



2016

**NIKE** SPORTS  
CAMPS   
INTERNATIONAL CAMP PROGRAMS



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## WELCOME TO NIKE SPORTS CAMPS

The official operator of Nike Sports Camps, US Sports Camps (USSC) was founded in 1975 and is the largest and most successful sport camp operator worldwide. With over 70,000 young athletes attending our camps each year from around the world, we offer a range of programs across a variety of sport disciplines to attract athletically minded students. Working with the nation's top collegiate coaches, high school coaches and player development instructors to produce the best sports camps in the world, USSC has camps locations in USA, Canada, China, Italy and Australia.

Here in the U.S., Nike Sport Camp programs are held at some of America's finest colleges, resorts and prep schools; our network extends to the campuses of Stanford, Cal Berkeley, Northwestern, Duke, The Stevenson School and The Lawrenceville School in New Jersey. Campers have access to the best training facilities, safe and comfortable housing accommodations. Our experienced and passionate coaches

are among the most respected and accomplished coaches in the US and bring the perfect blend of serious training and absolute fun to each camp program.

For international students ages 8-18 attending our U.S. camps, USSC introduced a partnership with ELS Language Centers in 2011, expanding camp offering to include ELS language classes for those who wanted to improve their English skills while working on sports skills. Today, we offer integrated multi-week ELS and Nike Sport programs in 10 different U.S. locations across all of the major sports. These integrated programs offer the best of two instructional worlds: first class English education and unsurpassed sports training. The combined program incorporates two hours of English instruction with four-to-five-hours of daily sport instruction, helping athletes to develop socially and to communicate more effectively with peers both on and off the playing field.

## NIKE SPORTS CAMP OVERVIEW FOR THE INTERNATIONAL STUDENT

Our U.S. camps offer students fun, flexible, convenient, and serious sport instruction that delivers true skill enhancement and improvement.

To address the specific needs of the international camper, we have created an assortment of Nike Camp programs at 13 U.S. locations that combine the best of our US Nike Camp programs to align with the needs of international families. These packaged Nike Sport camp sessions run anywhere from two weeks up to six weeks and combine skilled sport camps with fun weekend excursions.

### KEY BENEFITS:

- 2-6 week programs in soccer, basketball, volleyball, swim and tennis
- 20-25 hours of sport instruction per week
- Option to add English classes to improve language skills 
- Interaction with American kids
- Convenient access to major international airline hubs
- Weekend programs and fun activities that complement travel in the U.S.
- Serious sport instruction that delivers true skill enhancement and improvement
- Evening activities designed to promote social interaction and fun for all campers



**PLEASE NOTE:** *International campers are welcome at any one of our 500 Nike Camp programs in the US. However most locations do not cater to the international camper. Those interested in shorter 4-6 day programs or day-only sessions should read section below about shorter programs or refer to our [website](#). The shorter programs will not include airport pick up, weekend excursion packages or offer ESL classes.*

## PROGRAM AT A GLANCE

### WHAT DO WE OFFER?

■ Nike Sport Camp programs offering instruction in Tennis, Basketball, Soccer, Volleyball and Swim. Directed by top U.S. coaches and professionals.

### WHEN?

- Available during the U.S. summertime: June through the first two weeks of August.
- Program can begin any week, in most locations
- Check-in day: Sunday
- Check-out days: Thursday or Friday, depending on location and sport

### WHERE?

- 13 locations in the U.S. (See map below)
- Airport meet & greet with pick up available at seven major airports serving the East and West Coast, including, Boston, New York, New Jersey, Miami, Los Angeles, San Francisco, San Jose and San Diego.

### WHO IS IT FOR?

- Student athletes aged 8-18, from around the world.

## NIKE SPORTS CAMPS



2016 Camp Locations & Associated Airports



## WHAT PARTICIPANTS RECEIVE WITH A MULTI-WEEK PACKAGE

### HIGHLY SKILLED SPORT TRAINING:

- Instruction is tailored to camper age and skill level, and is provided by top college and professional coaches.
- Camp evaluations are completed upon arrival on Sundays, and after evaluations, campers are placed in appropriate training groups.
- Our general skills programs are designed to help players develop their skills technically and tactically. Campers will master fundamental skills, experience plenty of game competition, and play alongside American athletes.
- Each week students will receive 20-25 hours of sport instruction. When staying multiple weeks, campers generally improve significantly and move up a skill level. Additionally, each Sunday a new group of American kids will join the camp, making each session unique and challenging.
- There is a low camper to coach ratio: 10:1 for team sports, and individual sports such as tennis and golf have a 6:1 ratio. Campers have the chance to “win” Nike prizes specific to their sport, based both on attitude and skill. All participants receive a Nike Camp T-shirt, except golf campers who receive a Nike amenity package: hat, golf balls, and bag tag.

