



*Space + nature + fresh challenge = growth*

THE GRESHAM'S FORMULA

**OFF GRID** | Residential Escapes





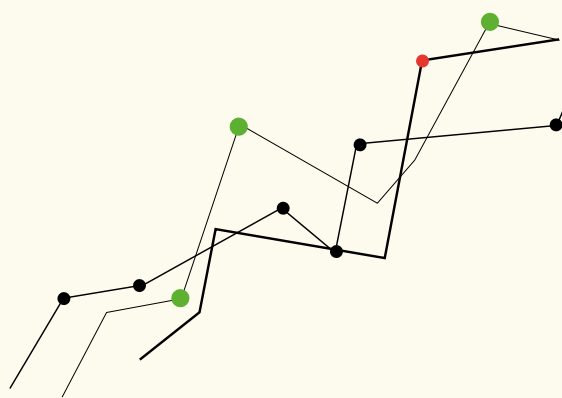
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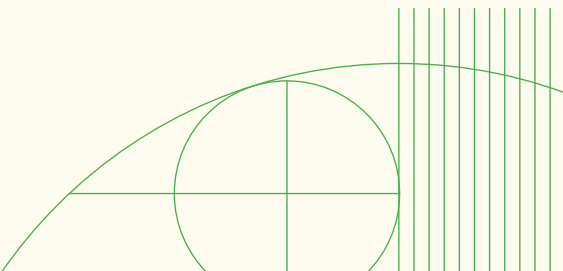
Established in 1555, Gresham's is a leading private school, with a history of challenging convention. For generations, the 'Gresham's Formula' of fresh air, green open spaces and free-thinking has shaped the journey of pupils towards innovation in a broad range of academic, sports and design fields.

From designing the international peace symbol to inventing the hovercraft or the first bag-less vacuum cleaner, many of our pupils have gone on to invent the future.

OFF GRID residentials are designed for today's elite young players. Focused around the new on-site woodland activity centre, the away-from-home experience uses the unique 'Gresham's Formula' to help you grow players' full potential on and off the pitch.



“Incredibly helpful staff, creating a fantastic environment for players and staff at Southampton FC to develop unity and teamwork.”  
Southampton FC







# Challenging matches

The focus is on high level competitive football matches, with added value experiences on top. Travel Counsellors for Sport bring in suitably matched teams from across the UK and Europe to play your club in matches/ tournaments on site - the aim is to introduce you to clubs you would not usually play.

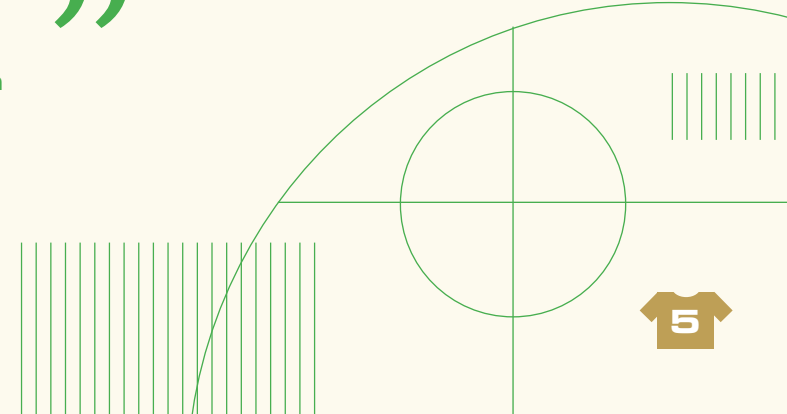
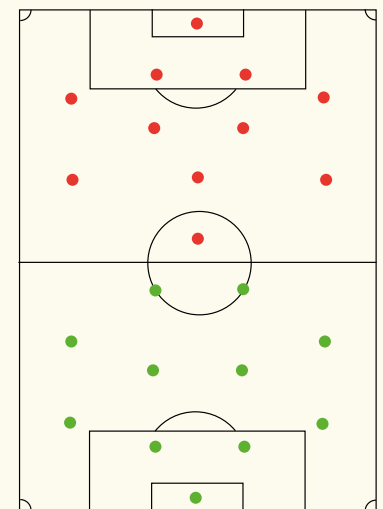
# Working together with you

Gresham's host personal site visits and work together with clubs in advance to design a bespoke residential programme. Built around your training objectives and itinerary, we add to your coaches' daily training sessions by delivering a choice of fun and challenging development activities during the afternoons/evenings.

