



JUNIOR GRIFFINS

SPORT CAMPS

Summertime is sports time with our **Junior Griffins Sport Camps**.

Led by current Griffins coaches and players, these camps are designed to challenge athletes of all skill and experience levels. Our basketball, volleyball, and hockey camps provide the opportunity for young athletes to improve their individual sport skills in a positive team environment.

Note: Supervision is extended 30 minutes before and after each camp, except hockey, which is 45 minutes before the first session and 30 minutes after the final session. Athletes are supervised during the lunch hour but are required to bring their own lunch.

VOLLEYBALL & BASKETBALL COMBO CAMP

Co-Ed | U13 & U16

Brush up on your skills for the upcoming school seasons! The Junior Griffins Volleyball & Basketball Combo Camp will focus on fundamental skill development in both sports to improve hitting, serving, and setting skills, as well as ball control, scoring, and decision-making on the court. Each day will use technical training and modified gameplay to build upon fundamental movement and volleyball/basketball-specific technique and game strategy.

Participants are expected to bring a bathing suit, towel, water bottle, and lock for off-court activities.

BASKETBALL CAMP

Co-Ed | U13 & U16

The full-day Junior Griffins Basketball Camps are designed to develop individual basketball skills and the fundamental movements required to excel at any level. Through technical practice, decision-training, and modified gameplay, participants will work on developing their footwork, ball control, scoring, defensive, and decision-making abilities.

Participants are expected to bring a bathing suit, towel, water bottle, and lock for off-court activities.

VOLLEYBALL CAMP

Co-Ed | U13 & U16

Kill it this fall by improving your skills at the Junior Griffins Volleyball Camps. Participants will be introduced to fundamental movement techniques while developing hitting, serving, and setting skills in a fun and positive environment. Small group on-court instruction and gameplay will explore core concepts of offensive and defensive strategy.

Participants are expected to bring a bathing suit, towel, water bottle, and lock for off-court activities.

HOCKEY CAMP

Co-Ed | U9 & U11

MacEwan Hockey Camps offer a full-day experience for kids looking to have fun, improve their skills, and get active in the summer months. Our camps are consistent with the LTAD (*Long Term Athlete Development*) model to stay active and develop physical literacy. The focus will be on the Fundamentals and Learn to Train stage of development where athletes improve their fundamental movement patterns through both sport-specific (*on-ice*) and non-sport-specific (*off-ice*) activities.

The camp includes two ice times per day of on-ice instruction from highly qualified coaches and players. These sessions will focus on various small area drills to help maximize individual instruction and skill development. In addition, players will learn various game tactics through situation-specific games.

Participants are expected to bring all of their own hockey equipment. They are also expected to bring a bathing suit, towel, shorts, t-shirt, indoor shoes, water bottle, and lock for off-ice activities.

VOLLEYBALL SEASON PRIMER Co-Ed | U18

BASKETBALL SEASON PRIMER Co-Ed | U18

These weekend sport-specific camps are tailored to high level high school athletes with an emphasis on getting game-ready leading into the fall.



WITHDRAWAL DEADLINE

Prior to the withdrawal deadline, you may withdraw from any camp for a full refund. **No refunds will be issued for withdrawals after the withdrawal deadline.**

Registration may be available after the Withdrawal Deadline pending space. Speak to a Welcome Desk representative or email WelcomeDesk@MacEwan.ca for assistance.

CAMP	DAYS	DATES	TIME	LOCATION	AGE	CODE	PRICE	WITHDRAWAL DEADLINE
Volleyball & Basketball Combo Camp	Mon-Fri	Jul 10-14	9 a.m.-4 p.m.	David Atkinson Gymnasium (10800-105 Ave)	U13	9909	M/P: \$300	Jul 2
		Jul 31-Aug 4			U16	9910		
		U13	9912		Jul 23			
		U16	9913					
Basketball Camp	Mon-Fri	Jul 17-21	9 a.m.-4 p.m.	David Atkinson Gymnasium (10800-105 Ave)	U13	9931	M/P: \$300	Jul 9
		Aug 14-18			U16	9933		
		U13	9932		Aug 6			
		U16	9934					
Volleyball Camp	Mon-Fri	Jul 24-28	9 a.m.-4 p.m.	David Atkinson Gymnasium (10800-105 Ave)	U13	9927	M/P: \$300	Jul 16
		Aug 21-25			U16	9929		
		U13	9928		Aug 13			
		U16	9930					
Hockey Camp	Mon-Fri	Aug 21-25	8:45 a.m.-2:30 p.m.	Downtown Community Arena (10245-105 Ave)	U9	9935	M/P: \$450	Aug 13
			10 a.m.-3:45 p.m.		U11	9936		
Volleyball Season Primer	Fri-Sun	Aug 25-27	Fri: 5-7 p.m. Sat/Sun: 9 a.m.-1 p.m.	David Atkinson Gymnasium (10800-105 Ave)	U18	10067	M/P: \$275	Aug 17
Basketball Season Primer	Fri-Sun	Aug 25-27	Fri: 7-9 p.m. Sat/Sun: 1-5 p.m.	David Atkinson Gymnasium (10800-105 Ave)	U18	10068	M/P: \$275	Aug 17

For specific inquiries, please email Griffins@MacEwan.ca

For the **Basketball/Volleyball camps**, each athlete will receive a camp t-shirt and a Griffins promo pack.