### FUN ENGLISH LANGUAGE CLASSES:

- Specially designed ELS language classes are offered at 8 locations.
- As one of the foremost providers of English language instruction on US college campuses, ELS is the leader in international education, and our program is specifically tailored to complement the Nike Sport Camp environment.
- Using multi-media to engage students, these highly interactive classes focus on general English and conversation practice with the goal of helping students develop effective social and communication skills both on and off the field.



## WHAT PARTICIPANTS RECEIVE WITH A MULTI-WEEK PACKAGE

### **EVENING ACTIVITIES:**

■ Fun evening activities are planned on-campus 2-3 evenings a week, including beach BBQ's, dances, movie nights and relevant sporting events. Each camp director creates their own program, and these evening activities are listed on individual camp webpages or program profiles.

### **WEEKEND ACTIVITIES:**

■ Excursions off-campus are usually planned for non-instruction days including Friday and Saturday. Sample activities include amusement parks, sporting events, water parks and shopping venues.

■ Off-campus activities are included in the price of packaged camp programs.

■ The remainder of the weekend allows time for campers to rest and relax in-between the sport sessions.

### **FOOD, LODGING, CAMPUS:**

■ All meals, as well as lodging in double-occupancy, dormitory housing located on the camp campus are included. Three meals are provided daily, except check-in and check-out days.

■ Campers can request to room with a friend, otherwise they will be placed in a room with a child the same age and gender and matched with American campers whenever possible.

### **SAFE AND SECURE CAMPUS ENVIRONMENTS**

■ Campers are supervised by staff 24 hours a day, and campus facilities are secure. Each camper will have a key to access their dormitory as well as a key to their room. Adult staff resides in the dorms and campers are supervised to and from camp instruction and activities. No campers are allowed to roam our camp campuses alone.



## WHAT PARTICIPANTS RECEIVE WITH A MULTI-WEEK PACKAGE

### AIRPORT MEET AND GREET SERVICES

- Round-trip airport pickup is available at seven major airports serving the East and West Coast including, Boston, New York, New Jersey, Miami, Los Angeles, San Francisco, San Jose and San Diego.
- We use licensed transportation companies to meet and drive campers to and from camp. In order to meet your children at the airport, please send the child's travel details to [international@ussportscamps.com](mailto:international@ussportscamps.com).
- Campers will receive a confirming email letting them know the specifics of their pickup at the airport 7 days prior to departure.

- Unaccompanied minors under the age of 14, often need to provide the airline with the name/contact information of who will be meeting their campers on arrival. In these instances, please use the director name and cell phone number – found in the camp registration packet.
- Important: We ask all parents to confirm their child's travel to/from camp with the airlines 24-hours prior to travel.
- An emergency contact phone number or camper cell phone number is required for all traveling minors. Please see our travel forms for details. These completed forms will be required for all campers being met at airport. Please contact [international@ussportscamps.com](mailto:international@ussportscamps.com) with any questions.



## SAMPLE DAILY SCHEDULE

### NIKE SPORT ONLY CAMP SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45 AM	Breakfast						
8:30-10:00 AM	Check-In, Airport Pick-Ups	Nike Sport Instruction					Weekend Activity!
10:00-10:15 AM		Break					
10:15-11:30 AM		Nike Sport Instruction – Drills in small groups					
11:30-1:00 PM		Lunch and Rest					
1:00-2:30 PM		Nike Sport Instruction					
2:45-3:00 PM		Break					
3:00-4:15 PM		Team Competitions and Scrimmages					
4:15-5:00 PM		Groups/Private/Extra Help					
4:45 PM	Day Campers Depart/Overnight Campers Rest/Shower/Dinner						
7:15-9:00 PM	Evening Activity						
9:00-10:00 PM	Overnight Campers to rooms/dorms						
10:15 PM	Lights out						

The sample schedule above is for a 6-day camp program, ending on Friday. Please note, some Nike Sport Camps end on Thursday.

