



## 2013 RECREATION AND SPORT CAMPS



Online registration now available at  
[www.nait.ca/recreation](http://www.nait.ca/recreation) or call 780.471.7713



# CONTENTS

DIRECTORY	2
MAP	3
IMPORTANT INFORMATION	4-5
RECREATION CAMPS	6-9
MINI CHEFS	10
MULTI-SPORT CAMPS	11
DIGITAL MEDIA CAMPS	12-14
SCIENCE CAMPS	15
SPORTS CAMPS	16-17
HOCKEY CAMPS	20-28



“Our Mission:  
“We inspire and engage our community through creative,  
active and social experiences that enhance lives.””



# DIRECTORY

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# NAIT MAIN CAMPUS



## LEGEND

-  Information
-  Hourly Parking
-  Bus Stop
-  Parking for persons with disabilities
-  Motorcycle Parking
-  Bicycle Compound
-  Student Permit Parking
-  Daily Parking





## IMPORTANT INFORMATION

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### DROP-OFF AND PICK-UP

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**For security reasons, parents or guardians must sign in and sign out their child each day. Drop off and pick up is as follows:**

- For sport camps (volleyball, badminton, and basketball), go to the south end of the gymnasium doors
- For recreation and golf camps, please report to the lobby of the Activities Centre, (through sliding doors)
- For hockey camps, please report to the arena

Free child care is available **15 minutes PRIOR to and/15 minutes AFTER** camp is finished each day. Early drop off is not available for hockey camps.

Should you require extra supervision outside of these times, you will be charged a fee which must be paid in advance with registration.

**Fees: \$15.00/ week for early drop off starting at 7:30 am**  
**\$15.00/ week for after camp pick-up until 5:00 pm**  
**\$25.00/ week for both (early drop off and after camp pick-up)**

**PRICES SUBJECT TO CHANGE**

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### BE PREPARED FOR ACTIVITIES

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All children must be prepared for all activities on the first day. **Bathing suit and towel are required.** For programs that involve being outdoors, participants require their own sun screen, water bottle, hat and insect repellent and weather relevant attire. Snacks, sun screen, insect repellent and medications will not be shared between children for allergy, health and safety reasons.

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## LUNCH (optional, fees apply)

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If your child is not participating in NAIT's lunch program they must required to bring a bagged lunch. Supervision is provided during lunch breaks. Lunch will be eaten in the North Lobby (across from the Common Market). Children are escorted to the lunch area by camp staff. For children with multiple allergies or intolerances, please provide a home prepared lunch.

### **Lunch menu # 1\***

Served on these dates:

July 2-5, July 15-19, July 29-Aug 2,  
Aug 12-16, Aug 26-30

<b>Monday:</b>	Fruit Juice Sweet & sour chicken balls over rice Veggies & dip Rice Krispie treat
<b>Tuesday:</b>	Milk - 2% or chocolate Mini cheddar perogies with sour cream Grapes Jell-O/ Pudding cups
<b>Wednesday:</b>	Strawberry yogurt drink Grilled ham and cheese & soup Individual package of cookies Apple or banana
<b>Thursday:</b>	Milk - 2% or chocolate Beef and cheese burritos Veggies & dip Individual bag of nacho chips
<b>Friday:</b>	Cans of pop (no Coke) Assorted pizza Sliced watermelon Frozen ice cream treat

**Cost: \$30.00 + GST/ 4 days**

**Cost: \$37.50 + GST/ 5 days**

### **Lunch menu # 2\***

Served on these dates:

July 8-12, July 22-26, Aug 6-9, Aug 19-23

<b>Monday:</b>	Fruit juice Ginger beef over egg noodles Veggies & dip Rice Krispie treat
<b>Tuesday:</b>	Milk - 2% or chocolate Meatball marinara over pasta twists Grapes Jell-O/ Pudding cups
<b>Wednesday:</b>	Strawberry yogurt drink Beef sliders with cheddar cheese & salad Individual package of cookies Apple or banana
<b>Thursday:</b>	Milk - 2% or chocolate Chicken Dino Buddies & home fries Veggies & dip Assorted chips
<b>Friday:</b>	Cans of pop (no Coke) Assorted pizza Sliced watermelon Frozen ice cream treat

