WEEKLY PROGRAMME SCHEDULE INCLUDES:

- 5-days training at West Ham United Foundation training complex, 15 hours per week plus 12 hours of English classes (if requested)
- West Ham United Foundation 2 training kits
- Full-board residential accommodation
- Evening activities every night for students
- Excursion: first week, half-day to West Ham United Stadium
- Personal football assessment
- Seminar and video analysis
- Personal development plan
- Excursion: second week, half-day to Wembley Stadium
- Daily transfer by private coach to training facilities
- 1 full-day (London Tour) for 2-week students
- Free, supervised internet access
- All students will receive their West Ham United Foundation certificate and a progress report from their coaches in a player’s closing ceremony
- High performance: 19 hours of football training

PROGRAMME FEES

Programme	Course Type	Duration	Residential Price	Day Camp Price
High performance programme + language	Football & English	2 weeks	£2,900	£2,400
High performance programme	Football	2 weeks	£2,800	£2,200
High performance programme + language	Football & English	1 week	£1,750	£1,350
High performance programme	Football	1 week	£1,650	£1,150
Registration Fee £100				
Sunday Excursion £50 - Mandatory Medical insurance per week £15 - Mandatory				

* Students participating in a 1-week programme will have 1 half-day excursion to West Ham Stadium.

* Goalkeeping training is only available from 3rd July to 21st July 2023

OPTIONAL FEES: • Extra night £125

* **Arrivals** are on the **Sunday** prior to the course start date. **Departures** are on the **Saturday**.

** It is compulsory to bring the **original passport** to the camp. The document will be kept by Choices staff.



AIRPORT TRANSFERS

Choices International Car Transfer Services offer a personal meet and greet service from any airport in London at any time. Your son/daughter will be driven comfortably to the residence. Prices per person based on one way transfer.

HEATHROW	GATWICK	LUTON	STANSTED	LONDON CITY	ST. PANCRAS
£135	£145	£155	£155	£110	£110

* Supplement for flight arrivals and departures before 9:00am and after 9:00pm each way: **£50**.

** The first hour of waiting time is free of charge. Extra waiting time charge per 30 minutes.

*** Flight information must be provided 20 days prior to arrival.

**** Transfer fees **won't be refunded** last minute changes will incur an extra cost.



PRICE EACH WAY

£65

UNACCOMPANIED MINOR SERVICE

(mandatory always when requested by the airline company)

If your son/daughter is under 16 years of age and travelling alone (without an adult) we will ensure that a member of our team takes your child to the check-in counter and checks him/her in for the flight and accompany him/her to security. If you have pre-arranged Unaccompanied Minor services with the airline, our team member will hand your son/daughter over to the airline representative. Unless we are notified otherwise, this service will automatically be supplied and invoiced.



PRO CLUB FOOTBALL EXPERIENCE

WEST HAM UNITED FOUNDATION INTERNATIONAL FOOTBALL ACADEMY

Enjoy the football experience of a lifetime with Pro Club Experience! Train at West Ham United Foundation International Academy and experience the professional training methods and philosophy that has made elite players worldwide.

DEVELOPMENT PROGRAMME

Immerse yourself in a professional football environment with like-minded football enthusiasts and enhance your technical and match-play skills under the guidance of the Pro Coaching team. At the same time as participating in rewarding training sessions, it is an opportunity to showcase your skills through the game. Coaching sessions are aimed to develop the players football skills like agility, positioning, ball control, passing and moving, formations and tactics, but also the ability to attack and defend.

You will receive football training in an academy system widely recognised as the best in the UK. You will have the opportunity to experience football training delivered by a leading Premiership club and experience what it takes to train in a professional football environment.

PROGRAMME STRUCTURE

- Designed for players who are at a standard level and/or are aiming to break-into hi-performance level.
- By immersing players in a pro-club environment, it aims to help players develop and improve techniques in all areas including technical, physical, and psychological aspects of the game.
- In addition to the use of the latest video-analysis technology and training techniques, participants will have the opportunity to participate in our Pro- Experience seminars, delivered by West Ham experts and covering areas including Scouting/ Player identification, Nutrition and Physical Conditioning and also specialist areas.

