



8®

GOCREA8
HOCKEY CAMPS

www.GoCrea8.co.uk

SHARING A PASSION FOR HOCKEY AND SPORT...

With over 10 years' playing experience at elite levels, representing England at Junior Level as well as a number of National League Clubs, Matt Fairburn felt it was time to share his own love of hockey with younger players.



GoCrea8 – our name derives from the idea of making something happen, while sticking to some simple principles:

Get Involved
Have Fun
Progress

Our aim when we began was to inspire youngsters, with highly qualified and experienced coaches, and to involve Junior Internationals to show younger players what's achievable.

And here we are, some 2 years later, still inspiring and ever changing to meet tomorrow's challenges. We've evolved and grown, but we continue to deliver Hockey Camps for 7 year olds up to the budding 17 year old International. And nearly 500 children have already attended a GoCrea8 Camp!

We've brought in a wealth of experience too, including Level 3 coaches to impart their knowledge, demonstrate new skills and really engage with youngsters.



We operate from a variety of locations, including; Cheltenham College, St Edward's School and Pate's Grammar – and we are now expanding into Bristol and the South West.

With our pool of well-loved staff, we're dedicated to bringing bag loads of fun to young children and hope that we continue to inspire all that attend a GoCrea8 Camp.

Best wishes,

Matthew Fairburn, Founder

GOCREA8 IS THE PROUD SPONSOR OF THE WALES AND SOUTH WEST HOCKEY LEAGUE

ABOUT US

We provide camps and courses for the very youngest hockey players, (grassroots), from age 7 through to our budding stars (Junior Internationals) with our GoPro Hockey and 121s.

All players attending the courses provided by GoCrea8 will be guided and instructed by well-qualified and experienced players/coaches.

We also use a variety of past and present Internationals who are keen to share and demonstrate their skills.

All practices and drills are led by Level 2 coaches in a safe environment.



MATT FAIRBURN

Matt's wealth of experience working with children is invaluable and he focusses on the development of the skill sets of players to enable them to perform at the highest level. Whether it's advice on advanced skills and development or areas like game management and preparation, Matt's expertise is a real plus.



CHARLI ROBERTS

Charli has fine-tuned her craft working with JDC and JAC players within the Single System. She continues to develop her coaching, working with Cheltenham College's elite players as well as youngsters new to the game. Alongside her coaching, she is a key player in Cheltenham Ladies' National League side.



JAMES FOSTER

James currently works in one of Gloucestershire's finest junior schools, coaching both girls and boys. His tenacity and infectious personality, along with his quality of coaching, has produced some of the area's best players. As a qualified Personal Trainer, he is our go-to man for fitness programmes, S&C work and advice on a healthy lifestyle.



RICHARD MAJOR

Richard is a Goalkeeping specialist, who works with the region's best young prospects. His technical expertise and knowledge of the game is superb. If you're a new GK looking to grasp the fundamentals, or athletes aiming for JRPC selection, he's the coach to consult. From safety and kit maintenance to technical skills, and understanding the game, Richard's experience is first rate.

THE CAMPS

We provide a number of diverse and exciting camps for all ages and abilities.



Assessment of technical ability and basic skills, to correct and improve in a 1-2-1 and small group environment. Players will benefit from intense coaching and repetition of skills, with corrective analysis and feedback to iron out problems and push players onto the next level.

Whatever the level or ability, it offers a unique opportunity to grasp the basics very quickly or challenge yourself with complex and advanced skills for the more able.

What's more, players looking to apply for Sporting Scholarships can invest time in these sessions to improve their chance of gaining recognition and hopefully achieving an award.

Designed to broaden the skills and understanding of players working through the Single System, playing at JAC, JRPC and NAGs level. Players attending these courses will be assessed and given personal programmes to work through. They are encouraged to push themselves hard to take the next step in their hockey progression.



Along with working on tightening their basics and fundamentals, players will be guided by highly experienced and top-performing players. Skills such as drag flicking, aerials, tactical awareness and game management will be covered comprehensively.



