

## Important Info Overview

### adidas Sports Summer Camp 4 (5–12 years)

 August 25-29, 2025

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#### 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.

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#### 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, a plate, unless noted otherwise.

| Day       | Activities                       | Additional Items to Bring |
|-----------|----------------------------------|---------------------------|
| Monday    | Pacours, Athletics               | Indoor sports shoes       |
| Tuesday   | martial arts, handball           | Indoor sports shoes       |
| Wednesday | Judo, tennis                     | Indoor sports shoes       |
| Thursday  | Football (indoor),<br>Bouldering | Indoor sports shoes       |
| Friday    | Frisbee, soccer                  | Indoor sports shoes       |

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

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#### DAILY SCHEDULE

Monday – Thursday:

- **Drop-off:** 8:30 AM at **Post SV Nürnberg**, Daimlerstraße 71, 90441 Nürnberg.
- **Pick-up:** 4:15 PM at **Post SV Nürnberg**, Daimlerstraße 71, 90441 Nürnberg.

Friday:

- **Drop-off:** 8:30 AM at **Post SV Nürnberg**, Daimlerstraße 71, 90441 Nürnberg.
  - **Pick-up:** 3:00 PM at **Post SV Nürnberg**, Daimlerstraße 71, 90441 Nürnberg.
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 *STAY CONNECTED*

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



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 *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

 Phone: 0151 / 27532122 (Simon) – on camp days

 Email: [sportcamp@post-sv.de](mailto:sportcamp@post-sv.de)

## FAQ

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#### GENERAL INFO

##### **Where does the camp take place?**

For this camp week, all activities start and end at the **Post SV Sports Facilities**, Daimlerstraße 71, 90441 Nürnberg. We'll make full use of their fantastic sports facilities and range of activities.

##### **Who supervises the children?**

Our experienced camp team – including coaches from Post SV and support 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?**

For now, the camp includes around 20 children, 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.

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#### PACKING & PREP

##### **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 (plates, cutlery, sunscreen).

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

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#### 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.

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## *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.

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## *PARENT PARTICIPATION*

### **Can I join the camp during the day**

We prefer to let the children experience the camp program independently to foster confidence and new friendships.

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## *HEALTH & SAFETY*

### **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.

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## *CONTACT & COMMUNICATION*

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

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

**☎ 0151 / 27532122**

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