For those participants aged 12 - 17 who want to focus on goalkeeping training, we offer complementary training according to their level.

ENGLISH LANGUAGE TEACHING

English Programme plus Football: 15 hours of football training plus 12 hours of English classes per week. Our programme is accredited by the British Council to guarantee a high-quality of service in English classes.

We offer this programme as both Residential or Day-Camp.

WEEKLY PROGRAMME SCHEDULE INCLUDES:

- 5-days training at West Ham United Foundation training complex, 15 hours
- 12 hours of English classes (if requested)
- West Ham United Foundation 2 training kits
- Full board residential accommodation & free supervised internet access
- Evening activities every night for residential students
- Excursion: 1 half-day West Ham United Stadium Tour
- Player report feedback
- Seminar and workshops
- 1 half day to Wembley Stadium for 2-week students
- 1 full-day (London Tour) for 2-week students
- Daily transfer to training facilities by coach
- All students will receive their West Ham United Foundation certificate and a progress report from their coaches in a player's closing ceremony
- Development programme:19 hours of football training

PROGRAMME FEES

Programme	Course Type	Duration	Residential Price	Day Camp Price
Development Programme + Language	Football & English	2 weeks	£2,900	£2,400
Development Programme	Football	2 weeks	£2,800	£2,200
Development Programme + Language	Football & English	1 week	£1,750	£1,350
Development Programme	Football	1 week	£1,650	£1.150
Registration Fee £100				
Sunday Excursion £50 - Mandatory Medical Insurance per week £15 - Mandatory				

* Students participating in a 1-week programme will have 1 half-day excursion to West Ham Stadium.

* Goalkeeping training is only available from 3rd July to 21st July 2023

OPTIONAL FEES: • Extra night £125

* Arrivals are on the Sunday prior to the course start date. Departures are on the Saturday.

** It is compulsory to bring the original passport to the camp. The document will be kept by Choices staff.



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STANDARD FOOTBALL EXPERIENCE

We are pleased to offer this Football Experience as part of our football programmes:

Enjoy the football experience and train at West Ham United Foundation International Academy and experience the professional- training methods and philosophy that has made elite players worldwide.

STANDARD PROGRAMME

If you want to learn or practice football immerse yourself in a professional football environment and enhance your technical and match-play skills under the guidance of the Coaching team. At the same time as participating in rewarding training sessions, it is an opportunity to develop your skills through the game. Coaching sessions are aimed to develop the players soccer skills like agility, positioning, ball control, passing and moving, formations and tactics but also the ability to attack and defend. You will receive football training in an academy system widely recognised as the best in the UK. You will have the opportunity to experience football training delivered by a leading Premiership club and experience what it takes to train in a professional football environment.

PROGRAMME STRUCTURE:

The programme is designed for players who are at a standard level who want to learn or practice football. By immersing players in a pro-club environment, it aims to help players develop and improve techniques in all areas including technical, physical, and psychological aspects of the game. In addition to the use of the latest video-analysis technology and training techniques, participants will have the opportunity to participate in our Pro-Experience seminars, delivered by West Ham United experts and covering areas including Player identification, Nutrition and Physical Conditioning and other their specialist areas.

For those participants aged 12 - 17 who want to focus on GOALKEEPING training, we offer complementary training according to their level.

ENGLISH LANGUAGE TEACHING

English Programme plus Soccer: 15 hours of soccer training plus 12 hours of English classes per week. Our programme is accredited by British Council to guarantee the high- quality of service in English classes.