Our long-standing camps, aimed at girls and boys of all abilities aged 7-14 years, have been extremely successful in bringing hockey to hundreds of children. The 2-3 day camps cover the basic skills such as passing and trapping and more advanced skills like shooting on the reverse and 3D skills.

Children are split into similar age and ability groups so they feel comfortable but also challenged and focused. They will no doubt meet new friends and develop their understanding of the game, whilst spending time in the enthusiastic hands of our excellent coaches and ambassadors.

New for 2015, GoPlay Hockey is tournament hockey for all ages. Small-sided games and a focus on match play allows children to challenge themselves in a competitive but fun environment.

Players will learn about signals, phases of play and tactical understanding, which is ideal for taking into school fixtures and club games.



Designed for our youngest players aged 7, who are looking to understand the very basics of the game, the Camp includes, holding a stick correctly and building up the confidence they require. Children will be guided in a safe and secure environment with experienced, friendly coaches.

THE WORD ON THE GROUND

What our parents make of the GoCrea8 courses and camps.

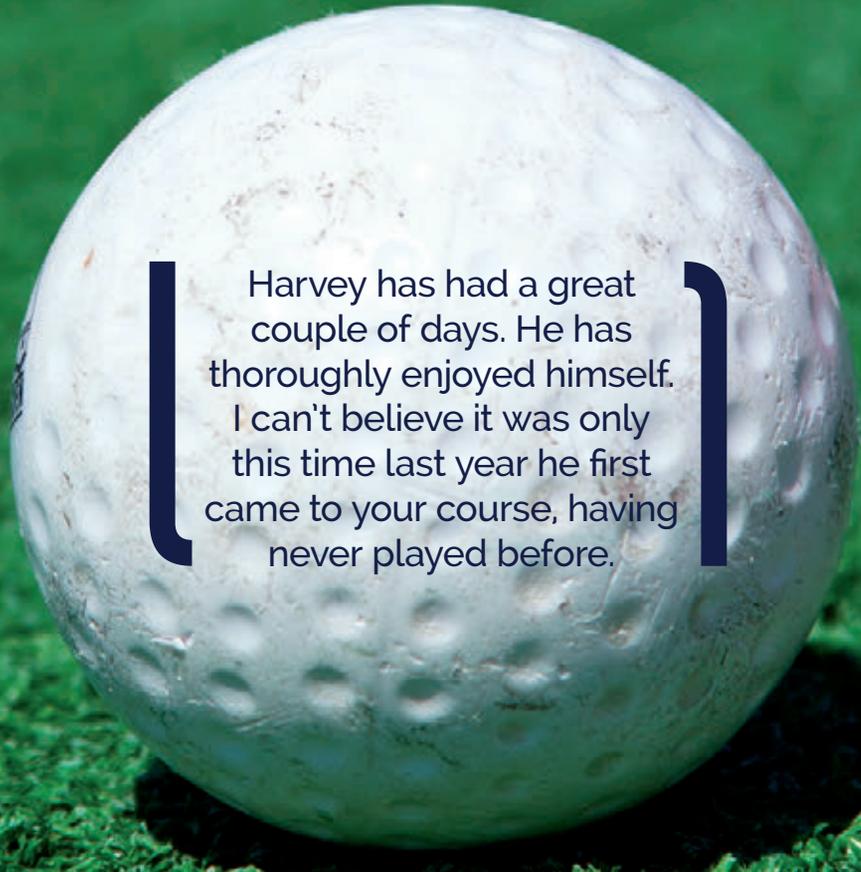
It's Craig's first session back on hockey since half term. Wow! What a difference the two days have made, especially on his push pass.

They both thoroughly enjoyed the Hockey Camp. Please thank your coaching staff for making the last two days so enjoyable for my children.

She really enjoyed the Christmas Camp even though the weather was awful! I had been meaning to drop you a line to thank you for it and also say how delighted Amy was to win a hockey stick. She has put it to good use and regularly plays each week – now with a stick that is the right size for her!



I'm a good friend of Meredith Stuart-Smith and she was telling me all about your camps (she was raving about them, I should say!). Would there be any places left; I've got an 11 year old daughter and she'd go with her little friend (11 years old too).