### COMBINED ELS LANGUAGE AND NIKE SPORT SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45 AM	Breakfast						
8:30 – 10:00 AM	Check-In, Airport Pick-Ups	Nike Sport Instruction					Weekend Activity!
10:00-10:15 AM		Break					
10:15-11:30 AM		Nike Sport Instruction – Drills in small groups					
11:30-1:00 PM		Lunch and Rest					
1:00-2:30 PM		ELS Language Classes					
2:45-3:00 PM		Break					
3:00-4:15 PM		Team Competitions and Scrimmages – ELS Students rejoin Nike Sport Instruction					
4:15-5:00 PM		Groups/Private/Extra Help					
4:45 PM	Day Campers Depart/Overnight Campers Rest/Shower/Dinner						
7:15-9:00 PM	Evening Activity						
9:00-10:00 PM	Overnight Campers to rooms/dorms						
10:15 PM	Lights out						

Please note: Generally 2-50 minutes ELS classes are held Mon through Thurs in the PM.  
Some locations hold classes in the AM, as well as on Fridays.  
Daily schedules are subject to change based on weather and sport instruction priorities.

## IMPORTANT DETAILS

### CAMP REGISTRATION PACKET

- Detailed registration packets containing check-in location, health/release forms, emergency contact info, and a list of things to bring will be emailed to all registered campers in the spring, usually in May.
- Camp health and release forms are collected on the first day and most forms do not require a doctor's signature.
- Parental permission forms for many off-campus trips must be completed and signed. Agents acting on behalf of campers may sign these.
- [Click here for a sample registration packet.](#)

### US HEALTH INSURANCE

- In order to attend all campers must have health insurance that is valid in the U.S.
- Supplemental health insurance that is valid in the US may be purchased through USSC by filling out forms in registration packages. The cost for the supplemental health insurance is \$60 and covers international campers for up to 30 days. Please download brochure for more information.

### VISA INFORMATION

- All campers are required to have the appropriate documentation to legally enter the US. **A tourist VISA is all that is required.**

- Campers arriving from visa waiver countries need to follow instructions located on the US government website – <http://travel.state.gov/visa/> – which outlines requirements. In most cases, completing the online ESTA form is all that is needed.
- Campers traveling from non-visa waiver countries should consult the US government website for requirements. If requested, USSC will provide a confirming letter that verifies to the US Embassy that a camper has registered for a Nike Sport Camp Program. Letters are sent via email to the agent or participant. These letters are not “invitation” letters but have proved useful as supporting documentation during the VISA interview process. For more info about entering the US please visit US government website.
- Camp staff will hold all airline tickets, VISAs and passports for safekeeping. Campers should turn these into the Camp office with other valuables upon arrival

## IMPORTANT DETAILS

### ADDING ON EXTRA NIGHTS OR WEEKENDS TO SESSION

■ When adding extra nights, campers will not be able to arrive prior to the start date of a camp, nor extend nights past the end date of the last session, as we don't have staff available to supervise.

■ When adding an additional weekend onto a multi-week program, you will have to cover the costs of the extra weekend, which includes weekend excursions, with costs ranging from \$275 - \$450 per weekend, depending on location.

### LINENS

■ Bed linens are included in all International multi-week sport camp programs.\* Campers need to bring their own towels.

\*Stanford Camps require that campers purchase linens directly from Stanford Conference Services, when they arrive.

### WASHERS/DRYERS

■ Washers and dryers are available in each dormitory. Staff will help campers wash their clothes on weekends. Campers may need change for machines which cost between \$5- \$7 to wash/dry a load.

■ Don't forget to label every article of clothing, equipment and other items you bring to camp. USSC and camp facilities are not responsible for lost or stolen articles or money.

### ABOUT CELL PHONES, ELECTRONICS AND CONNECTIVITY

■ Wifi is available at most of our camp locations. A password will be provided at camp to access the network.

■ Valuable radios, cameras, laptops, tablets and other electronic equipment are not recommended at camp, and we strongly suggest that campers do not bring them. If these items are brought, we suggest that they are locked in the camp safe each day. Nike Sports Camp will not assume liability or responsibility for lost items.

■ Cell phones are allowed. However, cell-roaming charges can get expensive if not monitored. We recommend that cellular data roaming be turned off and only turned on when contacting family members. Please contact your local cell providers to learn how to limit your roaming charges, and to make sure your child's cell phone will work in the US.

■ Please note that cell phones should be turned off during any language or sport instruction periods – from 8:30am-5:00pm daily.

