



HOW TO REGISTER

Online

www.activityreg.ualberta.ca

In Person

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

For more information about our camps & pricing, please visit uab.ca/sportssystem or call 780.492.2231

NEW FOR 2019 Multi-Sport Feature of the Week

Explore a variety of sports with the intention of developing a wide range of fundamental movement skills. Sign up for one of our multi-sport feature of the week camps, and each day you will build up sport-specific skills to go along with the general athletic skills participants are developing.

Feature Sports

- Basketball
- Soccer
- Swimming

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:

For more information on the following:

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

please head to our registration page at www.uab.ca/sportssystem



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

Use a QR Scanner on your phone to open our site easily on your phone.

2019 GREEN & GOLD SPORT CAMPS



Our 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.

Schedule Guide

B = Boys camp
 G = Girls camp
 C = Coed camp
 Multi-Sport
 Feature of the Week
 //BB = Basketball
 //SWIM = Swimming
 //SOC = Soccer

Example = Multi-Sport Swimming Camp = C //SWIM

Example = Girls Engage camp = G

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 already learned skills of the sport, and build upon these.

Excel (Advanced)
 High level experience required & expected.

These camps aim to refine skills in a high performance environment.

*short camp week, July 1st Canada Day, August 5th Civic Holiday

LTAD Stage	Camp Goals	CAMP	LOCATION	July 2-5*	July 8-12	July 15-19	July 22-26	July 29 -Aug 2	Aug 6-9*	Aug 12-16	Aug 19-23	Aug 26-30	
Active Start (Age 3-5)	Camps are designed for participants to build FMS and gain experience in a variety of sporting environments.	Sportball (AM Only)	South	C	C	C	C	C	C	C	C		
Fundamentals (Age 6-8)	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.	Multi-Sport	North	C //SWIM	C //BB	C //SWIM	C //BB	C //SOC	C //SOC	C	C		
		Basketball	South	C		C				C	C		
		Climbing	North		C		C	C		C	C		
		Curling	South				C	C					
		Hockey	North			C		C		C			
		Soccer	Lister	C	C	C	C						
		Tennis	South	C	C	C	C	C				C	
		Run, Jump, Throw	South	C						C		C	
Learn-to-Train (Age 9-11)	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.	Multi-Sport	North	C //SWIM	C //BB	C //SWIM	C //BB	C //SOC	C //SOC	C	C		
		Basketball	South	G	B			B / G					
		Climbing	North	C	C	C	C	C	C		C		
		Curling	South					C		C	C		
		Flag Football	Lister					C	C				
		Hockey	North		C		C		C		C		
		Soccer	Lister	B / G		B / G							
		Tennis	South	C		C					C	C	
		Track & Field	South		C		C	C					
		Volleyball	South	B		G				G			
Wrestling	North					C	C						
Train-to-Train (Age 12-14)	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.	Sport Leadership	South		C		C		C				
		Basketball	South		G	B	B / G		B / G		B / G		
		Climbing	North	C		C				C	C		
		Curling	South				C				C	C	
		Flag Football	Lister					C	C				
		Soccer	Lister		B / G		B / G						
		Tennis	South		C		C	C					
		Track & Field	South	C		C					C		
		Volleyball	South		B	G	G	B	G	G			B
		Wrestling	North					C	C				
Train-to-Compete (Age 15-17)	Camps are designed for athletes to train in a high performance environment and develop advanced skills and tactics.	Sport Leadership	South			C		C		C			
		Basketball	South								B / G		