

# RACERS SUMMER CAMP 2018

UNIVERSITY OF THE WEST INDIES  
MONA BOWL  
JULY 9-27, 2018



## Rationale

Over the years, several parents have asked that their children be coached by the Racers coaching staff. It was not possible to have a junior programme at the same time as the seniors. Racers Summer Camp was the response to this.

## Clientele

Our clientele is boys and girls ages 7 to 19 years old. They attend from several countries – UK, US, Finland, Germany, Slovakia, India, New Zealand, Australia, Canada, US Virgin Island, Trinidad and Tobago, Mexico, Brazil, Nigeria, St. Kitts, Grenada, Bahamas, Cayman and Antigua – including Jamaica.

Parents are allowed to come to camp and some do. Some overseas parents also act as counsellors.

Their first interest is improving their skills and hence their performance in athletics. We have had mostly sprinters but a few middle distant runners and hurdlers have attended and we have tailored our offering to suit their needs. Many of our 'repeat campers' are not necessarily track and field athletes, but they enjoyed being at the camp and felt that the conditioning they receive is good for any sport.





# Programme

The programme is designed to fulfil the desires of the campers, satisfy the rules governing training times and recovery and provide a fun filled environment for everyone.

An early morning training session is done at 6:00 am to avoid the early morning sun. Day campers have made the effort to arrive early because they appreciate the avoidance of the sun. Another session is done in the afternoon when the sun goes down. Core exercises are done before lunch and swimming whenever the pool is available.

We try to have speakers on topics directly related to being an athlete and other life skills, during some of the classroom exercises. All campers are given a journal and encouraged to write in it so they may use the notes when they leave.

Campers are placed in houses and earn points for their houses throughout the period. This encourages team work.

The programme is for three weeks and on two Fridays after breakfast we travel to a water facility. This soothes the muscles and provides fun activities for campers, parents and staff. The third Thursday we have a sports day and parents are invited to attend. The third Friday, we have a closing ceremony in the form of an Awards Ceremony and luncheon. The ceremony is hosted by the campers and they provide all the entertainment and members of their families attend. The entertainment is the final activity that the campers use to earn points for their houses.

# Staff

At present, we have two senior coaches, three assistant coaches, two interns and two student helpers. One full time counsellor is employed while the assistant coaches double as counsellors. One administrator supervises all activities and administrative duties. This staff complement is expected to satisfy the needs of fifty campers.



# Facilities



At present, we use the Usain Bolt track and the cricket field for the outdoor activities and the cricket pavilion for core exercises. We are looking at using an area of the 138 complex for the core exercises and rest for the day campers. Housing is at the 138 Student Living Hall of Residence. At the housing facility, there is a laundry and campers can purchase tokens to use the machines. They can also get their laundry done for a fee. Overseas campers are given free transportation to and from the airports while out of town locals are picked up at the bus station.

# Fees

Our fees are US\$700 per week residential and US\$350 per week for non-residential. However, students registered in Jamaican schools pay a significantly reduced sum. The Jamaican rate is made possible with subsidy from sponsors and proof of attendance in Jamaican schools. This fee covers three meals per day, coaching fees, insurance, travelling and other costs related to field trips and housing for the residential ones.

# Feedback

Based on feedback we solicited from our campers and parents who were asked to rate from a highest score of 10, the following is what we gleaned:

- Housing – 10
- Staff – 10, they liked the family atmosphere and the conversations between staff and campers and the openness with parents.
- Morning sessions – 10
- Evening sessions – 9
- Classroom activities – 8
- Food – 8 many found it tasty but different (overseas campers)
- Trips – 10
- Awards Ceremony – 10

[Accommodations](#) | [138 Student Living](#)

