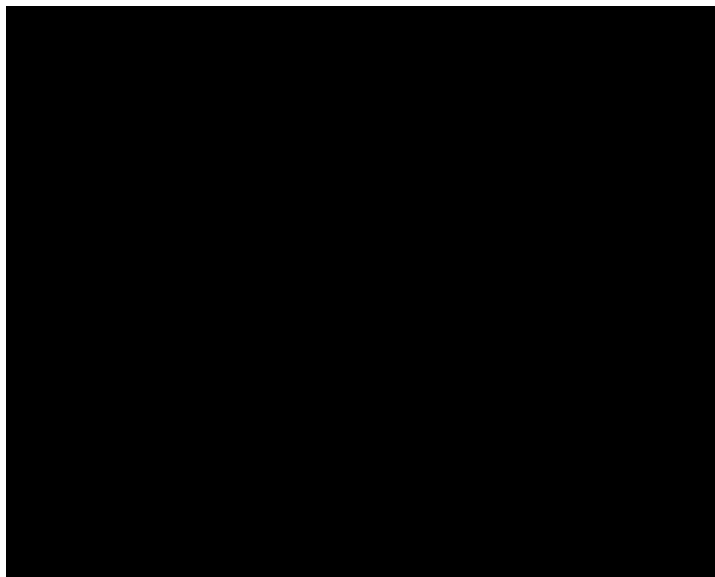


OTTAWA

LIONS

ATHLETICS / ATHLÉTISME



2018 SUMMER CAMP PROGRAM

AGES 6-12

Why choose the Ottawa Lions Summer Camps?

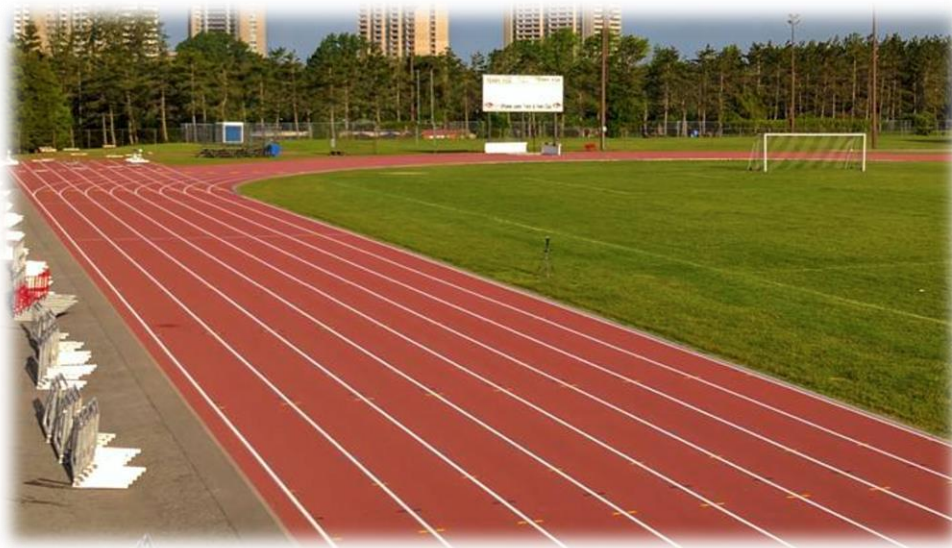
Canada's Number ONE Track & Field Development Program

Canada's Number 1 Track and Field Club is your one stop destination for summer fun, with half day and full day programs designed for young athletes aged (6-12 years). Campers will receive an introduction to Track and Field second to none. The program targets the physical "hurdles" facing our youth by applying progressive motor skill development, physical strength training and cardiovascular conditioning. Children come away from our program with a higher level of self-confidence and knowledge about the sport of athletics.



Great Staff

Programs are led by Canada's top Junior Development Coordinator and staffed by highly energetic and passionate Provincial and National caliber athletes who not only have experience in the sport but also received technical training and programming. A maximum coach to camper ratio will be 1:10.



Outstanding facilities

Situated in picturesque Mooney's Bay, Terry Fox Athletic Complex (2960 Riverside Drive) is home to a 400m Mondo Running track (location of the 2017 & 2018 National Championships) also boast 3 natural grass sports fields suitable for soccer, rugby, lacrosse, ultimate and cross country running. The surrounding park includes additional sporting facilities, beach and Canada's Largest Playground.

Program designed within context of FUNdamentals.

Track and Field skills are introduced in a dynamic, fun, nurturing and cooperative approach to youth development.

Camp Days

Pre-Camp and Post-Camp Supervision

For a fee of \$15.00 per hour, parents can drop off their child as early as 8:00am and pick up as late as 5:00pm.

Morning Session

Focus is on Track and Field! In similar fashion to our Run Jump Throw program the aim is to develop "all-around" athleticism and fitness, targeting an individual's speed, agility, strength, endurance and coordination. This prepares young athletes for better sport specific performance. It is a primary step for complete development and will give campers confidence to challenge themselves during camp and down the road.

Afternoon Session

Consists of multi-sport activities, fundamental movement games, crafts and challenges. The aim is to provide campers with a varied program that will continue to entertain and compliment the skills and abilities learned throughout the camp.



Typical Daily Camp Schedule

8:00-8:30am	Pre-Camp (Supervision available upon request)
8:30-9:00am	Camp Arrival & Sign-in
9:00-9:15am	Camp kick-off
9:15-10:30am	Camp Activity
10:30-10:45am	Morning Snack
10:45-Noon	Camp Activity
Noon-1:00pm	Lunch & Morning Check-out (Noon-12:30pm)
1:00-2:15pm	Camp Activity
2:15-2:30pm	Afternoon Snack
2:30-4:00pm	Camp Activity
4:00-4:15pm	Camp Wrap-up
4:15-4:30pm	Camp Check-out
4:30-5:00pm	Post-Camp (Supervision available upon request)

Weeks

Camp takes place Monday through Friday (with the exception of a holidays)

Week 1 – July 10th – 13th (no camp on Monday July 9th)

Week 2 – July 16th – 20th

Week 3 – July 23rd – 27th

Week 4 – July 30th – August 3rd

Week 5 – August 7th – 10th (no camp on Monday August 6th)

Week 6 – August 13th – 17th

Week 7 – August 20th – 24th

Options	Times	Fees
Morning	8:30am-12:30pm	\$150.00 (1 week) *Week 1 & 5 \$120.00
		\$275.00 (2 weeks)
Full Day	8:30am-4:30pm	\$250.00 (1 week) *Week 1 & 5 \$200.00
		\$450.00 (2 weeks)

*Week 1 & 5 prices will vary due to camp running Tuesday-Friday. Please contact info@ottawalions.com if weeks 1 & 5 are included in your 2-week registration.

Registration

- Registrations are due by midnight on the Thursday prior to the start of camp.
- Payment of fees is due upon registration.
- Late registrations are accepted but subject to an additional \$25.00 fee.
- Refunds requested after the registration due date are subject to a \$50.00 administration fee.
- Follow the link below to get access to the registration page on Trackie.ca
- <https://www.trackie.com/online-registration/register/2017-18-ottawa-lions-youth-programs-athletes-aged-6-12/18375/>

Further inquiries about the Ottawa Lions Summer Camps can be directed to one of the following:

Email: info@ottawalions.com

Phone: 613-247-4886

Web: www.ottawalions.com

