



# SIMMSport

St Mary's University's fun year-round  
children's sports programme

Ages 4-17



**2020**



**WE MAKE  
FOOTBALLERS**



St Mary's  
University  
Twickenham  
London

# School Holiday Camps

## MULTI-SPORT CAMPS - Ages 5-12

Our multi-sport camps provide an enriching, inclusive and welcoming environment for all children. On a typical day, children will take part in three different sports and a range of fun sporting games and challenges, using our full range of excellent facilities.

### Sports included at our camps





# Dates and Prices

Camps run 9am-3pm each day with an early drop off available from 8am and late pick up (until 4pm) available for an extra £4

**\*20% Early Bird Discount available**

Dates	Week price (day price)
Monday 6th April - Wednesday 8th April	£90 (£35)
Tuesday 14th April - Friday 17th April	£120 (£35)
Tuesday 26th May - Friday 29th May	£120 (£35)
Thursday 23rd July - Friday 24th July	£60 (£35)
Monday 27th July - Friday 31st July	£150 (£35)
Monday 3rd August - Friday 7th August	£150 (£35)
Monday 10th August - Friday 14th August	£150 (£35)
Monday 17th August - Friday 21st August	£150 (£35)
Monday 24th August - Friday 28th August	£150 (£35)

*"My children loved the coaches, and the safety was brilliant. My son is not particularly sporty but he enjoyed himself as there was such a wide range of sports on offer."*

## Discounts and Bookings

Sibling discount – 10% per child  
St Mary's Staff – 15% per child

Note: \*Early Bird discounts end on:

- 22nd March (Easter Camps)
- 10th May (Summer half-term camps)
- 12th July (Summer camps)

Early Bird and Sibling discount only apply to the weekly price. Only one discount can be applied per transaction.

Call us on 020 8240 4334 to book a place on our camps.  
Alternatively you can email us at [simmsport@stmarys.ac.uk](mailto:simmsport@stmarys.ac.uk)

# FOOTBALL CAMPS - Ages 4-12

The experienced coaching team at WeMakeFootballers cater for all levels of players, from beginners right through to academy level players. Their focus is allowing each child to develop into the best player they can be.

*"My son loves WeMakeFootballers Holiday Camps. They deliver a good mix of skills and games run by young, fun and friendly coaches. As a mum, it is a safe, organised and happy environment."*



## Dates and Prices

### Dates

Monday 17th February - Thursday 20th February  
Tuesday 14th April - Friday 17th April  
Tuesday 26th May - Friday 29th May  
Monday 27th July - Friday 31st July  
Monday 3rd August - Friday 7th August

### Week price | Day Price (half-day)

£90 | £25 (£16)  
£90 | £25 (£16)  
£90 | £25 (£16)  
£100 | £25 (£16)  
£100 | £25 (£16)

For more information or to book contact WeMakeFootballers at [www.wemakefootballers.com/teddington](http://www.wemakefootballers.com/teddington) or via phone on 020 7148 1602



# GYMNASTICS CAMPS - Ages 5-12



Our gymnastics camps are an extension of the fantastic activities delivered through our SIMMSplitz weekly gymnastics club. Gymnasts will experience a range of disciplines using various high-quality equipment, including; bars, floor, vault and beams.

Gymnasts do not have to be part of our weekly sessions to make the most of these camps, and our experienced team of coaches are very happy to welcome those of all abilities to our camps.

## Dates and Prices

Dates	Cost (9am-12pm)
Wednesday 19th February	£20
Thursday 20th February	£20
Friday 21st February	£20

Our gymnastics camps are open to children aged 5-12 of all abilities (you do not need to be a member of our weekly sessions)

15% Discount available to St Mary's staff.

# Weekly Sessions (Term-Time Only)

Our weekly programmes typically run from late September through to mid-December, re-starting in mid-January to late May.

## ATHLETICS - Ages 5-12

Our athletics programme offers a unique a unique experience for young people to train on the Sir Mo Farah Athletics Track.

Parents can choose from a range of sessions held throughout weekday evenings and on Saturday's with sessions delivered to allow children to develop a range of fundamental track and field athletics skills.

With the Tokyo 2020 Olympics this summer, come and join our programme so that your child can learn the fundamentals in track & field and potentially begin on their road to the Olympics.

### Session Timetable

Day	Time	Age Group
Monday	5-6pm	Y4-Y7
Monday	6-7pm	Y4-Y7
Tuesday	5-6pm	Y4-Y7
Wednesday	5-6pm	Y4-7
Friday	5-6pm	Y4-Y7
Saturday	9.30-10.30am	*R-Y3
Saturday	10.30-11.30am	Y4-Y7
Saturday	12-1pm	*R-Y3
Saturday	1-2pm	Y4-Y7

\*Reception children cannot start our session until aged 5

*"I love the fact it is outside, the activities are varied, and the coaches are nurturing and supportive."*

*"The facilities are great, and the enthusiasm and dedication of the coaches is amazing"*

# GYMNASTICS - Ages 5-12

SIMMSplitz is a British Gymnastics affiliated Club for children of all abilities. Sessions are held in our Olympic-equipped gymnasium, with children taking part in activities on bars, beams, sprung tracks and vaults alongside floor work. Gymnasts are consistently working towards British Gymnastics proficiency awards, starting at level 8 and progressing through to level 1. All of our coaches have years of gymnastics coaching experience as well as the knowledge of being gymnasts themselves.

