# **Important Info Overview SSC2**

### adidas Sports Summer Camp 2 (9-12 years)

**IIII** August 11-14, 2025

### **W** WELCOME!

We're excited to spend a week full of movement, games, and great memories with your children! Here's everything you need to know to prepare for camp.

# **WEEK OVERVIEW – WHAT TO PACK**

Each day has a slightly different focus. Here's a quick overview of what your child will need.

Please always pack **comfortable sportswear**, a **water bottle** and **sunscreen** (applied before arrival and packed for reapplication), unless noted otherwise.

Day	Activities	Additional Items to Bring
Monday	Trampoline + American Football	Outdoor sports shoes
Tuesday	Ilnline Skating + Lennis	Inline skates, protective gear, outdoor sports shoes, plate, cutlery
Wednesday	Wakeboarding/Waterskiing	Swimwear, towel
Thursday	Football	Outdoor sports shoes

In case of weather changes, we may adjust the daily plan. Updates will be shared via WhatsApp.

## **ODAILY SCHEDULE**

- **Drop-off:** 8:30 AM in front of the **adidas Gym** (between the Laces car park and the Gym entrance).
  - ➤ Please use the designated parking areas and avoid stopping on the road to keep access clear for the bus and other colleagues.
- Pick-up: 4:15 PM in front of the adidas Gym

#### **##TRANSPORT**

All week, we'll be traveling in style with our own camp bus – just like the pros.

## ☐ STAY CONNECTED

Join our **WhatsApp group** for updates, reminders, and quick communication throughout the week:



### **CAMP CONTACT**

If you have any questions, are running late, or need to get in touch during the week, feel free to reach out:

♣ Phone: 0911 / 540554765 (Tina) – before and after the camp

**Complete** Phone: 0151 / 65102118 (Alina) – on camp days

**Email**: <u>sportcamp@post-sv.de</u>

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## A GENERAL INFO

#### Where does the camp take place?

All activities start and end at the adidas Gym in Herzogenaurach. Each day, the group will travel to various nearby locations for different sports and fun experiences.

#### Who supervises the children?

Our experienced adidas camp team – including coaches and staff – will supervise and support the kids throughout the day. We maintain a low child-to-staff ratio to ensure a safe and engaging environment.

#### What is the group size?

The camp includes around 40 children per week, divided into smaller groups depending on the activity.

#### Will photos be taken during the week?

Yes! We'll occasionally share snapshots in the WhatsApp group so you can get a little peek into their week.

### Why does the camp only run from Monday to Thursday?

Great question — Friday, August 15 is a public holiday in Herzogenaurach, so the camp ends on Thursday to give families a long weekend.



#### What should my child bring each day?

Each day's activities vary slightly. A full packing overview is included in the fact sheet. Please always pack:

- Comfortable sportswear
- Water bottle
- Sunscreen (applied in the morning and packed for reapplication)
- Clean indoor shoes or appropriate outdoor footwear (see fact sheet)

### What if my child forgets something?

No worries — we have a small supply of spare essentials (sunscreen, inline skates and protective gear).

However, we kindly ask that each child brings their own swimwear and suitable shoes, as we are unable to provide those items.

# \*WEATHER & DAILY CHANGES

#### What happens in case of bad weather?

We'll adjust the program as needed — preferably by changing the location or moving indoors. You'll be informed promptly through the WhatsApp group.

#### What happens in case of extreme heat?

If temperatures are excessively high or the UV index is extreme, we will reduce outdoor exposure by adjusting the schedule, staying in shaded or indoor areas, and ensuring regular hydration and rest. We kindly ask parents to apply sunscreen to their children before arrival — we'll make sure to reapply it during the day as needed.

#### Can I drop off or pick up my child outside the regular times?

Yes — but please contact us in advance to coordinate.

- If you'd prefer to drop off or pick up your child directly at an activity location, that's possible with prior arrangement.
- Please note that we cannot wait beyond the scheduled bus departure time in the morning or afternoon.

# FOOD & DIETARY NEEDS

### Are meals provided?

Yes – all snacks, drinks, and lunches are included during the camp.

### What if my child is vegetarian or has dietary restrictions?

We provide a vegetarian option at every meal, along with fruit and pretzels as snacks. Some meals may naturally be suitable for specific dietary needs (e.g., vegan or gluten-free), but please note that we're unable to guarantee or specifically cater to individual requirements such as allergies or special diets.

If your child has particular dietary needs, we kindly ask that you pack any necessary food items for them. Feel free to contact us in advance — we're happy to discuss options and find a solution together.

# **2** PARENT PARTICIPATION

### Can I join the camp on days other than Friday?

Friday is our designated parent afternoon. On all other days, the children experience the camp program independently to foster confidence and new friendships.



#### What if my child takes medication?

Please label all medications clearly and include written instructions. Let us know in advance so our team can ensure correct handling.

## What happens in case of illness or injury?

In case of illness or injury, we will contact you immediately. If necessary, we'll take your child to a local doctor or clinic.

# **☐** CONTACT & COMMUNICATION

## How do I reach the team during the day?

You can call or message Alina directly via the camp phone at:

## **C** 0151 / 65102118

Quick updates can also be shared via the WhatsApp group or by sending us a direct message.

Let us know if there's anything else we can support you with!