■ A phone will always be available in the camp office, should campers need to call home. In this instance we recommend that your child purchase prepaid international calling cards. Additionally, campers may choose to Skype with parents in any of our camp offices.

## IMPORTANT DETAILS

### MONEY MATTERS:

#### CAMP ACTIVITY FEES

■ Most camp activity fees are included in all multi-week camp programs. Please visit the camp profiles to see the included camp activity list. In some locations like Curry and FIU, campers may add additional activities to their schedule for an additional fee.

#### SPENDING MONEY

■ We recommend that international campers bring \$100 in spending money per week, which will be placed in a “camp bank” at check-in and made available upon request.

■ Children are responsible for their own purchases, and we don’t monitor individual spending.

■ Please make sure that the money is in \$USD, as there is no exchange available.

■ Credit cards are discouraged. However, if a camper brings a credit card, please let the camp director know, so we can keep it in the camp safe.

#### CODE OF CONDUCT

■ Every Nike Sport Camp participant is expected to obey all camp rules. This includes a general code of responsibility and conduct that is becoming of an athlete. There will be NO tolerance for any camper that engages in behavior that is considered bullying, or which demeans, or is rude and disrespectful to another camper or staff.

■ Drugs, alcoholic beverages and cigarettes are strictly forbidden and constitute, along with general misconduct, grounds for immediate dismissal from camp without refund or credit.

■ If dismissed, campers and their families or agents will have 24-hours to make arrangements to leave the camp premises. All efforts will be made to separate the offending camper from the general camp population until their departure



## INFORMATION ABOUT SHORTER NIKE SPORT CAMP PROGRAMS

Interested in a shorter stay? Children travelling with parents? International campers are welcome at any one of our Nike Camp programs in the U.S. However not all locations cater to the international camper. Those interested in shorter 4-6 day programs or day-only sessions can refer to our website and chose an appropriate program and location, but here's what you should know:



### WHAT'S DIFFERENT ABOUT OUR SHORTER 4-6 DAY OR 1 DAY PROGRAMS

- Shorter programs will not include airport pick up, weekend excursion packages or offer ELS classes.
- Campers will need to arrange transportation to and from airport on their own or request our camp staff to arrange this for you for an additional fee.
- International campers attending shorter programs will need to bring their own linens or order them 14 days before arrival and pay the required linen fees of \$30-45 per week outlined in the camp registration packages.
- Camp activity fees apply to shorter programs. These are paid directly to the camp director at check-in. The camp registration package will detail exactly what is required.
- Housing deposits may apply for certain programs. International campers may use cash or credit cards to cover the deposit. These fees range from \$50-\$175 and will be immediately refunded to the camper at checkout. Please check your specific camp registration package for details.

## WHAT TO BRING TO CAMP



This list represents a sample of what most campers require for a week of camp. Campers will be able to use washers and dryers on campus to clean their clothes on non-instruction days. Our Nike Camp staff will provide assistance.

- 6 Tops –t-shirts or shirts
- 6 Bottoms – skirts and shorts
- 6-8 pairs of socks
- 6 sets underwear
- Casual clothes as needed
- Pajamas
- Bathing Suit
- Toilet/personal items, including insect repellent
- Sun Block, Hat and/or Visor
- Sports Equipment – tennis racquet, golf clubs, lacrosse sticks, football pads etc.
- -2 pairs appropriate athletic shoes or cleats. Please note tennis campers must wear non-marking tennis shoes – no black bottoms allowed.
- Water Bottle
- Laundry bag
- Bath Towels
- PLEASE label every article of clothing and equipment.
- PLEASE DO NOT bring valuable items, such as radios, expensive cameras, tablets and iPods to camp with you.
- Do not send unnecessary items of clothing, which can get lost

## REGISTRATION PROCEDURES

### IT'S EASY TO ENROLL

There are three ways to enroll. One is to enroll online at the US Sports Camps website from the chosen camp webpage. The other is by completing a camp application form and sending it to back to us. The third way is to enroll directly through the ELS SuperService portal providing you are a certified ELS agent with credentials to access this site.

We accept registrations, right up to the start of camp providing there is room.

