



## ELITE PRO-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 premier 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.

#### 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 the highest quality of service in English classes.

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

#### KEY FACTS

##### LOCATION

London

##### ACCOMMODATION

University of East London,  
(Docklands Campus)

##### TRAINING GROUND

West Ham United Stadium  
Training Complex

##### PROGRAMME AVAILABLE

Individuals & groups

##### DURATION

1 - 4 weeks

##### START DATES

Session 1 3rd - 16th July 2022  
Session 2 17th - 30th July 2022  
1 Week: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> July

##### AGE RANGE

Boys/Girls 10-17  
Goalkeeping: Boys/Girls  
12-17

##### OPTIONAL

Goalkeeping training  
English classes

## WEEKLY PROGRAMME SCHEDULE INCLUDES:

- 5-days training at West Ham United Stadium training complex, 15 hours per week plus 12 hours of English classes (if requested)
- West Ham United Foundation training kit
- Full-board residential accommodation
- Evening activities every night for students
- Excursion: first week, half-day to West Ham United Stadium
- Player 'Meet & Greet'
- 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 at West Ham United Stadium 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	£2,700	£2,150
High performance programme	Football	2 weeks	£2,600	£2,050
High performance programme + language	Football & English	1 week	£1,650	£1,250
High performance programme	Football	1 week	£1,550	£1,090

Registration Fee £100

Medical insurance: £15 per week - Mandatory

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

\* Goalkeeping training is available in July from 4th July to 30th July 2022

**OPTIONAL FEES:** • Extra night £125

- Optional Sunday excursion £50

\* 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
£115	£135	£150	£150	£110	£100

\* 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.



### 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.

PRICE EACH WAY

£65