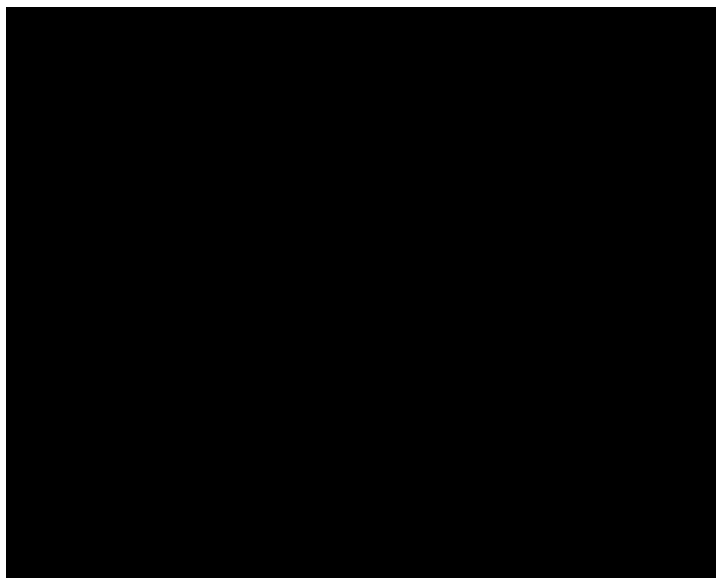


# OTTAWA

LIONS

ATHLETICS / ATHLÉTISME



# 2019 SUMMER CAMPS

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

# 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. With half day and full day programs designed for young athletes aged (7-12 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 receives 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 Complex home. With to 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***

Parents can drop off their child as early as 8:00am up until the start of camp at 9:00am. Camp will officially end at 4:00pm, pick up as late as 5:00pm (any later than 5:00pm will result in additional charges)

## ***MORNING SESSIONS***

Will be ALL ABOUT TRACK AND FIELD! In similar fashion to our popular Run Jump Throw program the aim is to develop “all-around” athleticism and fitness. Events will target an individuals speed, agility, strength, endurance and coordination. This prepares young athletes for better sport performance. It is a primary step for complete development and will give campers the confidence to challenge themselves during summer and down the road.

Time	Activity
8:00-9:00	Camp Drop-off & Sign in
9:00-9:30	Camp kick-off & Warm up
9:30-10:30	Track & Field Activities
10:30-10:45	Morning Snack
10:45-Noon	Track & Field Activities
Noon-13:00	Lunch & ½ Sign Out
13:00-14:00	Camp Activities
14:00-14:15	Afternoon Snack
14:15-15:45	Camp Activities
15:45-16:00	Event of the Day
16:00-17:00	Camp Pick-up & Sign out
<b>*Late pick up will result in additional fee's</b>	

## ***AFTERNOON SESSIONS***

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.



## ***WEEKS***

Our 2019 summer camp program will run Monday through Friday with the exception of statutory holidays.

Week 1 July 2<sup>nd</sup> – 5<sup>th</sup> (No camp Monday July 1<sup>st</sup>)

Week 2 July 8<sup>th</sup> – 12<sup>th</sup>

Week 3 July 15<sup>th</sup> – 19<sup>th</sup>

Week 4 July 22<sup>nd</sup> – 26<sup>th</sup>

Week 5 July 29<sup>th</sup> – August 2<sup>nd</sup>

Week 6 August 6<sup>th</sup> – 9<sup>th</sup> (No camp Monday August 5<sup>th</sup>)

Week 7 August 12<sup>th</sup> – 16<sup>th</sup>

Week 8 August 19<sup>th</sup> – 23<sup>rd</sup>

# 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

- o [www.trackiereg.com/2019-ottlsummercamp](http://www.trackiereg.com/2019-ottlsummercamp)

## FEES

OPTIONS	TIMES	WEEKS	FEES
MORNING SESSION	8:00AM-12:30PM	1 WEEK	\$160.00
		2 WEEKS	\$300.00
FULL DAY SESSION	8:00AM-5:00PM	1 WEEK	\$275.00
		2 WEEKS	\$500.00

\*Prices for weeks 1 & 6 are marked down. If either week is included in your 2-week deal please contact

[rjohnston@ottawalions.com](mailto:rjohnston@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](mailto:rjohnston@ottawalions.com)

Phone: 613-247-4886

Web: [www.ottawalions.com](http://www.ottawalions.com)