## Session Timetable

Day	Time	Age Group
Monday	4.30-5.30pm	R-Y3
Monday	5.30-7pm	Y4-Y7
Tuesday	4-5pm	R-Y3
Wednesday	4-5pm	R-Y3
Wednesday	5-6.30pm	Y4-Y7
Thursday	4-5pm	R-Y3
Thursday	5-6pm	R-Y3
Thursday	6-7pm	Y4-Y7
Friday	4.30-5.30pm	R-Y3
Friday	5.30-7pm	Y4-Y7
Saturday	9.30-10.30am	R-Y3
Saturday	10.30-11.30am	Y4-Y7
Saturday	11.30am-12.30pm	Y4-Y7



*"Good introduction to the sports, the coaches also teach core values of respect and sportsmanship alongside this."*



# RUGBY - Ages 5-17

Harlequin Amateurs RFC run mixed teams from U5 up to U12s, with boys teams from ages U13 up to U15's and girls teams from ages U13s up to U18s. Through high quality coaching in a friendly, welcoming environment for children of all abilities, the club aims to develop great players that love to play rugby.

Teams train and compete in local tournaments and leagues on Sunday mornings from September - April, playing in the famous Harlequin kit.

## Training - Sunday mornings

Location - St Mary's University Main Campus & Teddington Lock Playing Fields



## Joining the Club

Please email [play@harlequinrugby.co.uk](mailto:play@harlequinrugby.co.uk) to register your interest.

You can also find further information about the club at [www.harlequinrugby.co.uk](http://www.harlequinrugby.co.uk)





# FOOTBALL - Ages 4-12

**WE MAKE  
FOOTBALLERS**



We Make Footballers deliver weekly training sessions aimed at developing technical ability, speed, movement and game intelligence as well as character and desire for boys and girls of all abilities.

Their unique coaching methodology, common sense and passion for football enables them to create the perfect environment for a child to learn and develop. We Make Footballers have a network which provides pathways for players to join professional academies and local grassroots clubs. They're making football fun for all!

## Training Timetable

Day	Time	Age Group
Monday	5-6pm	4-7 year olds
Monday	6-7pm	8-12 year olds
Saturday	9-10am	8-12 year olds
Saturday	10-11am	4-7 year olds
Saturday	11am-12pm	4-7 year olds

*"The children - no matter their ability - are always encouraged, well looked after and spoken to in a positive way by all coaches. The atmosphere within the sessions is motivational and friendly."*

## Bookings

All bookings for our football programmes are taken by our partner, WeMakeFootballers.

Contact them at [www.wemakefootballers.com/teddington](http://www.wemakefootballers.com/teddington) or via phone on 020 7148 1602

# Birthday Parties - Ages 5-12

If your child would like to enjoy the same sports facilities used by some of our best known British athletes then a children's party at Sport St Mary's could be the perfect birthday treat.

From late September to April, Sport St Mary's deliver 2-hour fun-filled parties. Activities are led by our qualified coaches for the first hour and a half, with a party-room available to parents for the final half an hour.

Parents can choose any two activities from: athletics, dodgeball, basketball and football, making parties at Sport St Mary's a great choice for any group of sports-mad children!

## Bookings

Call us on 020 8240 4334 or email [simmsport@stmarys.ac.uk](mailto:simmsport@stmarys.ac.uk) to find out more.

## Our Coaches

All of our programmes are delivered by a fantastic group of engaging, enthusiastic and knowledgeable coaches, the vast majority of whom are undertaking degrees to become sports coaches or PE teachers. Our coaches are fully qualified and DBS checked.



# Why choose SIMMSport?

Join the 950 children currently taking part in the weekly SIMMSport activities.

## High Standard of Coaching

93% of parents rate the standard of athletics and gymnastics coaching provided as “good” or “very good”.

## Value for Money

91% of parents believe the athletics and gymnastics programmes provide “good” or “very good” value for money.

## Low Coaching Ratios

Low coaching ratios of 1:6 (up to 8 years) or 1:8 (over 8 years) ensure your child has the dedicated attention needed to ensure the best and safest possible experience.

## World-Class Facilities

World-class facilities frequently used by international athletes, including Sir Mo Farah.

## Nationally Recognised Coach Development Programme

Our coach development programme was named the British Universities and Colleges Sport (BUCS) Workforce Programme of the Year in 2018.





# Find an activity to suit you!

In 2018/19 we had a total of 27,000 attendances across all of our programmes. With such a great range of term-time and school holiday activities to choose from, we aim to provide fun programmes that children of all abilities can get involved in!

Use this handy table below to see which programmes we offer throughout the year.

Sport/Activity	University Term-Time	February Half-Term	Easter Holidays	Summer Half-Term	Summer Holidays
Multi-Sports			✓	✓	✓
Athletics	✓				
Gymnastics	✓	✓	✓*	✓*	
Football	✓	✓	✓	✓	✓
Rugby	✓				
Birthday Parties	✓				

\*We are currently exploring options to hold Gymnastic Camps at these times.

## Get In Touch

If you have any questions or to book please feel free to get in touch with us.



[www.stmary.ac.uk/simmsport](http://www.stmary.ac.uk/simmsport)

020 8240 4334

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