We offer this programme as both Residential or Day-Camp

WEEKLY PROGRAMME SCHEDULE INCLUDES:

- 5-days training at West Ham United training complex, 15 hours
- 12 hours of English classes (if requested)
- West Ham United Foundation 2 training kits
- Full-board residential accommodation
- Evening activities every night for residential students
- 1 half-day West Ham Stadium Tour
- Seminar and workshops
- 1 half day to Wembley Stadium for 2-week students
- 1 full-day (London Tour) for 2-week student
- Free, supervised internet access
- Standard programme:19 hours of football activities including workshops and seminars
- All students will receive their West Ham United Foundation certificate and a progress report from their coaches in a player’s closing ceremony

PROGRAMME FEES

Programme	Course Type	Duration	Residential Price	Day Camp Price
Standard Programme + Language	Football & English	2 weeks	£2,900	£2,400
Standard Programme	Football	2 weeks	£2,800	£2,200
Standard Programme + Language	Football & English	1 week	£1,750	£1,350
Standard Programme	Football	1 week	£1,650	£1.150
Registration Fee £100				
Sunday Excursion £50 - Mandatory Medical insurance per week £15 - Mandatory				

* Students participating in a 1-week programme will have 1 half-day excursion to West Ham Stadium.

* Goalkeeping training is only available from 3rd July to 21st July 2023

OPTIONAL FEES: • Extra night £125

* Arrivals are on the Sunday prior to the course start date. Departures are on the Saturday.

** It is compulsory to bring the original passport to the camp. The document will be kept by Choices staff.



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GOALKEEPER PROGRAMME

WEST HAM UNITED FOUNDATION INTERNATIONAL FOOTBALL ACADEMY

Develop your goalkeeping skills with the world famous West Ham United Academy coaching programme and gain an insight into the best techniques and goalkeeping training methods.

Participants can choose among different options:

Goalkeeping Teach players those vital skills such a handling, footwork and distribution which can be overlooked when training as part of a team. West Ham United Foundation's coaches work on specific technical aspects for the goalkeeper position as well as the psychological aspect of this game. Players will have the opportunity in our seminars to get an overview from West Ham United Foundation's specialized staff in all aspects of this game. The programme is designed to meet the requirements of goalkeepers who require further technical detail incorporated into their training to aid progression and development.

This programme is unique in providing in-depth training covering technical skills, tactical appreciation, psychology and physical training techniques. The Coaching programme is delivered by WHUF trained, UEFA qualified coaches using the West Ham United academy model. It takes place at West Ham United Stadium training complex in London. This programme is open to boys and girls aged 12- 17 years old.

GOALKEEPING

Goalkeeping courses teach players those additional vital skills such a handling, footwork and distribution which can be overlooked when training as part of a team. Our goalkeeping courses are specialised, and we work in smaller groups to enhance development and therefore fitness levels should be of a high standard. Goalkeepers train independently to our football academy programme but come together during session enabling players to put techniques into practice.

ADVANCED GOALKEEPING

Advanced goalkeeping courses work on the same basis as standard goalkeeping, but sessions are designed to meet the requirements of senior and advanced goalkeepers who require further technical detail incorporated into their training to aid progression and development. Advanced sessions are physically and technically challenging, and we recommend that players be of a high standard of both fitness and ability. Goalkeepers who attend these sessions may have the opportunity to highly improve their skills. Advanced Goalkeeping courses available to boys and girls of an advanced level aged 12- 17 years old.

GOALKEEPING

Goalkeeping courses teach players those additional vital skills such a handling, footwork and distribution which can be overlooked when training as part of a team. Our goalkeeping courses are specialised, and we work in smaller groups to enhance development and therefore fitness levels should be of a high standard. Goalkeepers train independently to our football academy programme but come together during session enabling players to put techniques into practice.

ENGLISH COURSE PLUS GOALKEEPING

This programme is designed for boys and girls of all abilities aged 12-17 years old, to improve their goalkeeping skills. It consists of 10 hours of soccer training plus 5 hours goalkeeping training and 12 hours of English classes per week.