### USING THE US SPORTS CAMP WEBSITE TO ENROLL

Enrolling online is easy. Just select the sport and program that you are interested in and scroll down to the bottom of the page to view the available sessions. Then, click add to cart. It's that easy. The registration process will prompt you for camper

information and birthdate, as well as let you know of any options that can be added to your camp program like extra night stays or weekend programs. Our customer service agents are available to answer any questions via phone from 8am to 5pm PST, Monday through Friday. Please feel free to call us at **1.800.645.3226** or **415.479.6060**, or email [international@ussportscamps.com](mailto:international@ussportscamps.com). Online registration is available 24-hours a day through our website at [www.ussportscamps.com](http://www.ussportscamps.com).

Please note, that if you elect to register online, all camp fees are posted as retail prices. (Agent commission will be calculated and sent at the end of the summer program). For more details about Agent commission agreements, please contact [international@ussportscamps.com](mailto:international@ussportscamps.com).



**CAMP DATES & PRICES**

**NIKE TENNIS CAMP AT PEPPERDINE UNIVERSITY WITH ELS** JUN. 19 - JUL. 1, 2016 **ADD TO CART**

**Programs:**

**Age Group:** 9 - 18 **Gender:** Co-Ed

Two-week Sport + Language \$3,290.00 **Availability:** Open

This is a two week language and tennis program. Includes ELS English classes and Nike Tennis instruction each day (M-F). Includes weekend stay-over, linens, and round-trip airport transfers.

\* Please note, times may vary on the first and last day of camp.

## REGISTRATION PROCEDURES

### COMPLETING A NIKE SPORT CAMP REGISTRATION VIA AN APPLICATION FORM

Below is the link to our Nike Camp application form.



 **NIKE** SPORTS CAMPS 

**2016** Nike Sports Camp Application

**Personal Information**

Family Name (as shown on passport)      First Name      Middle Name

Male    Female

Birth Date (Month/Day/Year)      Country of Birth      Country of Citizenship

Street Address

City, State      Country      Postal Code

Telephone Number      Email (for confirmations)

### STANDARD NIKE SPORTS CAMP APPLICATION

Please complete the application and send it back to the proper address listed on the application.

Once received, we will process the application within 24 hours. Following successful registration, a camp confirmation will be sent to the billing email address listed on the application. This confirmation serves as a customer receipt. It indicates the camp program registered; the retail price and

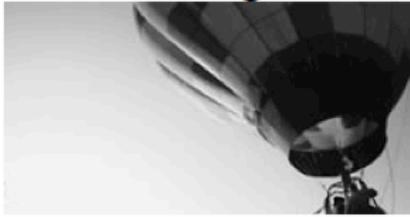
payment made; and the balance remaining to pay. If an agent is paying on behalf of a client, (with net pricing,) a net invoice will be sent, in addition to the camper confirmation. If you are paying by wire transfer, click here for *USSC wire transfer* information Please indicate camper full name and camp confirmation number on all wire transfers so that payment can be credited properly.

## REGISTRATION PROCEDURES

### COMPLETING A CAMP REGISTRATION THROUGH ELS SUPERSERVICE

If you are an ELS agent wanting to enroll online, please visit the ELS Superservice site. Our joint ELS language and Nike Sport

Camp options are now available for online processing. If you are enrolling in a Nike Sport only camp program (no language), then you will need to register through US Sports either via the online site or by submitting an application.

<p><b>USA</b> <b>Youth Programs</b></p> 	<p><b>Various Locations</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Click here to apply online for the following ELS Youth Programs in the USA:</a> <ul style="list-style-type: none"> <li>◦ January Youth Homestay</li> <li>◦ Malibu Youth Camp</li> <li>◦ Fun &amp; Sun Camp</li> <li>◦ Summer in New York City at ELS/Juilliard</li> <li>◦ University Prep Program @ Pepperdine University</li> <li>◦ University Prep Program @ The Lawrenceville School</li> <li>◦ ELS/Nike Sports Camp</li> </ul> </li> </ul> <p style="text-align: right;"><i><a href="#">Click here to submit your completed application via email</a></i></p>
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### DEPOSIT AND CAMP REGISTRATION FEES - WHAT IS DUE, WHEN?

In order to complete a registration, you will need to pay a camp deposit of \$250 per week, and a camp registration fee. The one-time annual registration fee varies by sport camp and ranges from \$20-\$50. These registration fees will be automatically added to your camp tuition. Registration fees are non-refundable.

Online registration requires payment for the deposit or full tuition to be done through a VISA or MasterCard. If payment is to be by wire transfer, a camp application will need to be submitted. Please see the instructions listed for Completing a Camp Registration via an Application Form.

