



FAQs

What is CRU Sports?

CRU Sports is a week-long residential sports camp with specialist sports coaching and team competitions for young people who are serious about sport and play regularly for school, a club or a team. CRU Sports is the perfect way to improve your sport, while exploring more about the Christian faith and what it means to be a Christian sports player.

Who is CRU Sports aimed at?

CRU Sports is for young people who are serious about sport and play regularly for their school, club or team. Passion and enthusiasm for their sport are more important than skill level, but there is over four hours of sport each day and we want to ensure that young people have the stamina to meet the demands of the week. If you are unsure how your young person will fare on CRU Sports, please contact the CRU office to discuss this.

What age must my young person be to come on CRU Sports?

CRU Sports currently offers two camps for young people in the following school years:

CRU Sports Senior (January 2022): Years 6, 7, 8, 9 (school year in 2021)

CRU Sports Junior (July 2022): Years 4, 5, 6, 7

What if the young person does not play for a club or a team?

Passion and enthusiasm for sport is more important than skill level, however CRU Sports is all sport and games. Unlike other camps where sport is one of many options for young people to choose from, at CRU Sports it's all we do! Therefore, if your young person doesn't currently choose to play sport regularly for a team, please contact the CRU office to discuss if this camp is suitable for them.



What sports are offered on CRU Sports?

The range of sports offered on CRU Sports is determined by demand and availability of coaches. Most major boys' and girls' sports are offered, and a full list is available on the CRU Sports page.

Will the young person get to try other sports outside of their main sport?

Yes. Young people will receive two hours of coaching in their preferred sport(s) each morning, and will also have the chance to play new and different sports each afternoon. There will be a wide range of sport choices and the young people choose these each day at CRU Sports.



What equipment should my young person bring?

Young people should bring their own equipment for their preferred sports (e.g. shin pads for soccer, cricket gear etc.) however there will be balls and equipment provided for all sports. All equipment must be named. Young people may wish to bring certain equipment, such as a tennis racket, to play with during free time.

What happens in the event of rain or extreme heat?

CRU Sports has an extreme weather policy and a range of backup options to accommodate different weather scenarios. The sports hall provides plenty of space for wet weather options, whilst a flexible timetable in the summer

will ensure young people are able to play their sports in the coolest part of the day. The boarding house has heating and air conditioning in every room.

How does the team system work?

Young people are divided into single sex teams, based on age, for accommodation, meals, small group bible studies and Team Challenge.

Can my young person be in the same team as a friend?

On the booking form young people can request to be in the same team as a friend of the same sex and similar age. We try our best to accommodate young people in the team of their choice, with a maximum of three friends grouped together in the same team, however we cannot guarantee this in every case.

Do many young people come on their own?

Yes, there are a number of young people who attend CRU Sports without knowing anyone else. We try our best to ensure that those who attend on their own are in the same team as other young people who attend alone. Once in a team with others we find that young people settle and get to know others quickly.



When will I receive further details such as packing list and final information?

Details for packing lists and final arrangements are sent out around 3 weeks before CRU Sports starts. Information regarding drop off/pick up points at The King's School will also be provided in this email.

What time does CRU Sports start and finish?

Registration and drop off takes place at 10am on Monday and pick up is at 2pm on Friday afternoon. Parents/guardians are normally invited to come a little early on the Friday afternoon to watch the last Team Challenge, which begins at 1pm, to see a glimpse of what the young people have been doing throughout the week.

What if my child needs to attend a club training session or event during the week?

In certain circumstances, parents are able to pick up and return their child whilst camp is happening. However, this should only be done as a last resort, to ensure your young person gets the most out of camp.

We live in Parramatta. Can our child attend for the day and sleep at home?

All young people are onsite for the duration of the week. However, if this is a problem please contact the CRU office to discuss possible alternative arrangements.

My young person hasn't been away from home for that long before. How will they cope?

We hope CRU Sports is the ideal environment for young people to grow in confidence, and this includes with being away from home. However, we know that (especially for the youngest children), this is still a big step. As well as the experienced leaders team, each camp also has 'house parents' who are generally an older couple with children of their own. The house parents help make our boarding house feel like home and are around in the mornings and evenings. They can act as a contact point for parents and will help facilitate a call home in the afternoon if necessary.



Will the young people get enough rest?

Yes! Our high energy day requires lots of quality sleep! Bed time on Junior camps is usually around 8:30pm, and on Senior camps is by 9pm, to ensure everyone gets enough rest. Our timetable also includes enough chill-time and options for quieter activities so that everyone gets through the week on top form.