

# Infodocument

## W3 – Intro

### **adidas Sports Summer Camp 3 (10-11 years)**

 Intro

 August 17-21, 2026

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*Get ready for an epic sports summer camp week!*

Dear parents,

With summer holidays just around the corner, the countdown is on! 🎉

We're excited to welcome your children to a week full of various sports, fun, and unforgettable experiences – combining favorites from past camps, your feedback, a few new specials, and some surprises inspired by our coaches' own childhood highlights.

To keep the quality high, we've once again teamed up with top coaches from leading local sports clubs who will guide and inspire the kids throughout the week.

Between all the action, your children will be well taken care of with drinks, snacks, and tasty lunches. Also making its return: the adidas bus! Our very own tour bus will take the kids to and from activities throughout the week – we'll travel like the pros! 🚌

On Friday, we'd love to welcome you on campus for a relaxed get-together from 1 pm onwards. We'll wrap up a wonderful week on campus together with coffee and cake. More information about when and how will follow via the Whatsapp group. 🍰☕

We're really looking forward to spend a amazing week full of sports, activity and summer vibes with your children! 😊

Best regards and see you soon,  
Your adidas Sports Camp Team

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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** and **sunscreen** (applied before arrival and packed for reapplication)

| Day       | Activities                                             | Additional Items to Bring                             |
|-----------|--------------------------------------------------------|-------------------------------------------------------|
| Monday    | Soccer + Circus/Acrobatics                             | Outdoor sports shoes, soccer cleats (if you got some) |
| Tuesday   | tree top adventure park                                | Outdoor sports shoes                                  |
| Wednesday | Waterski/wakeboard                                     | Bikini/swim shorts & towel                            |
| Thursday  | Parkour + Tennis                                       | Clean indoor shoes                                    |
| Friday    | Basketball/Hockey + Padel-Tennis & Parent Get-together | Outdoor 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

- **Drop-off:** 8:15 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:** 4:30 PM in front of the **adidas GYM**

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## FRIDAY– PARENT GET-TOGETHER

On Friday, there will be a final afternoon sports session for the kids **starting at 1 pm**. We warmly invite all parents to come cheer them on during their final games & activities.

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## TRANSPORT

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

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## STAY CONNECTED

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



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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: 0176 / 43909456 (Jonas) – on camp days

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

## W3 – FAQ

### adidas Sports Summer Camp 3 (10-11 years)

 FAQ – Frequently Asked Questions

 August 17-21, 2026

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#### 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 typically 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.

##### *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.

##### *Why are some sports listed twice in the Camp week?*

As we have 40 Kids not everyone will be able to do the same sports at a time. On Monday & Friday the kids may decide between different sports. On Friday they have the chance to do the other sports they couldn't do on Monday so that everyone may try every sport he/she wants to.

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#### PACKING & PREP

##### *What if my child forgets something?*

No worries — we have a small supply of spare essentials (water, sunscreen etc.).

However, we kindly ask that each child brings their own sportswear and suitable shoes, as we are unable to provide those items. So please remember to bring water, sunscreen, sportswear & sports shoes every day.

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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.

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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 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.

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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?*

Our team is trained in first aid. In case of illness or injury, we will contact you directly if needed/wanted by your child. If necessary, we'll take your child to a local doctor or clinic.

### *Is the camp insured?*

Yes, the camp is covered by basic liability insurance.

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## CONTACT & COMMUNICATION

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

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

**📞 0176 / 43909456**

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

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