WEEKLY PROGRAMME SCHEDULE INCLUDES:

- 5-days training at West Ham United Foundation training complex, 15 hours
- West Ham United Foundation 2 training kits
- Full board residential accommodation & free supervised internet access
- Evening activities every night for residential students
- Excursion: 1 half-day West Ham United Stadium Tour
- Player report feedback
- 1 half-day excursion to Wembley Stadium for 2 weeks students
- 1 full-day (London Tour) for 2-week students
- Daily transfer to training facilities by coach
- All students will receive their West Ham United Foundation certificate and a progress report from their coaches in a player's closing ceremony
- Goalkeepers will have 10 hours of football training plus 5 hours of goalkeeping
- Seminar and workshops

PROGRAMME FEES

Programme	Course Type	Duration	Residential Price	Day Camp Price
Goalkeeping Programme + Language	Football & English	2 weeks	£3,050	£2,500
Goalkeeping Programme	Football	2 weeks	£2,950	£2,300
Goalkeeping Programme + Language	Football & English	1 week	£1,800	£1,450
Goalkeeping Programme	Football	1 week	£1,700	£1,250
Registration Fee £100 Sunday Excursion £50 - Mandatory Medical Insurance £15 per week - Mandatory				

* Students participating in a 1-week programme will have 1 half-day excursion to West Ham Stadium.

* Goalkeeping training is only available from 3rd July to 21st July 2023

OPTIONAL FEES: • Extra night **£125**

* **Arrivals** are on the **Sunday** prior to the course start date. **Departures** are on the **Saturday**.

** It is compulsory to bring the **original passport** to the camp. The document will be kept by Choices staff.



AIRPORT TRANSFERS

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£135	£145	£155	£155	£110	£110

* Supplement for flight arrivals and departures before 9:00am and after 9:00pm each way: **£50**.

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*** Flight information must be provided **20 days prior to arrival**.

**** Transfer fees won't be refunded last minute changes will incur an extra cost.



DAY CAMP

WEST HAM UNITED FOUNDATION INTERNATIONAL FOOTBALL ACADEMY

Enjoy the football experience of a lifetime with our Elite Pro-Experience! Train at West Ham United Foundation International Academy and experience the professional training methods that have made elite players worldwide.

With the Choices Day Camp Programme, participants will have a chance to build self-confidence and to participate in team building activities. We want to ensure students enjoy their summer stay with us and to learn useful skills for the future. We create a warm, fun and safe environment for players, within excellent facilities.

WHAT IS YOUR LEVEL OF FOOTBALL?

Day camp participants can choose between the different options:

- **High Performance:** For participants who are playing for a club or are highly skilled. Players can pursue the highest potential, focused on technical, tactical, team preparation and performance analysis plus injury prevention.
- **English Course plus Football:** 15 hours of football training plus 12 hours of English classes per week.
- **Development Programme:** designed to involve participants to practice and learn all footballing abilities.
- **Goalkeeping Programme:** specialised position training with unique drills & coaching insight. This programme is available in July from 3rd July to 21st July 2023

This programme runs from Monday to Friday

ENGLISH LANGUAGE TEACHING

Our programme is accredited by the British Council to guarantee the highest quality of service in English classes. Language tuition uses a fun, participative approach to learning and emphasises spoken language skills within a football context. Students receive 12 hours of English lessons per week, in classes of a maximum size of 15 students. Students are tested on arrival and placed with other students of approximately the same level.

In addition to the use of the latest video analysis technology and training techniques, participants will have the opportunity to participate in our Pro-Experience seminars, delivered by West Ham United Foundation's staff and covering areas including Scouting/Player identification, Nutrition and Physical Conditioning and other specialist areas. During the course participants will have visits from a Professional coach from West Ham United who will share their expertise and knowledge of the professional sports world. A personal football assessment will be given at the end of the programme.

WEEKLY PROGRAMME SCHEDULE INCLUDES:

- 5-days training at West Ham United training complex, 15 hours of training
- 12 hours of English classes (if requested)
- West Ham United Foundation 2 training kits
- 1 half-day West Ham United Stadium Tour
- Personal football assessment
- Seminar and video analysis
- Personal development plan
- Weekly seminars delivered by West Ham United Foundation covering all sports fields

- 1 half-day excursion to Wembley Stadium for 2-weeks students
- Daily transfer to training facilities by coach
- 1 full-day (London Tour) for 2-week students
- Free, supervised internet access
- All students will receive their West Ham United Foundation certificate and a progress report from their coaches in a player's closing ceremony
- High performance / Development programme will include 19 hours of football training.