Harvey has had a great couple of days. He has thoroughly enjoyed himself. I can't believe it was only this time last year he first came to your course, having never played before.

GoCrea8 is Jamie's secret weapon in hockey. He has become a valued player in his school squad. He attributes this to GoCrea8. He has attended sessions for the past 2 years and really looks forward to them. The coaches are fantastic and great role models.

RISING STARS

Find out what some of the region's best players have to say about GoCrea8.

JACOB PAYTON

What are your key achievements in hockey?

- ▶ IAPS National Winners. (School)
- ▶ In2Hockey County Winners. (School)
- ▶ In2Hockey County Winners. (Club)
- ▶ In2Hockey West of England Winners, Captain. (Club)
- ▶ Received U12 Player of the Year award at Cheltenham Hockey Club.

What are your hockey ambitions?

"I'd like to be in the England U16 and U18 squads and then play for England 1st team. I'd also like to be in one of the best premier ship teams. I would love to compete at the Olympics and the World Championships, and hopefully win gold. I would also like to help coach at some GoCrea8 Camps when I am a bit older."

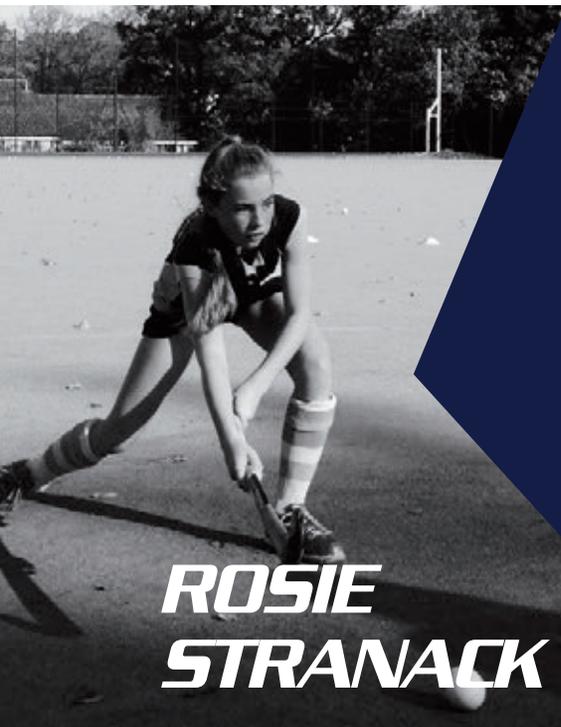
What have you enjoyed about the GoCrea8 Camps, GoPro and 121s?

"I have enjoyed the fun and games that GoCrea8 Hockey Camps have to offer. I learned the basic skills in a fun, but also effective way. A great plus for me is the use of coaches that are England and ex-England players. The fact that all of these incredibly talented players coach us really inspires you to fulfil your potential as a hockey player. I then went to the GoPro Camp, which really helped with the harder skills I was beginning to learn. It pushed me to think about what moves I was using and what skills I need to improve upon. Then, when I started doing 121s, I had a great chance to fine tune my skills and become a much better player."

What do you consider to be the real benefits of GoPro and 121s etc?

"GoPro and 121s are also great fun and are really good for experienced and skilful players. They offer fitness regimes and top quality coaching that helps you master more technical skills. The skills that I learnt at my 121 sessions are really useful because not many players of my age have the opportunity to receive specialist coaching. This has really helped me for the Single System which works up to England age groups."





**ROSIE
STRANACK**

HOCKEY & AMBITIONS?

"I would like to push myself so that my hockey can be the best it can be. Like every young hockey player, I dream of playing for Great Britain at the Olympics. I was particularly inspired by going to London 2012. In the short term, I'm pushing myself to succeed within the England Hockey pathway."

ENJOY ABOUT GOCREA8 & GOPRO?

"Playing hockey with different people, learning new skills and improving my basic skills. I also love the great coaches who always make it fun and teach us a lot."

BENEFITS OF GOCREA8 & GOPRO?

"Being able to play hockey anytime of the year as there are camps at all times."

HOCKEY & AMBITIONS?

