

2016 CAMP DATES

17<sup>th</sup>-22<sup>nd</sup> July

13<sup>th</sup>-18<sup>th</sup> August

*"It's very unique, I don't know anyone that does it, not like this. Mentally it gives you a big edge!"*

**Calum Chambers**  
England & Arsenal FC

# "PUSHING THE LIMITS" INDIVIDUAL CAMP (16-21)

In such a competitive industry as sport, more and more high performing young talent is regularly lost in the system. We enable you to challenge yourself by completing a programme responsible for developing some of the country's finest young sporting talent. This programme is known for its instant results and unlocks unknown performance levels by boosting all 12 of the Cassius Improvement Pillars, which in turn creates the Cassius "Pushing The Limits" Mindset.



## CAMP SUMMARY

Your 6 day camp will push you physically and mentally to your limits on challenges that have been tested by top level sporting professionals. Every day you will be joined by an iconic professional sports person who will inspire you to succeed not just on this programme but also throughout your career and personal life.

## ACCOMMODATION & FACILITIES

You will stay in a luxury accommodation within 5,000 acres of privately owned countryside and supplied with highly nutritious food produced by our expert nutritionists. Complementing your week you will also have exclusive access to facilities such as an indoor heated swimming pool and an on-site sports therapy and rehab specialist.

## PRICING

ALL INCLUSIVE

**£949**

**BOOK NOW**  
FIND YOUR NEW LIMITS

Call: 015395 31327  
Email: [info@cassiuscamps.com](mailto:info@cassiuscamps.com)

# YOUR “PUSHING THE LIMITS” PROGRAMME

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	PUSHING THE LIMITS TEST – Build relationships while acclimatising to your new environment. Challenge and assess your current physical and mental output levels.	CASSIUS WILD CIRCUIT – Drawing on inspiration from the evening discussion you will start to perform and behave like a champion on this physically demanding circuit.	CASSIUS WILD BOXING CIRCUIT – Push through mental and physical barriers as you take on a wild boxing circuit designed to challenge top professional boxers and MMA fighters.	THE CASSIUS CHALLENGE – Feel a sense of achievement by completing one of the toughest outdoor fitness courses. This course is designed to test all of your resolve and prove to yourself just what you are capable of! Mentally very challenging!	PUSHING THE LIMITS RE-TEST – Put into practice what you’ve learned and create new levels of mental and physical strength. Embed your newfound ‘Pushing The Limits’ Mind-set.
	Lunch	Lunch	Lunch	Lunch	Lunch
ARRIVAL AT ACCOMODATION – Meet course participants and get settled in.	EXTREME HILL BIKING CHALLENGE – Build fitness levels, mental endurance and increase your motivation on this mentally and physically challenging bike ride through some of the toughest terrain of the Lake District.	ULTIMATE KAYAK EXPERIENCE - Become more self-aware and build mental resilience, as you are taken completely out your comfort zone in this challenging and intimidating environment.	CASSIUS ADVENTURE DUATHALON – Deal with fast changing, consequential environments on a course designed only for those who are willing to push mental and physical boundaries.	CLIFF HANGER CHALLENGE – Enhance trust levels, and understand how you cope and behave in a highly stressful environment. Mentally very demanding.	PUSHING THE LIMITS AWARDS  DEPART FROM ACCOMMODATION
Dinner	Dinner	Dinner	Dinner	Dinner	
CASSIUS INTRODUCTION TO ‘PUSHING THE LIMITS’ MINDSET – Welcome to the course and sharing personal goals.	CASSIUS WORKSOP – MINDSET OF A CHAMPION –Reflect as a group on the day’s activities while receiving a talk from a professional guest speaker on the ‘Mind-set of a champion’. You will begin to make positive decisions and take responsibility for your future.	CASSIUS WORKSHOP – BUILD YOUR BRAND – Be inspired by a talk from an industry professional helping to create values allowing you to take responsibility for your personal brand.	CASSIUS WORKSHOP - LEADER’S MENTALITY - Be inspired by exceptional people who lead top level professional sports or company teams to success. Take advantage of their success stories to help shape your style as a respected leader in your sport.	CASSIUS WORKSHOP – SHAPE YOUR FUTURE – Reflect on the day’s activities while receiving a talk from an industry professional on the benefits of managing your life positively in areas such as wellbeing and money.	

*“Nike back innovative companies that add real value to the sports world! Cassius Camps creates a platform for talent to ‘Push The Limits’ in performance in a way we’ve never seen.”*

**Lee Molyneux**  
Nike

# CASSIUS IMPROVEMENT PILLARS

## MENTAL STRENGTH

We will place you in extreme situations where you will continuously doubt your ability to succeed. When you accomplish our challenges, the mindset you will gain will be fundamental to the success of your future.

## LEADERSHIP

We will challenge you in extremely pressurised situations to see how you cope and lead your team. You will learn what is needed to step out of your comfort zone and confidently drive your team to victory.

## SELF-AWARENESS

Our level playing field makes you realise how you behave, how you affect others and how much more you are capable of achieving. We will push you so you become aware of what it takes to become the best professional in your field.

## CAREER LIFE BALANCE

We make you realise the importance of a balance so you become even more productive at work and even more committed to the ones you love. After completing our programme, you will feel focused and inspired in all aspects of your life.

## PHYSICAL PERFORMANCE

Our challenges are facilitated to make you achieve performance levels that you never realised existed in yourself. We will make you see how much more you are capable of and push you to higher levels and beyond.

## COMMUNICATION

You will be placed in some of the most stressful situations you have ever been in. This will give you a feeling of how paramount effective vocal and physical communication is to success.

## PERSONAL BRAND

Our programmes help you build and define your personal brand. Each challenge will make you realise how you are currently projecting yourself and by the end of the week, our aim is to make you commit to a brand you feel great about.

## SELF-DISCIPLINE

We will monitor you all the way through the programme and track your effort even when we are not looking. You will leave with a greater awareness of what it takes to be the best and become extra motivated to develop, even when people aren't watching.

## TEAM RELATIONSHIPS

Our wild and unique environment forces you and your team to build trust and respect at an accelerated rate. You will feel a new level of camaraderie and create bonds that will last a lifetime.

## SELF-BELIEF

Our programmes make you see another person in the mirror. We eliminate self-doubt and create inner confidence so that you leave feeling that you deserve to succeed, you can succeed and you will succeed.

## MOTIVATION

The attitude of every professional on our programmes will inspire you to achieve higher performance levels. You will go away with a greater feeling of purpose and motivation like you've never seen before.

## VALUES

Our programmes make you aware of what makes up your beliefs and character. You will go away with a commitment to these values, which will play a fundamental part in shaping your career and life.