PROGRAMME FEES

Programme	Course Type	Duration	Day Camp Price
High performance programme +English classes	Football & English	2 weeks	£2,400
High performance programme	Football	2 weeks	£2,200
Development programme +English classes	Football & English	1 week	£1,350
Development Programme	Football	1 week	£1.150
Registration Fee £100			
Sunday Excursion £50 - Optional Medical Insurance £15 per week - Mandatory			

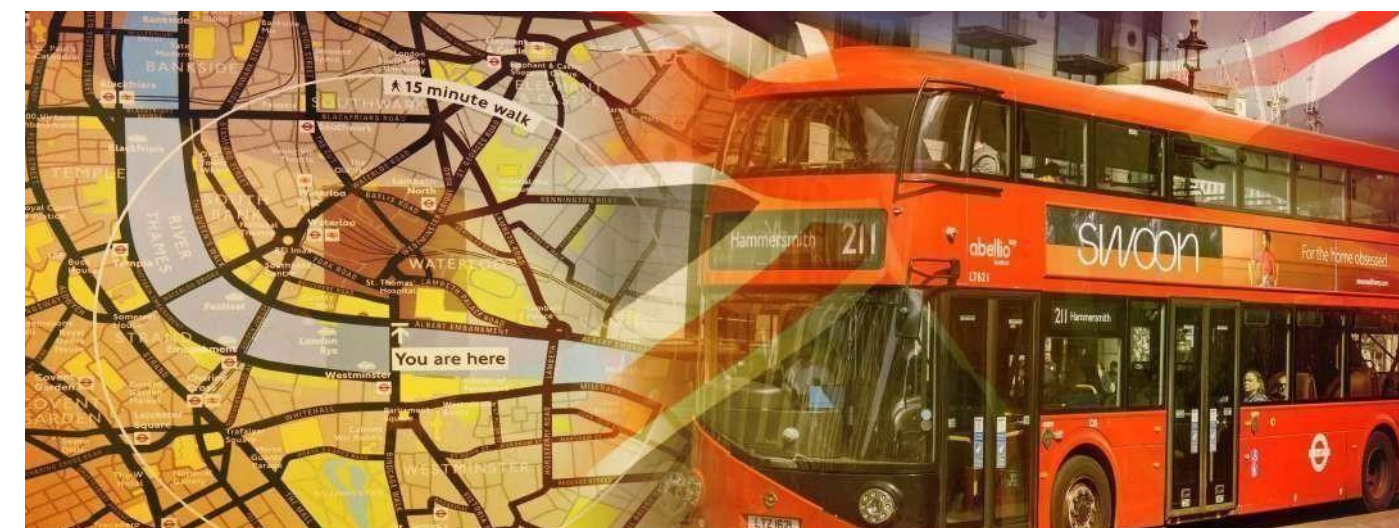
*Goalkeeping training is available from 3rd July to 21st July 2023

*Girls training programme is only available from 3rd July to 16th July 2023

- **Day Camp Programme** runs from **Monday** to **Friday**. Consists of 15 hours of football per week and incorporates practical training on skills and tactics.
- **Arrivals** are on the **Sunday** prior to the course start date. **Departures are on Friday**.
- It is compulsory to bring the **original passport** to the camp. The document will be kept by Choices staff.

PROGRAMME MEETING POINT - UNIVERSITY OF EAST LONDON

- **Drop off:** Drop off time is 8:30 a.m.
- **Pick up:** Pick up time is 5:30 p.m.
- Students must check in at the residence on the Sunday prior to the course start date.





THE ACADEMY OF FOOTBALL

THE ACADEMY OF FOOTBALL SUMMARY

West Ham United Foundation Academy of Football offers international student-athletes from all over the world the opportunity to experience world-class training and match-play under the tutelage of the West Ham United Foundation coaching team.

The Academy's high-performance programme incorporates an individual and team play focus with specialised development plans in all the key areas. Student-athletes receive elite technical and tactical training along with a personalised strength & conditioning and recovery programme enabling them to reach their maximum potential.