"Ethan wants to ultimately play hockey for England! – might as well aim high!"

ENJOY ABOUT GOCREA8 & GOPRO?

"He likes learning and practicing the ball skills in the camps and likes the 121s because he can practice the things he particularly wants to learn or improve."

BENEFITS OF GOCREA8 & GOPRO?

"The real benefit of the camps is the intensive playing for a few days in a row and he feels that he improves a lot after each camp. The 121s help him with more specific improvement."

**ETHAN
FIENSON**



**SOFIA
CUPPER**

HOCKEY & AMBITIONS?

"1st Team for whatever senior school she ends up at, 1st Team at Stourport HC once old enough, County, Regional & National representation."

ENJOY ABOUT GOCREA8 & GOPRO?

"GoCrea8; fun and instructive, plus the opportunity to try/ practice new techniques in a non match environment; GoPro; Being pushed and the opportunity to play and train with players of a national standard; 121s; the opportunity to focus on areas where she or her coaches feel intensive work could improve overall standard."

ALIEN'S ON THE TEAM

GoCrea8 has teamed up with Alien Hockey. This exciting new brand has a range of sticks that will cater for any player.

ALIEN HOCKEY

Alien Hockey was started in 2011 with an aim to bring something different to the market, something that provided performance and style, something that was 'Out of This World'.

As a customer-orientated brand, they focus on providing serious players with the best equipment and experience.



ALIEN'S TALENT SUPPORT PROGRAMME

Their Talent Support Programme was set up to provide talented young players with better equipment and opportunities within the sport. We know that, as young players, getting access to the quality kit you need to improve can be very expensive and in most cases impossible.

As a member of their Talent Support Programme, you will have the opportunity to receive exclusive invites to Team Alien days and events, have access to the latest gear at reduced prices and link up with Team Alien coaches for extra support. Find out more on their website.

www.alienhockey.co.uk



A TYPICAL DAY

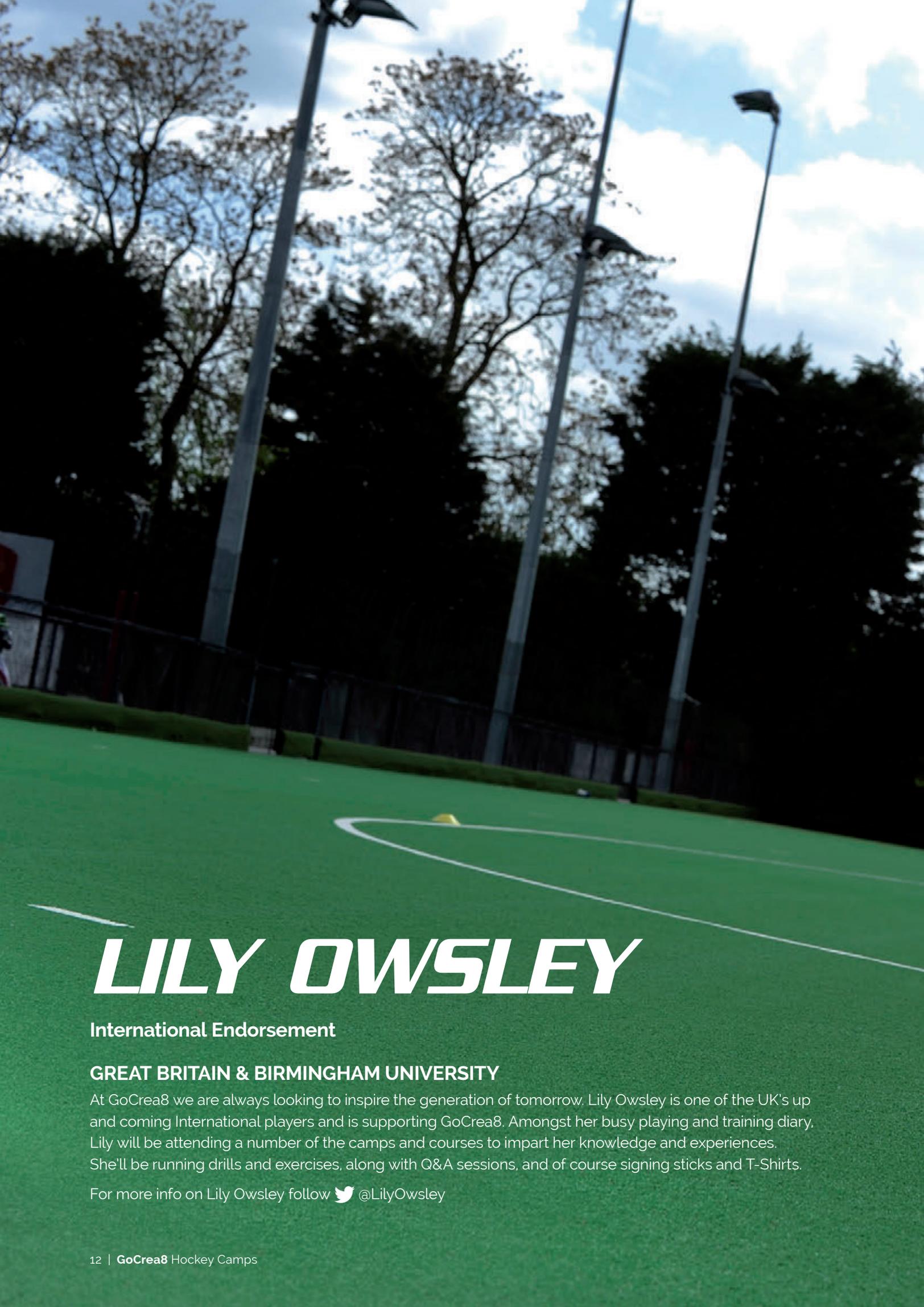
GoCrea8 Hockey Camps.



