

ENERGIZERS

 | **EXTRA TIME**
SCOTTISH FA

Aberdeen
Sports Village



ENERGISERS

A WINNING TEAM

During the February in-service days, Aberdeen Sports Village, Aberdeen Football Club Community Trust, and North East Scotland College partnered together to offer a free two-day multi sports camp for local primary school children, Energisers EXTRA TIME. The camp aimed to provide children with access to free coached sports activities and free nutritious hot meals, increase physical activity, support child wellbeing, tackle poverty, and reduce barriers to sporting participation, while also providing free practical support to parents and guardians during the school holidays.

Fully funded

Thanks to SFA's EXTRA TIME funding, the camp was fully funded and there was no cost to children to attend - breaking down the biggest barrier to sporting participation that families face.



Brought to you by



SPORT FOR EVERYONE



3hrs

All 120 spaces for the Energisers EXTRA TIME Camps were fully booked within three hours of going live - emphasising the demand for these camps.

9

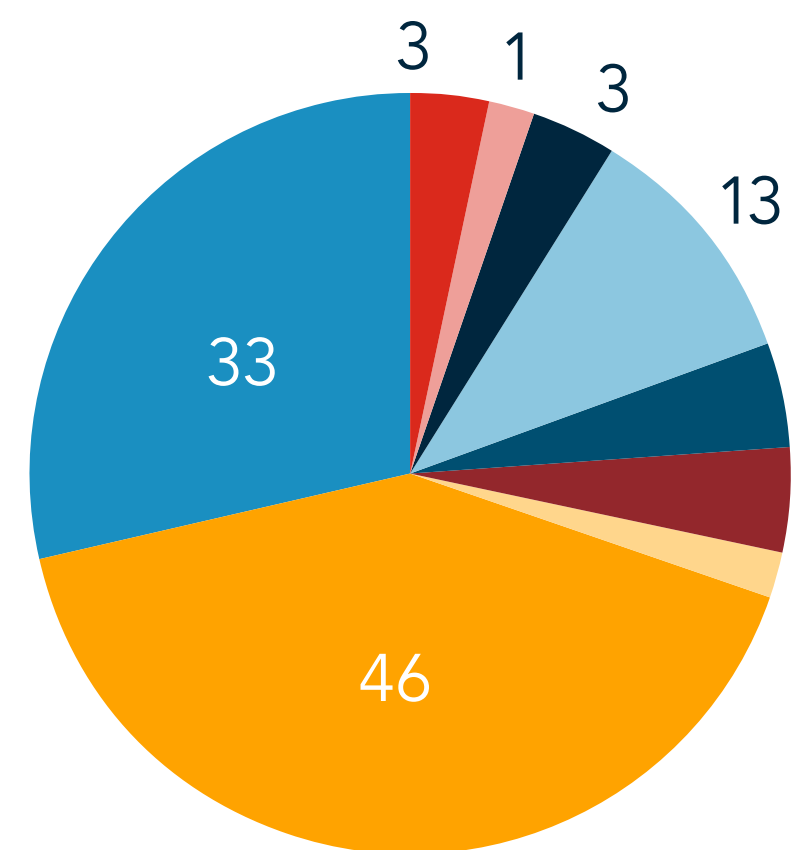
Children from nine local primary schools attended Energisers EXTRA TIME Camps.

108

Over two days of Camps, Energisers EXTRA TIME registered 108 participations for children aged 5 - 12.

46

St Peter's R.C. recording the highest attendance of 46 children from any one school.



Participating schools

- Dyce School
- Hanover Street School
- Kaimhill School
- Kittybrewster School
- Riverbank School
- Seaton School
- Skene Square School
- St Peter's RC School
- Sunnybank School

POSITIVE PLAY

Tackling holiday poverty

Energisers EXTRA TIME played an important role in supporting children and families during the school holidays, a period that can place significant financial and practical pressure on households. By removing cost barriers and providing free access to nutritious food and coached sport, it ensured that all children could attend, regardless of family income. This helped to reduce inequalities in access to healthy meals, safe play opportunities and social interaction during the holidays.

Parents reported that holidays can create additional challenges, particularly when working, having limited annual leave, or balancing multiple responsibilities. 84% of parents/guardians noted that the Camp being free was 'Very Important' in their child's attendance to the holiday Camp with 50% saying that the cost of Camps was the biggest barrier in their child's participation at Camps, with a further 11% stating that the cost of sports kit/equipment was their biggest barrier.