All student-athletes are profiled and analysed to assess their strengths and weaknesses. The coaching team and sports science department will address physique, pace, attitude, work rate, technical ability, game knowledge and player Intelligence in order to identify all areas to be developed.

Our highly specialist approach also integrates the latest sports technology and science - such as wearable trackers for in-depth technical metrics, pro-level laboratory fitness testing and the latest technology in video analysis and live match broadcasting.

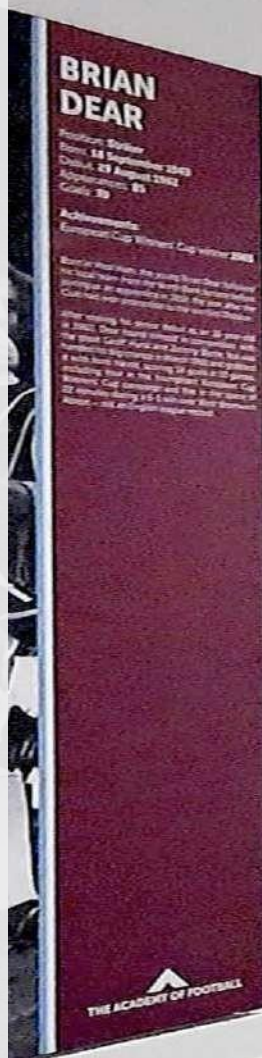
This unique training opportunity can be combined with multiple academic pathways allowing students to continue with A-Levels, BTECs, H N D s, and International Foundation Diplomas in order to achieve their next goal, whether that be university in the UK, a US college with a soccer scholarship or developing their professional sports career.

Athletes, both boys and girls, of any nationality, between the age of 16 and 21 are eligible to apply for the recruitment process. The Academy of Football has three intakes each year: September, January and April. You will also have the possibility to blend your training with a range of professional FA qualifications.

Realise your dreams...

Achieve your goals...

At the Academy of Football!





FOUNDATION

THE ACADEMY OF FOOTBALL

by *Choices*
International



HIGH PERFORMANCE CLINIC PLUS ACADEMY TRYOUT

WEST HAM UNITED FOUNDATION

BE A PART OF A CHAMPIONSHIP WINNING TEAM!

During the clinic you will train as a professional and full-time WHU coaches will prepare you and help you demonstrate your full potential at the official tryout for the Academy of Football. A unique opportunity to enjoy an elite football experience and be accepted into the Academy of Football for international players or reserve your place for a future admission. Hit the mark and become a Hammer!

High-Performance Clinic overview

As a leading team within the UK Premier League - the most competitive league in the world - West Ham United Academy applies the same demanding standards to all its players. Expect no less during this clinic. Our elite High-Performance approach integrates the latest sports science and technology with Premier League level training techniques to provide an intensive programme that will test and help optimise the performance of all participants.

Tryout for the Academy of Football:

You decide if you want to participate in the official tryout for the Academy of Football or use this clinic to prepare for future tryouts.

If you are accepted, you will have the opportunity to continue training at this same level for the entire season as well as participating in talent ID sessions and demanding match play fixtures against other top academy teams. Live in London at one of our residential options and become a full-time academy player.

This unique training opportunity can be combined with multiple academic pathways allowing all participants to continue their studies in order to achieve their next goal, whether that be university in the UK, a US college with the aim of a soccer scholarship or developing their professional sports career either on or off the pitch.

Athletes, both boys and girls between the age of 16 to 19 are eligible. The Academy of Football has three intakes each year: September, January and April. You will also have the possibility to blend your training with a range of professional FA qualifications such as Coaching and Talent ID.

Players in the clinic will also have the unique opportunity to be awarded a scholarship to enter the academy and progress on the pathway of their choice.