\*All menus are subject to change

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## CANCELLATION POLICY

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All cancellation requests must be received in writing (email: [recreation@nait.ca](mailto:recreation@nait.ca)) and are subject to the following conditions:

- Administrative fee of 25% for each cancellation received more than 5 working days prior to the start of each camp/program
- Fee of 75% of registration fee for cancellations received 5 or less working days prior to start of each camp/program
- Illness or injury: prior to camp, any requests will be refunded the camp fee less 25% administrative fee
- Full refund will be issued for medical reasons only with a written doctor's note
- **NO SHOW, NO REFUND**

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## TO REGISTER

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**ONLINE:**  
[www.nait.ca/recreation](http://www.nait.ca/recreation)  
Email: [recreation@nait.ca](mailto:recreation@nait.ca)

**IN PERSON:**  
Athletics and Recreation  
Administration Office E-134

**MAIL:** NAIT Summer Camps  
11762-106 Street  
Edmonton, Alberta T5G 2R1

**PHONE:**  
780.471.7713



# RECREATION CAMPS



All Recreation camps have a daily active component. Off campus gymnasiums and parks may be utilized for some camps. Children will be walking to these locations under supervision of camp leaders. Some camps have off campus activities that require bussing. Weekly schedules are available at sign in/ sign out.

## MINI OOKS

## 5-6 YRS AND 7-9 YRS

This is a camp designed for our younger campers. They'll enjoy the great facilities at and around NAIT all week long: swimming, playing games indoors and in the field and exploring their creative side with arts and crafts. Thursday will be spent on an exciting field trip to Fort Edmonton Park.

### Fee: \$140.00 (Add \$30.00 + GST for lunch) - 4 day camp

MO1-1	Tue-Fri	July 2-5	8:30 am-4:00 pm	5-6 yrs
MO2-1	Tue-Fri	July 2-5	8:30 am-4:00 pm	7-9 yrs
MO11-1	Tue-Fri	Aug 6-9	8:30 am-4:00 pm	5-6 yrs
MO12-1	Tue-Fri	Aug 6-9	8:30 am-4:00 pm	7-9 yrs

### Fee: \$175.00 (Add \$37.50 + GST for lunch) - 5 day camp

MO3-1	Mon-Fri	July 8-12	8:30 am-4:00 pm	5-6 yrs
MO4-1	Mon-Fri	July 8-12	8:30 am-4:00 pm	7-9 yrs
MO5-1	Mon-Fri	July 15-19	8:30 am-4:00 pm	5-6 yrs
MO6-1	Mon-Fri	July 15-19	8:30 am-4:00 pm	7-9 yrs
MO7-1	Mon-Fri	July 22-26	8:30 am-4:00 pm	5-6 yrs
MO8-1	Mon-Fri	July 22-26	8:30 am-4:00 pm	7-9 yrs
MO9-1	Mon-Fri	July 29 - Aug 2	8:30 am-4:00 pm	5-6 yrs
MO10-1	Mon-Fri	July 29 - Aug 2	8:30 am-4:00 pm	7-9 yrs
MO13-1	Mon-Fri	Aug 12-16	8:30 am-4:00 pm	5-6 yrs
MO14-1	Mon-Fri	Aug 12-16	8:30 am-4:00 pm	7-9 yrs
MO15-1	Mon-Fri	Aug 19-23	8:30 am-4:00 pm	5-6 yrs
MO16-1	Mon-Fri	Aug 19-23	8:30 am-4:00 pm	7-9 yrs





## G-FORCE

11-14 YRS

Be inspired to be fearless! In this five-day camp each girl's current perception of herself and what it means to be female will be challenged. Campers will have an opportunity to participate in activities that will improve confidence, body image and inner strength while learning the importance of slowing down and creating balance. Highlights for the camp include participation in kickboxing, rock climbing, self defense, yoga, relaxation, pilates, nutritional advice and many team building activities and games.

**Fee: \$ 200.00 (Add \$37.50 + GST for lunch) - 5 day camp**

FF1-1      Mon-Fri      July 15-19      8:30 am-4:00 pm

## RAD CAMP EXTREME

10-12 YRS

If you love active fun, this camp is for you! Some of the activities include paintballing, skateboarding, bowling, laser tag, and rock climbing. We have a lot in store this summer, and we know it will be fun. The week ends with a day spent at the World Waterpark.