For **Hockey camps**, each athlete will receive a camp jersey and a Griffins puck.

- U9:** Born in 2014, 2015, or 2016
- U11:** Born in 2012 or 2013
- U13:** Born in 2010, 2011, 2012, or 2013
- U16:** Born in 2007, 2008, or 2009
- U18:** Born in 2005, 2006, or 2007

SCAN FOR MORE INFO



FOR MORE INFORMATION OR TO REGISTER VISIT:
MacEwan.ca/SportCamps





JUNIOR GRIFFINS

AQUATIC & RECREATION CAMPS

These camps are designed to engage youth by teaching basic sport and aquatic concepts in a positive environment that is both challenging and fun. They help improve physical literacy skills by introducing participants to aquatic and dry-land activities, and encouraging healthy, active lifestyles.

Note: Supervision is extended 1 hour before and after each camp (8 a.m.-5 p.m.). Campers are required to bring their own lunch/snacks and water bottles.

TROOPERS CAMP

Ages 6-8

Troopers is an exciting recreational camp for kids who love to move. This camp includes a combination of recreational games and pool activities with a focus on keeping participants ACTIVE and having FUN! Campers will spend half the day building confidence in the pool and developing water-smart skills. The other half of the day will develop physical literacy skills through a variety of dry-land recreation activities. Campers of all swim abilities welcome.

ADVENTURERS CAMP

Ages 8-12

Adventurers camps include a combination of recreational games and pool activities with a focus on keeping participants ACTIVE and having FUN! Campers will spend half the day strengthening swimming skills in the main pool and developing water-smart behaviours. The other half of the day will develop physical literacy skills through a variety of dry-land sport activities. Campers of all swim abilities welcome.

BRAINS & BRAWN

Ages 8-12

School's out and campers are taking over campus! Campers spend half the day exploring different areas of the university and the other half participating in aquatic or recreational programming. Campers may not be in the pool every day.

LIFESAVING SPORT

Ages 8-14

This camp focuses on personal bests, stroke efficiency, strength, endurance, and developing judgement and lifesaving skills through lifesaving sport. Swimmers will also participate in a variety of dry-land training sessions guided by the MacEwan University Sport and Wellness team. This activity packed camp has very little down time!

Prerequisite: Able to swim 50 m (two lengths of the pool) without stopping.

BRONZE CLUB

Ages 10-16

Participants will refine their judgement, fitness, and lifesaving skills in this camp. Suitable for those who are looking to earn their Bronze Star and Bronze Medallion certifications as well as those who have achieved certification and are looking to keep their skills sharp. If desired, campers will have the opportunity to participate in a **Bronze Challenge Exam** on the last day of the camp and earn certification.

If you wish to receive the Bronze Star and/or Bronze Medallion certification, there will be a **\$20** fee per award. Please email Aquatics@MacEwan.ca by the second last day of the program.

Prerequisite: Able to swim 100 m (four lengths of the pool) without stopping.

WITHDRAWAL DEADLINE

Prior to the withdrawal deadline, you may withdraw from any camp for a full refund. **No refunds will be issued for withdrawals after the withdrawal deadline.**

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CAMP	DAYS	DATE	TIME	CLASSES	CODE	PRICE	WITHDRAWAL DEADLINE
Troopers Camp Ages 6-8	Tue-Fri	Jul 4-7	9 a.m.-4 p.m.	4	9866	P: \$224	Jun 26
		Jul 10-14			9871	P: \$280	Jul 2
	Mon-Fri	Jul 17-21		9873	Jul 9		
		Jul 24-28		9874	Jul 16		
		Jul 31-Aug 4		9875	Jul 23		
		Tue-Fri		Aug 8-11	9876	P: \$224	Jul 31
	Mon-Fri	Aug 14-18		9877	P: \$280	Aug 6	
		Aug 21-25		9878		Aug 13	
Adventurers Camp Ages 8-12	Tue-Fri	Jul 4-7	9 a.m.-4 p.m.	4	9881	P: \$224	Jun 26
		Jul 10-14			9882	Jul 2	
	Mon-Fri	Jul 17-21		9883	P: \$280	Jul 9	
		Jul 24-28		9884		Jul 16	
		Jul 31-Aug 4		9885		Jul 23	
		Tue-Fri		Aug 8-11		9886	P: \$224
	Mon-Fri	Aug 14-18		9887	P: \$280	Aug 6	
		Aug 21-25		9888		Aug 13	
Brains & Brawn Ages 8-12	Mon-Fri	Jul 17-21	9 a.m.-4 p.m.	5	9807	P: \$300	Jul 9
		Jul 31-Aug 4			9808		Jul 23
		Aug 14-18			9809		Aug 6
Lifesaving Sport Ages 8-14	Mon-Fri	Jul 31-Aug 4	9 a.m.-4 p.m.	5	9803	P: \$300	Jul 23
Bronze Club Ages 10-16	Mon-Fri	Jul 10-14	9 a.m.-4 p.m.	5	9804	P: \$300	Jul 2
		Jul 24-28			9805		Jul 16
		Aug 14-18			9806		Aug 6

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