WEEKLY PROGRAMME SCHEDULE INCLUDES:

- Full-Board residential accommodation en suite rooms
- Daily transfer by private coach to training facilities
- WHUF Tryout for the International Academy of Football
- Tactical and technical training conducted by licensed UEFA staff
- Matchplay: small-sided games and 11 v 11
- Highlight video creation
- Video recorded games
- Strength and conditioning with professional assessments
- Physiotherapy support:
 - * Physio session
 - * Injury Prevention & Pre-hab sessions
- Independent Player Analysis Report - Premier League Scout
- Official Player report from WHU Coaching team
- Professional footballer screening tests in sports laboratory:
 - *VO2 max test for aerobic capacity with breath-by-breath analysis on the treadmill
 - *Peak Power and fatigue index analysis using Watt bike
 - * Body Fat Analysis using BIA machine
 - * Lung Capacity analysis
 - *Force plate jump analysis

- Sports Technology: GPS vest training
 - *Benchmarking of training load & match day physical demands
 - * Individual management of training load
 - * Establish realistic individual training goals
 - *Field-based plyometrics & power delivery
 - *Field-based running mechanics & speed training delivery

- Kit: WHUF uniform kit, 2 shorts, 2 jerseys, 2 socks, 1 tracksuit top, 1 pants 1 Polo, 1 bag.

- Medical Insurance

Seminars

- WHU DNA, Values & History
- Mental conditioning seminar with a professional sports psychologist
- Wellbeing Seminars on nutrition, injury prevention, recovery, lifestyle balance.

- Seminar on Talent ID in Category 1 clubs
- Seminar Opposition Analysis

Activities

- Futsal
- Basketball
- WHU Stadium Tour
- Wembley Stadium Tour
- Full-day Excursion around London

PROGRAMME FEES

Programme	Course Type	Duration	Residential Price
Try-Out	High Performance	1 week	£1,750
Try-Out	High Performance	2 weeks	£3,400
Registration Fee £100			

* Arrivals are on the Sunday prior to the course start date. Departures are on the Saturday.

** It is compulsory to bring the original passport to the camp. The document will be kept by Choices staff.



AIRPORT TRANSFERS

Choices International Car Transfer Services offer a personal meet and greet service from any airport in London at any time. Your son/daughter will be driven comfortably to the residence. Prices per person based on one way transfer.