**Note: Skateboards/rollerblades, helmets and protective gear not included.**

Please bring lunch as the **lunch option is not available** for this camp.

**Fee: \$200.00 - 4 day camp**

RAD1-1      Tue-Fri      July 2-5      8:30 am-4:00 pm

**Fee: \$250.00 - 5 day camp**

RAD2-1      Mon-Fri      July 8-12      8:30 am-4:00 pm

RAD3-1      Mon-Fri      July 15-19      8:30 am-4:00 pm

RAD4-1      Mon-Fri      July 22-26      8:30 am-4:00 pm

RAD5-1      Mon-Fri      Aug 12-16      8:30 am-4:00 pm





## ART ATTACK

9-12 YRS

REGISTER  
HERE!

If you love to draw or want to learn different art forms, then this camp is for you! Whether drawing, creating portraits, working with clay or sculpting, this is an art experience that you will never forget. You'll also spend half the time involved in active fun and games in our recreational facilities, so bring a swimsuit and gym footwear.

**Fee: \$175.00 (Add \$37.50 + GST for lunch) - 5 day camp**

ART1-1 Mon-Fri

July 22-26

8:30 am-4:00 pm

## GIRLS IN DESIGN

11-14 YRS

Are you interested in Interior Design and Architecture? Do you want to learn how to get colors, objects and spaces to work together to make rooms in your home, school and other buildings beautiful? Join us for this 4 day long camp and explore a career in design!

**Fee: \$200.00 (Add \$30.00 + GST for lunch) - 4 day camp**

GD1-1 Tue-Fri

Aug 6-9

8:30 am-4:00 pm

## SUMMER DANCE INTENSE - NEW!

7-11 YRS AND 12-15 YRS

Are you a dancer and want to have some fun this summer learning new dance moves? This camp will teach ballet, modern, jazz, Irish, hip hop and Ukrainian dance. Not all time will be spent in the studio, with other recreational activities planned around NAIT's campus. **Requirement: Should have at least 2 years of dancing experience.**

**Fee: \$250.00 (Add \$37.50 + GST for lunch) - 5 day camp**

SD1-1 Mon-Fri

July 29 - Aug 2

8:30 am-4:00 pm

12-15 yrs

SD2-1 Mon-Fri

Aug 12-16

8:30 am-4:00 pm

7-11 yrs



## FUN FITNESS (BOYS ONLY) - NEW!

9-13 YRS

This camp is geared towards boys who want to build up their self confidence in a wide variety of physical activities. Some of these include boxing, gymnastics, rock climbing and kickboxing, plus other fun filled games throughout the week. One day will be spent in the river valley for a nature walk/hike.

**Fee: \$200.00 (Add \$37.50 + GST for lunch) - 5 day camp**

FF1-1	Mon-Fri	July 15-19	8:30 am-4:00 pm
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## STREET PERFORMERS

7-9 YRS AND 10-13 YRS

Get ready to perform on centre stage at this week-long camp of drama, miming, singing, dance and tricks. We make masks and do face painting as well as skits in our own theatre. Group games, team activities, and swimming are also part of this dramatic experience. The week wraps up with a day trip to the Edmonton Street Performers Festival.

**Fee: \$175.00 (Add \$37.50 + GST for lunch) - 5 day camp**

SP1-1	Mon-Fri	July 8-12	8:30 am-4:00 pm	7-9 yrs
SP2-1	Mon-Fri	July 8-12	8:30 am-4:00 pm	10-13 yrs





# MINI CHEFS



## MINI BAKERS

### 8-10 YRS, 11-13 YRS AND 14-16 YRS

The mini bakers camp will teach young bakers how to create a variety of tasty treats that can be made at home. We will make delicious bakery products such as breads, cookies, muffins and cakes. Of course not all the time is spent in the kitchen. You'll spend half the time pursuing active fun in our recreational facilities, so bring a swim suit and gym footwear. (Tuesday to Friday morning OR afternoon is spent in the kitchen).

