**Camp Levels of Experience**

Our camps feature three different levels of recommended experience: Explore, Engage, Excel. Each level has its sport-specific curriculum customized for the experience level of the participants. Our guide is color coordinated for the three levels.

- **Explore (Beginner)**
  
  **No previous experience required.**

  These camps aim to introduce and develop basic skills of the sport.

- **Engage (Intermediate)**

  **Previous experience expected.**

  These camps aim to develop and build upon existing skills of the sport.

- **Excel (Advanced)**

  **High level experience expected or required**

  These camps aim to challenge participants in a high performance environment.

**TERMS & CONDITIONS**

**Cancellation, Refunds, & Credits**

- Cancellation requests must be received by the Customer Service Centre prior to the start of the camp.
- Refunds will be granted on cancellation requests received 7 days prior to the first day of the registered camp.
- A 50% cancellation fee will be levied on all cancellation requests received between 1 and 6 days prior to the first day of the registered camp.
- Once a camp has begun, refunds will not be granted except in the case of extenuating circumstances.
- In case of injury or illness that occurs prior to the first day of the registered camp, full refunds will be granted when accompanied by a medical note.
- Partial refunds may be granted in case of extenuating circumstances on or after the first day of the registered camp. Medical notes are required for all refunds requested on the basis of injury or illness.

**Transfers**

- Transfers are permitted only within the same camp programming session and only if space is available.

**MORE INFORMATION:**

- Program Policies
- Cancellations, Refunds, and Credits
- Transfers
- Waitlists
- Registration Deadlines
- Age Policies
- Informed Consent and FOIP

Questions? Send us an email to sports@ualberta.ca.

Use a QR Scanner on your phone for easy access to our website.

www.uab.ca/sportsystem

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**REGISTER ONLINE or In Person**

**Online**
www.activityreg.ualberta.ca

**In Person**

Customer Service Centre
1-213 Van Vliet Complex
University of Alberta
Edmonton, AB
T6G 2H9

**2020 GREEN & GOLD SPORT CAMPS**
Green & Gold Sport Camps follow the Long-Term Athlete Development (LTAD) framework to organize and plan our programs. The LTAD Stages are used to group participants into general developmental categories by age. Along with sport-specific skills, the development of Fundamental Movement Skills (FMS) and life skills are a focus for each camp.

### Our Camps

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<tr>
<td><strong>Active Start</strong> (Age 3-5)</td>
<td>Camps are designed for participants to build FMS and gain experience in a variety of sporting environments.</td>
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<td><strong>FUNdamentals</strong> (Age 6-8)</td>
<td>Camps are designed to allow participants to improve their FMS and build the basic skills associated with a variety of sports that are best initiated at this period of development.</td>
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<td><strong>Learn-to-Train</strong> (Age 9-11)</td>
<td>Camps are designed to give participants the opportunity to strengthen their sport-specific skills in a wide range of sports while continuing to improve their general athletic skills. Concepts related to rules and strategy will be presented through fun games and drills.</td>
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<td><strong>Train-to-Train</strong> (Age 12-14)</td>
<td>Camps are designed to refine technical and tactical sport skills and knowledge. The enhancement of general athletic skills will continue to be emphasized to ensure the development of the overall athleticism required to excel in the participant’s sport of choice.</td>
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<td><strong>Train-to-Compete</strong> (Age 15-17)</td>
<td>Camps are designed for athletes to train in a high performance environment and develop advanced skills and tactics.</td>
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