



Kellogg's Football Camps Parent Information

SOME FREQUENTLY ASKED QUESTIONS.

WHAT SHOULD MY CHILD WEAR?

We ask that all children are dressed ready for sport and appropriately for the weather. Shorts, t-shirts and football socks are recommended, but tracksuit bottoms and tops are also suitable. We advise they bring a change of clothes for adverse weather. Shin pads are essential, your child may not be able to take part in some (or all) of the sessions if they do not bring shin pads. In cold weather, we recommend layers, so that your child can take off/put on extra layers if they get too hot or cold.

WHAT FOOTWEAR SHOULD MY CHILD BRING?

For courses that take place on grass, we recommend football boots, especially during the winter months, although Astroturf or moulded boots maybe sufficient during the summer months. For courses that take place on 3G Astroturf or synthetic grass pitches, we recommend Astroturf trainers or moulded boots, but no metal studs. Please can players bring indoor footwear with them as well in case they go inside at the venue for lunch or toilet breaks.

CAN I STAY TO WATCH MY CHILD'S SESSION?

Unfortunately, parents/ guardians are unable to stay and watch at Soccer Schools held at the Gillingham FC Training Ground.

WHAT HAPPENS IF IT RAINS?

We will endeavour to keep the children playing football for as long as possible during all of our courses, as long as it is safe to do so. If our coaches deem the weather unsafe to play football, then contingencies are put in place at each venue to move inside and take part in indoor, or sheltered activities. It is worth noting that a number of venues that do not have indoor facilities to cater for indoor football, then these activities may include indoor football-themed games, quizzes and challenges.

DOES MY CHILD NEED A PACKED LUNCH?

Your child must be supplied with a packed lunch and plenty of non-fizzy drinks. Packed lunch should not include nuts and children should not swap foods at lunchtime, due to other children's potential allergies. For all other sessions and courses, we advise that children bring plenty of non-fizzy drinks to keep hydrated.

WHAT IS THE RATIO OF COACHES TO CHILDREN?

At all of our Gillingham FC sessions our ratios are a maximum of 1:8 ratio.



WHAT TO BRING

At Gillingham FC, we want your player to get the most out their experience with us. We hope the below guide helps prepare you for the sessions, and fully equips your player. The points below marked with an *, means that it is compulsory across all of our sessions, and they may well miss out on some of the activities if they do not bring these. Please ask the coaching team at community@priestfield.com if you have anymore specific requests in addition to the below.

APPROPRIATE FOOTWEAR*

We recommend football boots (no metal studs) or Astroturf trainers for the venue. If it is a grass venue, then we would encourage football boots and if there are any specific 3G pitch requirements, then we will let you know in preparation for the course.

PACKED LUNCH

At our Soccer Schools & Kellogg's Football Camps, players need to bring their own packed lunch. Please do not bring nuts as part of the packed lunch, and players will not be allowed to swap food with other players on the day.

SHIN PADS*

Shin pads are compulsory for all players.

WATER*

We encourage players to bring plenty of water for the courses. Some of the courses and sessions players will be able to top up their water bottles. We discourage fizzy drinks.

GOALKEEPERS GLOVES

If your child is a goalkeeper, or is booked on to a goalkeeping course, then please bring goalkeeping gloves.

SUN CREAM

We recommend that you provide your child with sun cream, particularly during summer courses, as participants may be out in the sun for a few hours each day. The players will have to apply top ups throughout the day themselves, but the coaches will remind them to do so.

MEDICATION

Please leave any medication with the Head Coach on arrival and collect them when you depart each day/session. Make sure it is labelled with your child's name and that you have indicated on your booking and to the coach about the medication details.