We have proven experience in nurturing youth development, with **Southampton, Glasgow Rangers, Legia Warsaw, Kilmarnock, Norwich City, MK Dons** and **Charlton Athletic** taking part in the Gresham's Off Grid experience in 2018 and 2019.



“As an act of football education, these oppositions between professional football clubs are extremely rich for players' development.”  
*Jean-Luc Cassini, Head of Olympique Marseilles Academy*







# Harness adventure to develop potential

At our new £400k woodland activity centre, submerge your players in a rural environment to connect with nature, open their minds, challenge their fears and encourage self-mastery.

**The Aerial Confidence Course** develops confidence and character by taking participants outside their comfort zone and pushing them to face their fears. This 20 element course has also been developed to practice the art of thinking clearly and making decisions under pressure. All set in the beautiful environment of the Gresham's woodland.

**Tower zip wire** – a 250m long, adrenaline pumped zip through the stunning woodland canopy. Develop courage and fortitude with this exhilarating flight through the trees.

**The Bourdillon Tower** is the second tallest free-standing climbing wall in Europe. Develop new skills while having fun on this impressive structure.

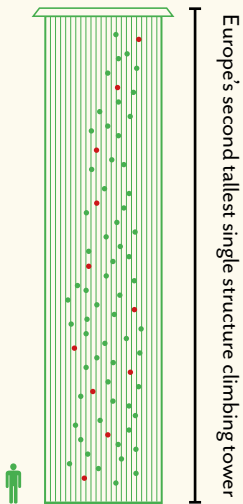
**Obstacle Course** – test your mettle on this military grade obstacle course complete with 21 obstacles. A full body and mind workout which will take nerve, agility and all-round fitness to conquer.

**Taut line balance** – this agility and balance course gives players an opportunity to test balance, core strength/stability and proprioception.

**Sleep out** – Build team unity and sleep out in the woodland bunk house hammocks after a BBQ under the stars.



Named after Tom Bourdillon, previous Gresham's pupil and the first man to reach Everest's south summit in 1953.



Europe's second tallest single structure climbing tower



## BOOST with coastal activities

- Sailing
- Seal spotting boat trips
- Wild sea swimming
- Team unity beach walks
- Beach NFL





## *Courage is found in unlikely places*

Add another dimension to your players' development. Gresham's delivers innovative activities to help players learn to perform successfully under audience pressure. From song writing in our professional recording studio to using ballet to re-enact battle scenes in the outdoor amphitheatre where Oscar-winning actress Olivia Colman learned to perform. Our bespoke activities encourage players to find courage they didn't realise they possessed.

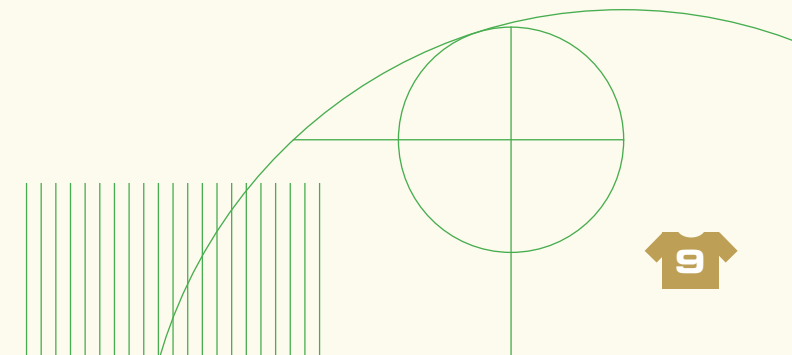
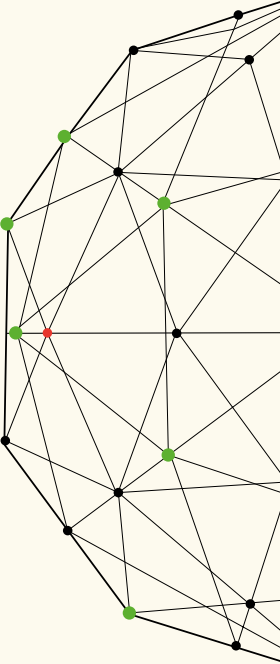
## *Finding balance*

You can escape from daily pressures in Gresham's peaceful 200 acres of private woodland and stunning green open spaces, which provide a tranquil setting for your downtime. Daily yoga practices and mindfulness sessions are available on site, along with evening camp fires and unity beach walks nearby.



