

Teen spirit

Sports Camps are great opportunities for clubs and teams to make use of Scotland's fantastic residential facilities. Your teams and members will reach new levels of performance by participating in multi-day camps and injecting fun activities into your sport experiences.

At our three Scottish Outdoor Education Centres (SOEC): Belmont, Broomlee and Dounans, we work with many teams, clubs and sports organisations covering everything from football to orienteering, rugby to archery, and hockey, martial arts and rowing. Whether you're looking for a venue for 20 or 200, SOEC can provide for you.

Many people enjoy the opportunities afforded by a residential camp to combine use of innovative outdoor spaces, accommodation, good food and the close proximity of pitches and classrooms.

SOEC can also support your aims with added-value activities. Some clubs work with our tutors for team building and to strengthen group cohesion. Others use our challenge events to invigorate competitive spirit. In either case, clubs can make use of the wide range of on-site activities such as rope courses, problem solving challenges and zip wires.

We can provide experiences to complement skills development for your sport when the weather is against you. For example, when snow conditions let you down, ski clubs might undertake a course in our grounds interspersed with archery, simulating the challenges of the biathlon.

Here are some examples of how groups use our Centres:

- Mountain biking groups use Dounans for an annual competition going straight from the centre into trails in the National Park while others use Broomlee when en route to Glentress.
- Over 150 international competitors used Belmont for an international orienteering event accessing several good local courses.
- Hill walking groups and Nordic walkers make our centres their base for more leisurely sporting activity while others, such as residential fitness boot camps, can be more frenetic.
- Clubs and schools stay with us to attend major events such as the rugby internationals at Murrayfield. They like the opportunity to stretch their legs on our pitches after travelling and put into practice what they've seen in the game.

The residential sports camp offers fantastic creative opportunities, limited only by our imagination. SOEC has a wealth of experience so why not talk to us about your ideas.

You'll be amazed at what you can do.

For further information:
W: www.soec.org.uk

Scottish
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Centres