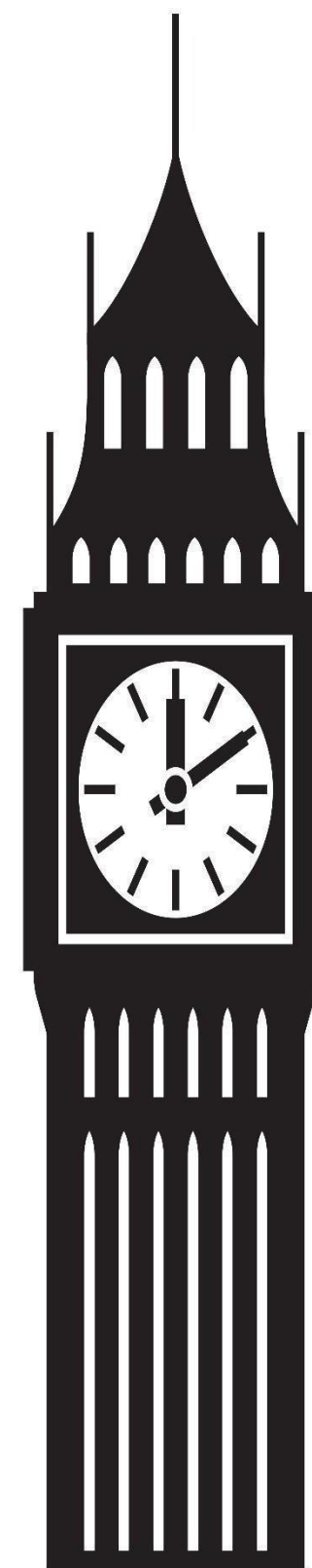
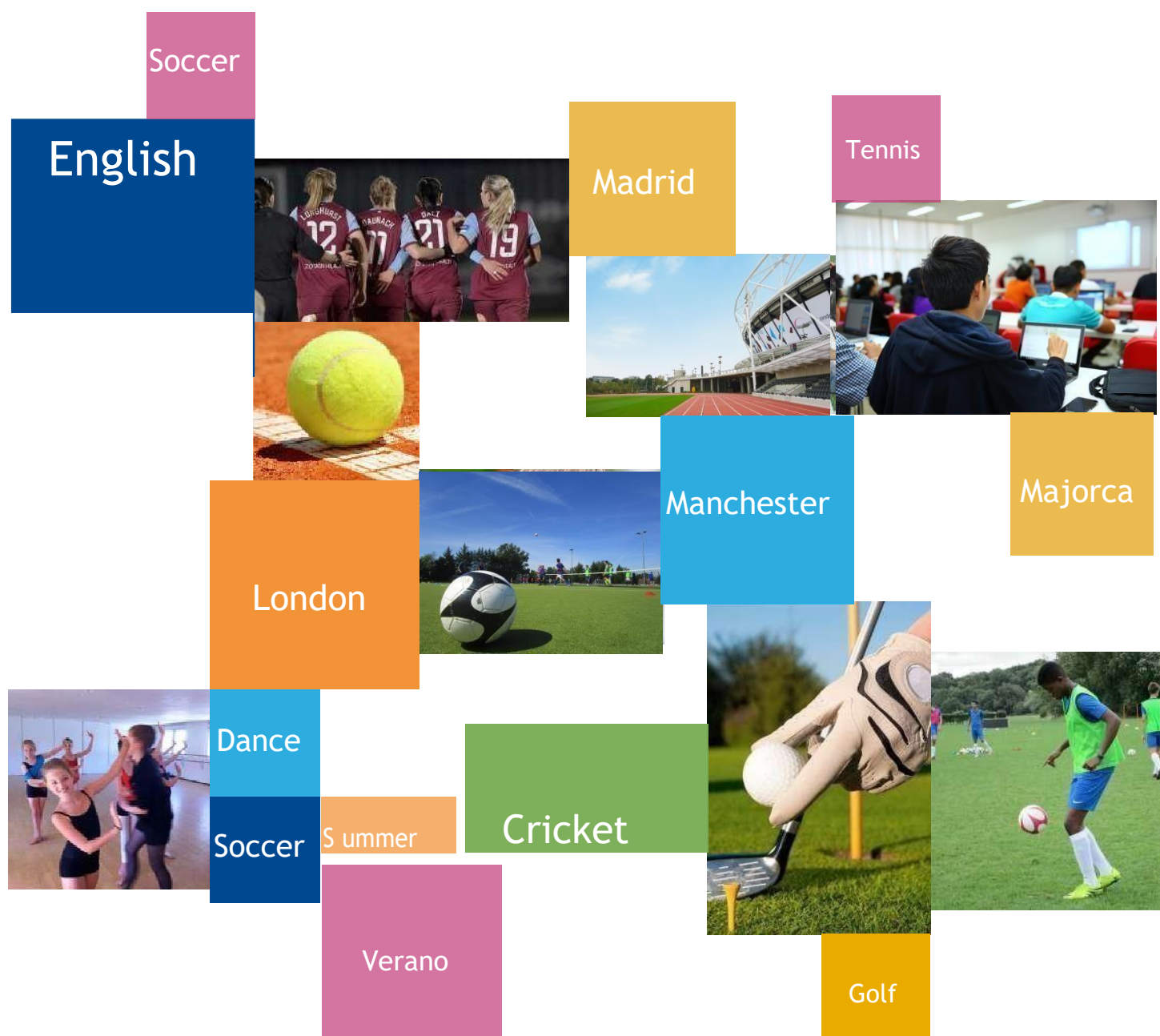
HEATHROW	GATWICK	LUTON	STANSTED	LONDON CITY	ST. PANCRAS
£135	£145	£155	£155	£110	£110

* Supplement for flight arrivals and departures before 9:00am and after 9:00pm each way: **£50.**

** The first hour of waiting time is free of charge. Extra waiting time charge per 30 minutes.

*** Flight information must be provided **20 days prior to arrival.**

**** Transfer fees won't be refunded last minute changes will incur an extra cost.



Choices
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Choices
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