“ Everything that we need, all together on one site. ”  
**Kilmarnock FC**

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## Gresham's people

Our activity leaders are fully-qualified, tried and tested teachers and coaches, with enhanced DBS clearance. We carefully curate the team, selecting engaging people who naturally inspire, motivate and connect with young people. They understand the '**Gresham's Formula**' – our core team were educated at Gresham's themselves – and are either ex-professional athletes or have experience working with elite athletes and academies.

## On-site support

Travel Counsellors for Sport appoint Tournament Directors with Championship and Premier league experience. We find that having true experts in the professional game on site gives the management of each club complete confidence. They also provide all officials and an on-site team to work with each club to ensure requests are met.



“The professionalism and good intention from the staff was clear to see and the people clearly cared about the experience.”  
*Robin Nicholls, Head of Southampton Academy*



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## Nutritious Food

Our kitchen prepares three nutritious meals per day from locally sourced produce. Menus contain options from the key nutrition building blocks, with a wide range of fruits and vegetables available each day. Food is served in a flexible, purpose-built environment with self-service food stations so players and coaches can move around and choose more or less of each element to suit their needs.

Players are also invited to participate in cookery sessions, learning how to make super food truffles and healthy smoothies.



## Accommodation

A range of comfortable accommodation is available within six unique boarding houses. From traditional 'Hogwarts-style' dorms in Howson's to newly built contemporary en-suite rooms in Oakeley, each boarding house has its own character.

Teams have exclusive use of their own boarding house, including the common room, which can include Sky TV, table tennis, table football, pool table and board games. Each boarding house also has a kitchen, laundry, space for a physio room, analysis meeting room and garden with outdoor seating areas.



“A very welcoming, pleasant and worthwhile stay”  
Charlton Athletic FC

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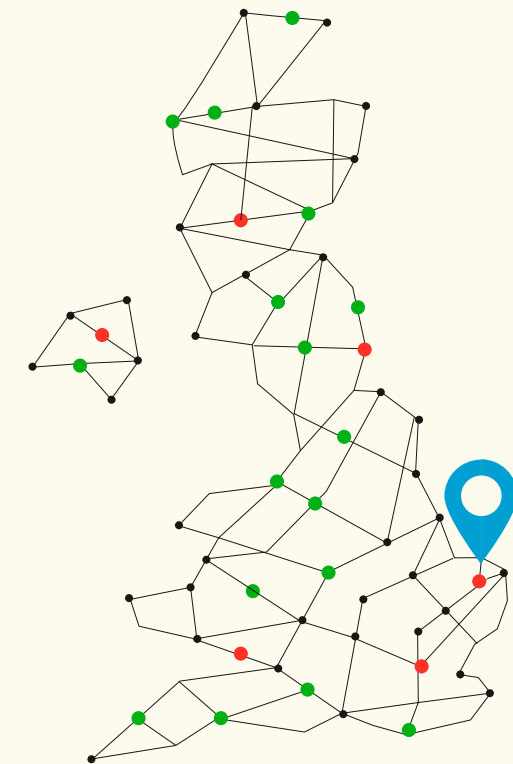


## Location

Gresham's enjoys a 200 acre, idyllic setting in the safe Georgian market town of Holt, close to the award-winning North Norfolk coastline. It is a 35 minute drive to Norwich International Airport and around 100 miles from London.

## Sports facilities

- 8 grass football pitches
- Floodlit newly re-surfaced Astro-turf pitches
- 25-metre indoor swimming pool
- Large sports hall (with viewing gallery) with Taraflex Performance Floor by Gerflor
- Over 30 tennis courts
- 7 rugby pitches
- 2 cricket pitches
- Gymnasium with sprung floor
- Netball and squash courts
- Weights and conditioning room, cardio room
- Athletics track and cross-country course
- Sports pavilion with changing rooms



“ One of the best residentials we’ve done. ”  
Southampton FC

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### Booking

To find out more or place a booking  
please contact Simon Cooper, Head of Sport at  
Travel Counsellors for Sport, +44 (0)7780 458007  
[simon.cooper@travelcounsellors.com](mailto:simon.cooper@travelcounsellors.com)

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THE CLUB  
CHALLENGE CUP