Positive parental feedback

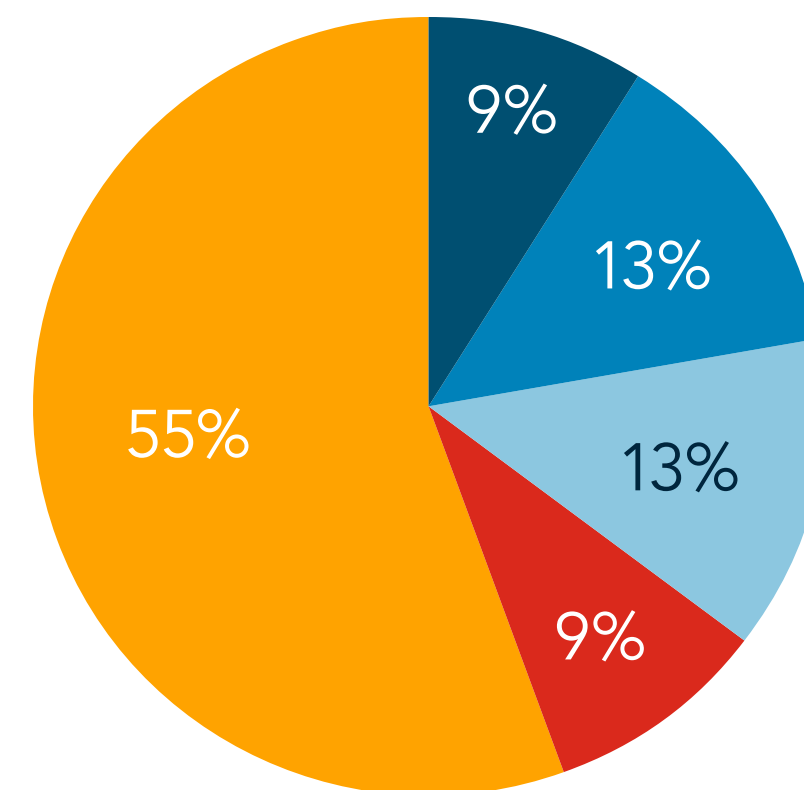
Parents reported very positive experiences with the camp, highlighting that their children enjoyed taking part in different sports, trying new activities, and socialising with other children. Many noted that the Camp gave their children a fun, structured, and screen-free way to stay active during the holidays, while also making it easier for working parents to manage their schedules. Feedback emphasised high satisfaction, with children returning happy, keen to attend again, and benefiting from both physical activity and social interaction. Parents appreciated the mix of activities, the supportive environment, and the added value of a healthy hot meal.

"My son was nervous at the start but one friendly coach helped him and he made friends and was happy to stay."

- Parent



THE THRILL OF THE NEW



■ Football ■ Netball ■ Basketball
■ Athletics ■ Rugby

A variety of sports

Over the two days, North East Scotland College Sports Coaching Students delivered coached sessions in 5 different sports - Football, Basketball, Netball, Rugby and Athletics.

Socialising through sport

The Energisers EXTRA TIME Camp provided a positive environment for children to build confidence and develop social connections.

Children and parents/guardians highlighted that they enjoyed meeting new coaches and making new friends across the two days. The camp created opportunities for children to interact with peers outwith their usual friendship groups, encouraging teamwork, communication and inclusion. Many children socialised with others they had not previously met, helping to strengthen friendships and create new ones through shared sporting experiences.

Enjoying new sports

100% of children enjoyed the sports at the Camp, with football being the most popular coached sport over the two days, with the other four returning similar satisfaction rates. Whilst 39% of children reported that they had tried out a new sport during the Energisers EXTRA TIME Camp!

PLAY HARD. EAT WELL.

Fueling future champions

Children were provided with a free hot, nutritionally balanced meal with a vegan alternative each day.

Beef Bolognese or vegetable pasta dishes with wedges provided 86.6% of daily vitamin A, 32.2% vitamin C and 32% iron, alongside over 8g of fibre (around 40% of the daily recommendation).

Fish finger or vegetable dipper burger options with wedges and side salad provided 19.6% of daily vitamin C, with the fish option supplying 72.8% of daily protein and 30.9% iron, and the vegan option still contributing a meaningful 33.8% of daily protein and 20.6% iron.

Children also had access to free fruit (apples, bananas and oranges), offering a high vitamin C boost while remaining low in fat and saturated fat. Overall, the meals supported healthy development, provided significant proportions of daily nutrient requirements, and promoted positive, balanced eating habits.

Training healthy habits

Meal feedback was very positive, with 89% of children reporting that they really enjoyed the food provided. Half of the children said the meals were similar to what they eat at home, showing that the menu was familiar and appropriate. Most attendees usually receive school dinners, while around a third normally have a cold packed lunch, meaning the camp offered a valuable opportunity to access a hot, nutritious meal during the holidays.

Staying hydrated

Children and their siblings were provided with a free Energisers water bottle during the camps. Free water stations around the facility encouraged children to stay hydrated throughout the day, promoting healthy habits and easy access to water.



“My children had a lot of fun, tried new sports, and met new friends.”

- Parent





UNITED IN AMBITION

United in energising our community

The camp showcased the strength of partnership working between Aberdeen Sports Village, Aberdeen FC Community Trust and North East Scotland College, combining facilities, coaching expertise, funding and student workforce to deliver a high-quality, inclusive programme at scale. Partners highlighted that the collaborative approach expanded reach, removed barriers to participation and created meaningful opportunities for both local children and students, while also responding to clear local demand more than what any one organisation could achieve on their own. The success of the two-day camp and the shared ambition to build on this model demonstrates the long-term value of working together to break down barriers to sport.

Workforce of the future

North East Scotland College students played a vital role in supporting delivery of the Camp, whilst gaining valuable real world, supervised coaching experiences. Involvement in areas such as sports coaching and nutrition allowed students to apply their learning in a real environment, develop employability skills, and build confidence while contributing to their community. The camp created meaningful educational opportunities and strengthened links between education and local partners.

“The Energisers EXTRA TIME Camps were a fantastic opportunity for our HNC/D Sports Coaching students to apply their coaching skills in a real-world setting while giving back to the local community.

They took great pride in delivering high-quality sessions for the young people attending.” - Zack Ellis, North East Scotland College.

A lasting legacy

The camp demonstrated clear demand, with places booking quickly and consistently positive feedback from children, parents/guardians, and partners. Its alignment with all partner’s community strategies and objectives highlights a sustainable and scalable delivery model. The success of the two-day programme provides a strong foundation for future expansion, with the potential to reach more children, further reduce inequalities, and create long-term community impact through sport and physical activity.



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