

BUFFCO CAMP NEWCASTLE 2025



2 – 22 JULY

GOAL OF TRAINING CAMP

WHY NEWCASTLE?

Newcastle offers an ideal training environment and a strong running community, and the goal of our summer camps is to give the kids an opportunity to train like a professional athlete and learn life skills that they can carry with them into university.

At last year's summer camp in Newcastle, we hosted 17 BuffCo kids in total over 3 weeks. They lived, trained and raced together every day. They will learn how to train at a high level and balance hard work in combination with rest and recovery.

Outside of just running training, we will implement team-building exercises, cooking and cleaning, budgeting, recovery, and sleep schedules, and they will have the opportunity to walk around the university neighbourhoods of Newcastle, Northumbria and Durham.



ACCOMMODATION & AVAILABILITY

We will book the same main house as we did last summer, located in Kingston Park.

Should we have demand for a second house as we did last year, we will separate into a Girls House with Coach Nicole, and the boys will be with Coach Harry. We also have a new BuffCo coach that could take a second boys house if needed.

The minimum age requirement for summer camps is 14. If they are born in 2011 and will turn 14 during or just after camp, that is fine too.

The main house (pictured below) has room for 8 kids + 1 coach.

As there is typically more interest from boys, we will allocate 6 of those spaces to boys, and 2 (one separate room) for girls. If more girls are interested, we can book a second house with Coach Nicole.

Spaces will be allocated on a first come, first serve basis.

Camp dates are Wednesday, 2nd July to Tuesday, 22nd July (3 weeks).

Runners do not need to attend the full camp – minimum stay is 1 week. Although we recommend at least two weeks to make the most of the experience!



COSTS, SIGN UP & PAYMENTS

Attending the full 3 weeks is the easiest and most cost-effective for us to manage and is therefore the best value in price. However, we do want to be as accommodating as possible and can offer partial stays at camp for the prices listed below.

DURATION OF STAY	TOTAL PRICE	PRICE PER NIGHT
<u>3 WEEKS (FULL CAMP)</u> 2-22 July 21 DAYS, 20 NIGHTS	HK\$20,000	HK\$1,000
<u>2 WEEKS</u> 2-15 July OR 9-22 July 14 DAYS, 13 NIGHTS	HK\$15,600	HK\$1,200
<u>1 WEEK</u> 2-8 July OR 9-15 July OR 16-22 July 7 DAYS, 6 NIGHTS	HK\$9,000	HK\$1,500

Camp price includes accommodation, food and amenities, camp activities, travel within the UK (during camp), and coaching costs.

Camp price does not include flights to and from camp, and personal shopping and expenses. Return flights to Newcastle from Hong Kong are around HK\$10,000 at the time of writing.

We will not provide travel/liability insurance. Runners/parents will need to sign a liability waiver before confirming their place at camp. You are welcome to purchase your own insurance.

How do I sign up? Sign up is now open here: <https://forms.gle/3cZYURaPPrN6d6xh7>
Once final attendees are confirmed, we will reach out for more information and arrange liability waivers, payments, and travel dates. If there is overwhelming demand, we will arrange additional houses and coaches as soon as possible.

How/When do I pay? Payment will be due in early April. Our preference would be a direct bank transfer. However, we can arrange payment via credit card or PayMe, but this will have transfer fees. We can also accept split payments between April, May & June if necessary.

Can I book outside the above dates? Yes – but there is a surcharge nightly price (\$2,000 per extra night), and it depends on availability. We will do our best to accommodate your child as needed!

TRAVEL TO & FROM CAMP

Runners can travel to and from Newcastle from Hong Kong with a coach at the start of camp, or parents can make their own arrangements for drop-off and pick-up if preferred.

(FLIGHT TBC): Coach Harry will be travelling to Newcastle on 2 July but will stay in the UK after the camp.

Flight still to be confirmed but looking at the following:

2 July 00:40 EK381 (Emirates) HK to Dubai. 3-hour layover.

2 July 07:25 EK035 Dubai to Newcastle. Arrive 12:05.

Coach Nicole's flights will be confirmed if we have demand for a second/girls house.

If you want to have your child travel with a coach, they can join Nicole. Details TBC.

Partial Stays pickup and drop off can be arranged. If flying to Newcastle Airport or arriving by train, we will arrange for pickup/drop off as needed.

CAMP RULES & ACTIVITIES

We will run every morning! But the training volume will be adjusted to suit the ability of each runner. While we can accommodate a wide range of abilities, we do have the following standards for the camp to ensure we can organise daily runs smoothly:

Distance	Time Standard
3km	15:00
5km	30:00

We should already know your child's ability, but if we feel they might struggle with the training demands of the camp, they will need to aim for times faster than these standards to attend camp. We will host both a 5km and 3km race on 28 February and 21 March respectively.

We implement a strict screen diet at camp. As with previous summer camps, we will have a "screen diet" between 8pm-8am, where runners will need to turn off all devices and hand them in to the coach. The goal of this is to encourage team-building at night and help improve recovery through healthier sleep schedules.

PICTURES





