

OTTAWA
LIONS

ATHLETICS / ATHLÉTISME



2021

SUMMER CAMPS

**A CLASSIC SUMMER PROGRAM THAT INITIATES THE PATHWAY
FROM THE PLAYGROUND TO THE OLYMPIC GAMES!**

January 25th Update

COVID-19 SUMMER CAMP RESPONSE

The past year has been a challenge for everyone and we have seen constant changes in our community and across the world in response to the current pandemic.

With the success of the 2020 Ottawa Lion Summer Camps we intend to begin the 2021 Summer Camp season on time with the appropriate precautions in place to ensure your child(ren)'s health and safety.

The structural changes of our camps in 2020 were very effective. With the health and safety of our athletes and counsellors in mind we will return with the same ½ day format in 2021.

While our camp registration is officially open, we must be mindful of the constantly changing environment that includes Provincial and City of Ottawa guidelines which are subject to change over the next few months.

- ▶ Summer camps will only be offered for 1/2-day sessions.
- ▶ A mirrored Track and Field Camp will be held in the morning and afternoon (9:00am-Noon & 1:00pm-4:00pm).
- ▶ Campers will be arranged into smaller groups.
- ▶ 12-14 age group returns.
- ▶ Daily pre-camp screening is mandatory



WHY THE OTTAWA LIONS SUMMER CAMPS?

CANADA'S NUMBER ONE TRACK AND FIELD DEVELOPMENT PROGRAM

Canada's Number One Track and Field Club is your one stop destination for summer fun! We are confident we can create a positive camp experience while being mindful of the precautions that are in place due to the worldwide pandemic. We are offering half day programs designed for young athletes aged (7-11 & 12-14 years). Campers will receive an introduction to Track and Field second to none. The program targets the physical "hurdles" our youth may approach by applying progressive motor skill development, physical strength training, and cardiovascular conditioning. Children come away

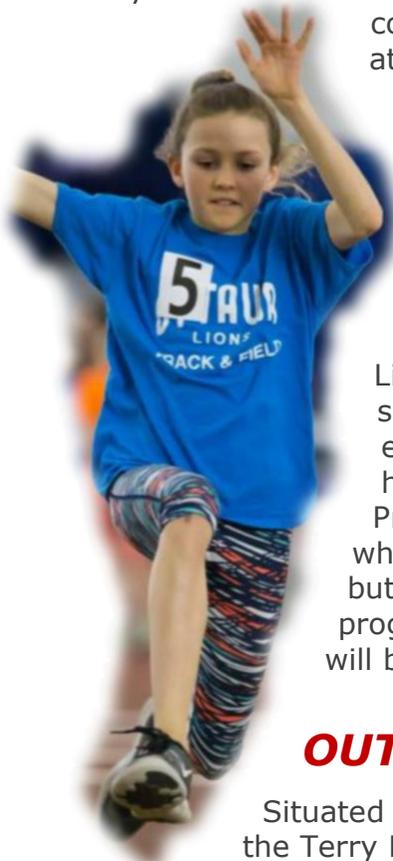
from our program with a higher level of self-confidence, knowledge about the sport of athletics, and a skill set that will not only support them in the events of Track and Field but the fundamentals for ALL other Sports.

INCREDIBLE STAFF

All athletes involved in an Ottawa Lions program receive coaching from some of Canada's most decorated and experienced coaches. Youth are led 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, the Ottawa Lions can call the Terry Fox Athletic Facility home. With a 400m Mondo running track that frequently plays host to Provincial, National, and International Championship events, you will also find 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.



CAMP DAYS ARE THE BEST DAYS

DROP OFF & PICK UP

To keep the camp day as simple and efficient as possible we have narrowed the Drop-off and Pick-up periods seen below.

The morning session will officially begin at 9:00am and end at Noon.

The afternoon session will officially begin at 1:00pm and end at 4:00pm.

We ask that parents do their very best to be on site during the specific drop-off and pick-up periods to avoid cross over with other camps and give the counsellors time to prepare for the next session.

CAMP SESSIONS

With the recent pandemic we have re-evaluated our summer camp program which has us staying true to our roots in Track and Field. To minimize risk but offer the same opportunities for all campers we will stick with the camp structure we had in 2020 which means more Track and Field!

Two mirrored Track and Field sessions will take place each day, following a similar fashion to our popular Run Jump Throw program. The aim of RJT is to develop "all-around" athleticism and fitness. Events will target an individual's speed, agility, strength, endurance, and coordination. This prepares young athletes for better sport performance. It is a primary step in physical literacy and will give campers the confidence to challenge themselves in all athletic events.

Morning	Activity	Afternoon	Activity
8:40 - 9:00am	Camp Drop-off & Sign-in	12:40 - 1:00pm	Camp Drop-off & Sign-in
9:00 - 9:30am	Camp Start & Warm-up	1:00 - 1:30pm	Camp Start & Warm-up
9:30 - 10:30am	Track & Field Activities	1:30 - 2:30pm	Track & Field Activities
10:30 - 10:45am	Snack	2:30 - 2:45pm	Snack
10:45 - 11:45am	Track & Field Activities	2:45 - 3:45pm	Track & Field Activities
11:45 - Noon	Event of the Day	3:45 - 4:00pm	Event of the Day
Noon - 12:20pm	Pick-up & Sign-Out	4:00 - 4:20pm	Pick-up & Sign-Out

WEEKS (SUBJECT TO CHANGE BASED ON COVID-19 HEALTH RESTRICTIONS)

Week 1 July 5 th - 9 th	Week 2 July 12 th - 16 th	Week 3 July 19 th - 23 rd	Week 4 July 26 th - 30 th
Week 5 Aug 3 rd - 6 th	Week 6 Aug 9 th - 13 th	Week 7 Aug 16 th - 20 th	Week 8 Aug 23 rd - 27 th

*Our 2021 summer camp program will run Monday through Friday with the exception of holidays. No camp on Monday August 2nd.



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 less non-refundable fees.
- Follow the link below to get access to the registration page on Trackie.ca
 - o (<http://www.trackiereg.com/2021-ottlsummercamp>)



FEES

OPTIONS	TIMES	WEEKS	FEES
U12	½ DAY	1 WEEK	\$170.00
		2 WEEKS	\$310.00
U14	½ DAY	1 WEEK	\$185.00
		2 WEEKS	\$325.00

*Prices for week 5 will be marked down due to a shortened week. If this week is included in your 2-week deal please contact info@ottawalions.com to confirm rate.

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

Email: rjohnston@ottawalions.com

Phone: 613-247-4886

Web: www.ottawalions.com