## REGISTRATION PROCEDURES

### PAYMENT OF BALANCES

Camp balances are due as follows:

- For camps with June start dates, balance is due on May 1st.
- For camps with July start dates, balance is due on June 1st.
- For camps with August start dates, balance is due on July 1st.
- For camps with start dates between September and May, the balance is due on the first of the month that precedes your camp start date.

### WHAT IS THE REFUND AND CANCELLATION POLICY?

If you have to cancel, for any reason, USSC will issue a camp voucher for all camp fees paid, valid through the following camp summer. The camp voucher is transferable to any family member and may be used in the sport that you are initially registered in. Cash refunds will be given only with the purchase of *Cancellation Protection*. (View details here.)

Additional questions can be directed to [international@ussportscamps.com](mailto:international@ussportscamps.com).



## NIKE CAMP PROGRAMS

Below you will find a summary of each our Nike Sport Camp programs. To find a list of recommended sport locations (for international campers,) please click on the chart.

### NIKE BASEBALL & SOFTBALL

Designed for boys and girls 10-18, the Nike Baseball & Softball Camps help campers master the fundamentals, develop proper mechanics and gain valuable game play experience. Every aspect of the game is covered, giving participants a solid foundation to build on after camp.

- 9:1 camper-to-coach ratio. Groups based on skill, age, and baseball experience.
- Three training sessions daily focus on individual skill development as well as team play and on-field decision-making.
- A written evaluation will be provided by coaching staff.
- Recommended locations: Curry College, and Florida International University.

### NIKE BASKETBALL

Campers attending our Nike Basketball Camps will develop all of their basketball skills - shooting, passing, dribbling, rebounding and defense. A Nike Basketball Camp immerses you in the sport, giving you the kind of focused, intensive training that is essential to improvement. Over the course of the camp week, your self-confidence will grow along with your skills and overall appreciation of the game.

- 8:1 camper-to-coach ratio.
- Programs for boys and girls 8-18.
- Three daily sessions highlight fundamentals, demonstrations, team play, and lectures.
- Evening competitions allow campers to put their practice to work.
- Individual written evaluation provided at the end of camp.
- Recommended locations: Caldwell College, Curry College, Florida International University, San Domenico School, and Snow Valley Basketball Schools.

## NIKE CAMP PROGRAMS

### NIKE GOLF

Designed for boys and girls 8-18, Nike Golf Camps offer world-class instruction from PGA/LPGA professionals and college coaches at some of the most beautiful courses in the country.

- Low camper-to-coach ratio for personal attention and group play.
- Daily range and course play allow for hands-on instruction and freedom to play 9-18 holes each day.
- Instruction includes course management, swing fundamentals, course etiquette, and shot selection.
- Evening sessions (in most locations,) focus on fitness, mental toughness and strategy, tournament preparation, and collegiate golf opportunities.
- Video analysis (in most locations) breaks-down golf swing to highlight strong points and spots for improvement.
- Recommended locations: Williams College, Pebble Beach, Curry College, and Florida International University.

### NIKE MULTI-SPORT

Offered exclusively at Camp All-Star in Maine, these camps provide boys and girls 9-16 with the opportunity to participate in multiple sports over the course of the camp session.

- Low camper-to-coach ratio for personal attention and fundamental development.
- Choose up to five sports to learn and practice daily: Basketball, Soccer, Golf, Tennis, Volleyball, Baseball/Softball, Ice Hockey.
- Complement your sport with water sport activities like knee boarding, water skiing, fishing and swimming.
- Horseback riding is available for an additional fee.
- Recommended location: Camp All Star.

## NIKE CAMP PROGRAMS

### NIKE RUNNING

Designed for boys and girls 8-18, Nike Running Camps include both cross country and track and field camps. Cross country programs, which can run up to 3 weeks in length, instill campers with a love for the freedom of running, both competitively and recreationally. Nike track and field camps are shorter 4-day programs hosted on popular college campuses.

- 10:1 camper-to-coach ratio offers individualized instruction in a group setting.
- Education in the latest training techniques to reach full potential while staying healthy and setting goals.
- Video analysis of form gives runners a closer look into their technique in order to maximize their strength and fitness. (Offered only at cross country camps.)
- Evening lectures from knowledgeable and inspiring guest speakers.
- Event specific training for track and field camps.
- Recommended cross country locations: Green Mountain, and Smokey Mountain.
- Please see website for available track and field camp locations.

