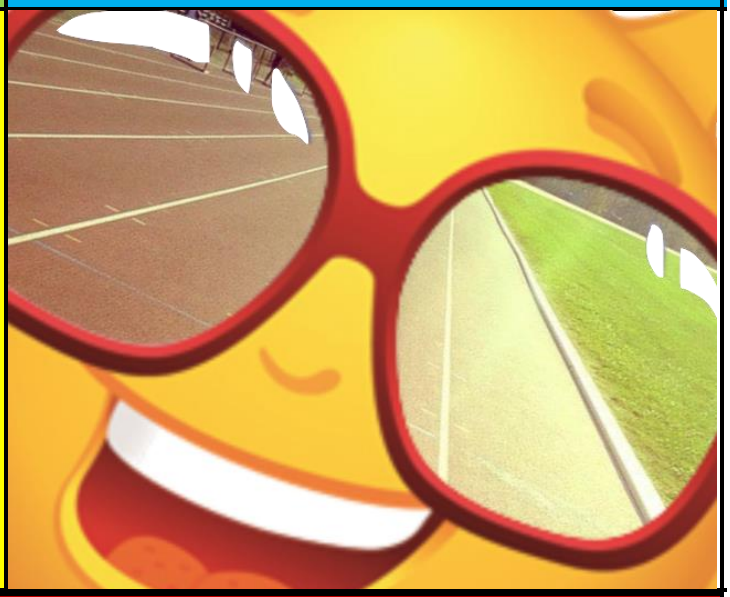
OTTAWA LIONS

ATHLETICS / ATHLÉTISME



2023

SUMMER CAMPS

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

February 1st Update

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 offering half day and full 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.

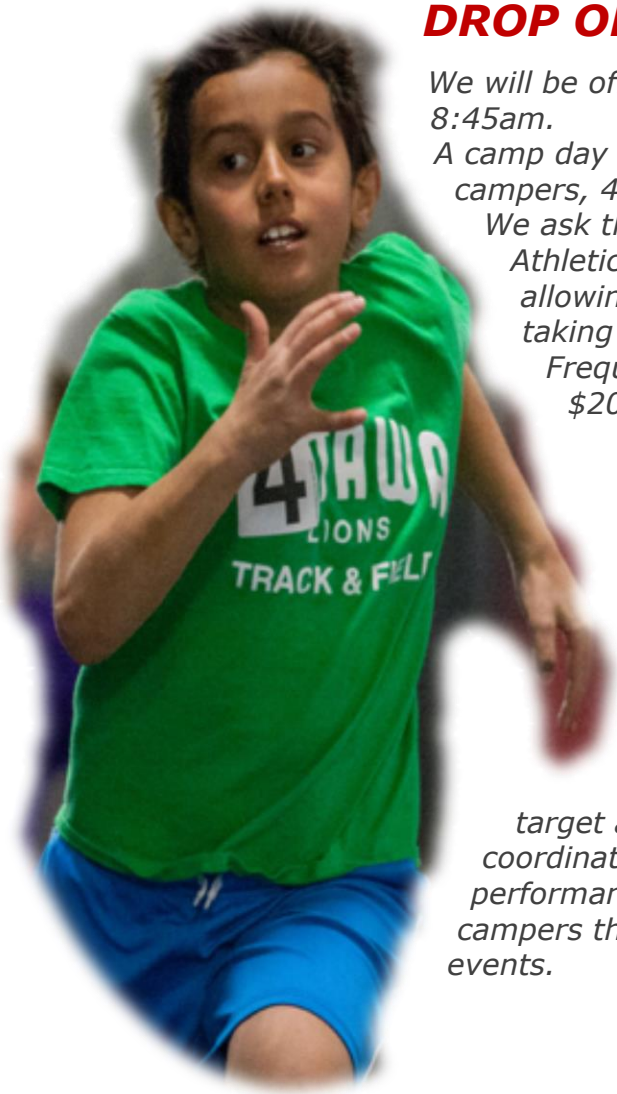
INCREDIBLE STAFF

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

CAMP DAYS ARE THE BEST DAYS



DROP OFF & PICK UP

We will be offering an early Drop-off period beginning at 8:00am-8:45am.

A camp day will officially begin at 9:00am and end at Noon (for ½ day campers, 4:00pm for full day campers).

We ask that parents do their very best to be at the Terry Fox Athletic Facility for the specific pick-up periods (4:00pm-4:20pm) allowing staff to prep for their next session or other programs taking place at the venue and avoid additional fees.

Frequent late pick-ups will be faced with charges of $20.00/30min.

CAMP SESSIONS

Morning sessions will focus purely on Track and Field each day, following a similar fashion to our popular Run Jump Throw/Foundation programs. Afternoon sessions won't stray far from athletics; however, it will trend towards a multi-sport camp. 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
8:00 - 8:45am	Pre-Camp Drop-Off	Noon – 12:15pm	Camp pick-up & Sign-out
8:45 - 9:00am	Regular Drop-Off	Noon – 1:00pm	Lunch
9:00 - 9:30am	Camp Start & Warm-up	1:00 – 2:30pm	Activity
9:30 - 10:30am	Track & Field Activities	2:30 – 2:45pm	Snack
10:30 - 10:45am	Snack	2:45 – 3:45pm	Activity
10:45 - 11:45am	Track & Field Activities	3:45 – 4:00pm	Challenge of the Day
11:45 - Noon	Event of the Day	4:00 – 4:20pm	Pick-up & Sign-Out

REGISTRATION

WEEKS

Week 1 July 3rd–7th	**Week 2** July 10th–14th	**Week 3** July 17th–21st	**Week 4** July 24th-28th
Week 5 July 31st-Aug 4th	**Week 6*** Aug 8th-11th	**Week 7** Aug 14th-18th	**Week 8** Aug 21nd-25th

*Our 2023 summer camp program will run Monday through Friday with the exception of holidays. No camp on Monday August 7th.

FEES

OPTIONS	TIMES	WEEKS	FEES
7-11 CAMP	½ DAY	1 WEEK	$178.00
		2 WEEKS	$326.00
	FULL DAY	1 WEEK	$285.00
		2 WEEKS	$533.00
12-14 CAMP	½ DAY	1 WEEK	$189.00
		2 WEEKS	$357.00
	FULL DAY	1 WEEK	$306.00
		2 WEEKS	$571.00

*Prices for week 6 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.
*Additional discount will be applied if you register for a 3rd week of camp (or more).

REGISTRATION LINK – **https://www.trackie.com/online-registration/event/ottawa-lions-2023-summer-camp-program/487010/#.Y-qTXHbMJD8**

- *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

Ottawa Lions Track and Field Club

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