

OTTAWA LIONS

ATHLETICS / ATHLÉTISME

2024 SUMMER CAMP

Ages 7-14



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

Why the Ottawa Lions Summer Camp?

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 offering half day and full day programs designed for young athletes aged (7-11 & 12-14 years). Campers will receive a fun and welcoming introduction to Track and Field. 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.

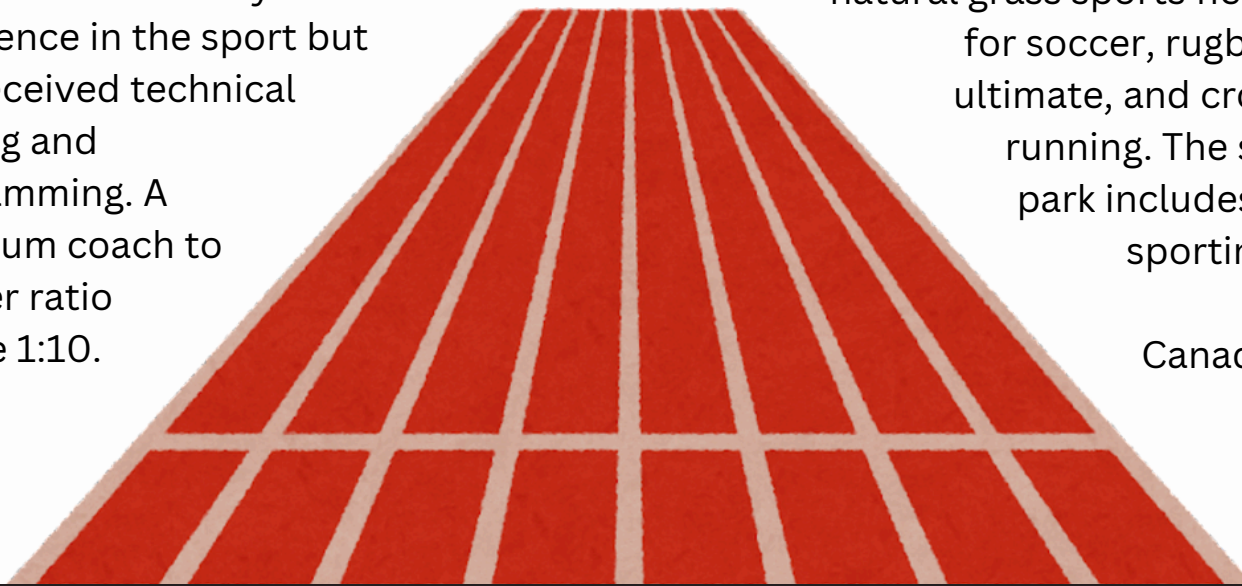
INCREDIBLE STAFF

All athletes involved in an Ottawa Lions program receive coaching from some of Canada's most decorated and experienced coaches. Our camps 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 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.



WHAT HAPPENS AT CAMP?

Camp drop off: 8-8:45 AM

Camp begins: 9:00 AM

1/2 day campers end: 12:00 PM

Lunch for full day campers: 12-1:00PM

Full day campers end: 4:00 PM



Morning sessions focus on Track and Field, following a similar fashion to our popular Run Jump Throw Programs. We cover all Track and Field events throughout the week and campers join a friendly competition each Friday to put their practice to work!

Afternoon sessions build on this with classic summer camp activities and campers explore other team sports and games. Campers will hike, play, and swim all around Mooney's Bay and the beach. Afternoons are filled with fun with many activities and sports such as arts and crafts, basketball, soccer, and playing on Canada's largest playground.

Morning

Run, Jump, Throw

Foundations

Track and Field events:

Hurdles

Shotput

Long Jump & more!

Friendly Competition

Fridays

Afternoon

Team Sports

Arts and Crafts

Canada's Largest
Playground (Mooney's
Bay and beach)

Local Hiking

Classic Summer
Camp Games

Benefits

Confidence

Physical literacy

Sport performance

Teamwork

Learning new skills

Friends and fun!

REGISTRATION

DATES

Week 1 July 2nd - July 5th**	Week 2 July 8th - July 12th	Week 3 July 15-July 19th	Week 4 July 22 - July 26th
Week 5 July 29th - August 2nd	Week 6 August 6th - Aug 9th**	Week 7 August 12th - August 16th	Week 8 August 19th - August 23rd

COST

OPTIONS	TIMES	WEEKS	FEES
7-11 CAMP	1/2 DAY	1 WEEK	\$183.00
		2 WEEKS	\$334.00
	FULL DAY	1 Week	\$294.00
		2 WEEKS	\$549.00
12-14 CAMP	1/2 DAY	1 WEEK	\$195.00
		2 WEEKS	\$315.00
	FULL DAY	1 WEEK	\$368.00
		2 WEEKS	\$588.00

** Prices for Week 1 and 6

Ages 7-11 - 1/2 Day \$146.50, Full Day \$235.00. Ages 12-14 - 1/2 Day \$156.00, Full Day 294.50

Additional discount will be applied if you register for a 3rd week of camp (or more).

REGISTRATION

<https://www.trackie.com/event/ottawa-lions-2024-summer-camp-program>

Entry deadline for each week of camp will be the Thursday night before at 11:59pm. - Admin Fee of \$50.00 will be applied if cancellation of camp occurs after camp entries close. Further inquiries about the Ottawa Lions Summer Camps can be directed to one of the following:
Youth & Camps Email: tnedow@ottawalions.com Web: www.ottawalions.com Phone: 613-247-4886