### NIKE SOCCER CAMPS

Designed for boys and girls 8-18, campers can choose between NIKE Soccer Camps and the Vogelsinger Soccer Camps. Training focuses on individual skills, such as foot-work, agility, and anticipation, as well as team play, including set plays, strategy, and team dynamics.

- 10:1 camper-to-coach ratio.
- Campers grouped by skill level and age (each camper evaluated at check-in).
- Multiple sessions throughout the day emphasize different areas of the game and allow for week-long tournaments.
- Personal evaluation for each camper at the end of the session.
- Coed, or boys or girl camps only.
- Recommended soccer locations: San Domenico School, Curry College, Florida International University and Vogelsinger Soccer Academies at the Brooks School (MA) and UCSB (CA).

## NIKE CAMP PROGRAMS

### NIKE SWIM AND PEAK PERFORMANCE CAMPS

Designed for boys and girls 9-18, swimmers have the option of attending Nike Swim Camp or Peak Performance Swim Camp. Each of our swim programs challenge swimmers to reach their potential through mental, technical, and physical training.

- 8:1 camper-to-coach ratio. Small group and individual stroke analysis and instruction.
- Sessions appropriate for advanced swimmers.
- Training sessions focus on improving stroke technique, starts and turns, and overall performance.
- Dry-land training challenges swimmers to reach fitness goals to go even faster
- Recommended locations: Stanford University and San Domenico School. Please refer to our website for a listing of all Peak Performance swim camps.

### NIKE TENNIS CAMPS

Programs are designed for boys and girls 8-18. Nike Tennis Camps focus on developing the technical, tactical, physical, and mental aspects of a player so that they can compete at their highest level.

- 6:1 camper-to-coach ratio.
- Groups based on skill level and age (each camper evaluated at check-in).
- 6 hours of on-court instruction daily, with a variety of activities including stroke mechanics, agility exercises, and competitive match play.
- Variety of programs offered: Under 10 Tennis, General Skills, High School and Tournament Training and Adult programs.
- Personal evaluation by coach provided at the end of camp.
- Recommended locations: Curry College, Florida International University, San Domenico, University of San Diego, Pepperdine University, and Rod Schroeder Academy.
- Recommended tournament training camp locations: Amherst College, Stanford, and UC Santa Cruz.

## NIKE CAMP PROGRAMS

### NIKE VOLLEYBALL TRAINING

Nike Volleyball Camps offer highly individualized and comprehensive camps for girls and boys of all skill levels. General skills, advanced and position specific camps will help players master the basics while improving their technique and having fun with teammates. In selecting your camp, consider your experience and skill level, as well as your goals or special interests.

- 10:1 camper-to-coach ratio. Personal evaluations provided by coaches.
- Groups based on skill level and age.
- 6 hours daily of training sessions highlighting skill development, position training, and match play

- Majority of programs are single sessions (3-5 days in length), but some locations combine general skills, position specific and advanced camps together for a consecutive ten-day program.

- Recommended general skills locations: Curry College, Camp All Star and Florida International University.

- Recommended advanced camp locations: UC Santa Cruz, Fairfield University, Rutgers University, and Virginia Tech.

- Recommend boys programs: Curry College, UC Santa Cruz, and Sacred Heart University.

## NIKE CAMP PROGRAMS

### AMERICAN FOOTBALL CAMPS

Contact and non-contact football camps, offered by US Sports Camps, provide outstanding fundamental football skills instruction, speed and agility training. Contact camps move from non-contact drills to full contact in gradual progression, culminating with a final day of “live” scrimmages. The non-contact and position specialty football camps are modeled after NFL and college mini-camps. No matter which program you choose – contact or non-contact camps, aspiring players 9-18 participate in position specific skills, training, film study, and performance sessions. Each camper practices with and learns from NFL pros and coaches, as well as college coaches from top football schools across the country. Thousands of our previous football campers played, or are now playing college football.

- 10:1 camper-to-coach ratio.
- Daily sessions highlight fundamentals and how to improve technical, tactical and mental abilities on the football field.
- Evening chalk-board lectures with coaches in most locations.
- Grouping by age, weight and ability for contact program.
- Daily training to develop speed, strength and agility.
- Please see our website for a listing of our four-day Contact Football Camp locations.
- Recommended Position Specialty Camp location: Curry College.

*Please visit the Nike Sport Camp Drop box for a complete set of location and sport profiles and pricing.*

***Nike Sport Camp Drop Box***