WHAT YOU CAN EXPECT ON CAMP

Based on age and ability, children will be split into groups, typically four. The groups will be led by an experienced coach, and assisted by a helper who has significant playing experience, such as a Junior International.

Skills and practices will be tailored to the needs of particular groups, such as basics and more fun-based skills for the youngest and newest to the game, to more advanced drills that push experienced players further.



LILY OWSLEY

International Endorsement

GREAT BRITAIN & BIRMINGHAM UNIVERSITY

At GoCrea8 we are always looking to inspire the generation of tomorrow. Lily Owsley is one of the UK's up and coming International players and is supporting GoCrea8. Amongst her busy playing and training diary, Lily will be attending a number of the camps and courses to impart her knowledge and experiences. She'll be running drills and exercises, along with Q&A sessions, and of course signing sticks and T-Shirts.

For more info on Lily Owsley follow  @LilyOwsley

'It has been fantastic helping on the GoCrea8 Camps, seeing the faces of the children is such a great feeling.'





DEVELOPING ALL ROUNDERS

Hockey is a brilliant way of improving the holistic development of young people; fostering their physical, social and emotional well-being. The benefits of the GoCrea8 Hockey Camps reach beyond the impact on physical health alone, and the value of the educational benefits shouldn't be under estimated.

The course programmes are designed in such a way as to nurture all players to progress. For example, those new to hockey may need expert guidance on simple mechanics of stopping and passing a hockey ball; elite performers may be looking for the lucrative winning edge in a pressured environment. The subsequent outcome is players take these learning points into games at school and club.

We often see friendship groups that play together in the same teams attend camps and courses. We keep these groups together to make learning

fun and inclusive, with the aim to help them play more cohesively when match day comes. It is the ideal preparation for County tournaments and IAPS.

The question that I get asked on a frequent basis is, "my son/daughter has a JDC, JAC or JRPC assessment, can you do some work with them to get them up to speed?" The answer is "yes"; with a clear understanding of the Single System pathway, all courses, from 121 sessions to Camps, focus on fundamental aspects to ensure players have a solid base.



GET HOOKED ON HOCKEY

For more information about any of our Camps, clubs or tuition, please get in touch by phone, email or the website.

Call: 07774 330 356

Email: info@GoCrea8.co.uk

www.GoCrea8.co.uk



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