#### Fee: \$240.00 (Add \$30.00 + GST for lunch) - 4 day camp

MCB1-1	Tue-Fri	Aug 6-9	8:30 am-4:00 pm	14-16 yrs
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#### Fee: \$300.00 (Add \$37.50 + GST for lunch) - 5 day camp

MCB2-1	Mon-Fri	July 15-19	8:30 am-4:00 pm	8-10 yrs
MCB3-1	Mon-Fri	July 29-Aug 2	8:30 am-4:00 pm	11-13 yrs

## MINI CHEFS

### 8-10 YRS, 11-13 YRS AND 14-16 YRS

Our culinary camp teaches the young chef some simple yet creative dishes to prepare at home. Get ready for hands-on preparation of items such as pastas, fresh pizza, fun summer drinks and simple desserts. Take home all the creations prepared that day and WOW the family. Of course not all the time is spent in the kitchen. You'll spend half the time pursuing active fun in our recreational facilities, so bring a swim suit and gym footwear. (Tuesday to Friday morning OR afternoon is spent in the kitchen).

#### Fee: \$300.00 (Add \$37.50 + GST for lunch) - 5 day camp

MCF1-1	Mon-Fri	July 8-12	8:30 am-4:00 pm	8-10 yrs
MCF2-1	Mon-Fri	July 15-19	8:30 am-4:00 pm	8-10 yrs
MCF3-1	Mon-Fri	July 22-26	8:30 am-4:00 pm	11-13 yrs
MCF4-1	Mon-Fri	July 29 - Aug 2	8:30 am-4:00 pm	14-16 yrs





## MULTI-SPORT CAMPS

### MULTI-SPORT CAMPS

10-13 YRS

Join us in these fun-filled recreation camps as we explore a range of sporting/game activities. Kids will get a chance to play 3-on-3 basketball, volleyball, badminton, football, and soccer. These are just a few of the activities planned for the week.

#### Fee: \$140.00 (Add \$30.00 + GST for lunch) – 4 day camp

MS1-1	Tue-Fri	July 2-5	8:30 am-4:00 pm
MS6-1	Mon-Thu	Aug 6-9	8:30 am-4:00 pm

#### Fee: \$175.00 (Add \$37.50 + GST for lunch) – 5 day camp

MS2-1	Mon-Fri	July 8-12	8:30 am-4:00 pm
MS3-1	Mon-Fri	July 15-19	8:30 am-4:00 pm
MS4-1	Mon-Fri	July 22-26	8:30 am-4:00 pm
MS5-1	Mon-Fri	July 29 - Aug 2	8:30 am-4:00 pm
MS7-1	Mon-Fri	Aug 12-16	8:30 am-4:00 pm
MS8-1	Mon-Fri	Aug 19-23	8:30 am-4:00 pm

## GOLF

### GOLF CAMP

10-17 YRS

Enjoy some of Edmonton's finest golf courses, playing 18 holes of golf each day. Courses that we have visited in the past include: Redtail Landing, Jagare Ridge, Stony Plain and Cougar Creek. If you just want to get out and golf, then this camp is for you. Please bring lunch as the **lunch option is not available** for this camp. **No golf lessons in this camp.**

#### Fee: \$325.00 – 5 day camp

GF1-1	Mon-Fri	July 29 - Aug 2	8:30 am-4:00 pm
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# GET INTO DIGITAL MEDIA



12-14 year olds who take four of the eight Digital Media camps will earn a Foundational prerequisite that may enhance their eligibility for NAIT's Digital Media and IT program.

## DIGITAL PHOTOGRAPHY CAMP

9-11 YRS AND 12-14 YRS

Bring your digital camera and learn how to take great pictures that will dazzle your friends and family. This camp will cover the following topics: camera parts, exposure control, lighting techniques, composition, basic photo editing and manipulation, and ways to share your pictures. Of course, not all time is spent with the camera. You'll spend half the time pursuing active fun in our recreational facilities, so bring a swimsuit and footwear.

**Fee: \$300.00 (Add \$37.50 + GST for lunch) - 5 day camp**

DP1-1	Mon-Fri	July 15-19	8:30 am-4:00 pm	9-11 yrs
DP2-1	Mon-Fri	July 15-19	8:30 am-4:00 pm	12-14 yrs

## WEB DESIGN

9-11 YRS AND 12-14 YRS

Learn how to build a web page and have fun doing it. Create simple web pages, using pictures, video, and animations to make your websites cool. We will also explore some of the "best of the web" for kids. Of course, not all time is spent on the computer. You'll spend half the time pursuing active fun in our recreational facilities, so bring a swimsuit and footwear.

**Fee: \$300.00 (Add \$37.50 + GST for lunch) - 5 day camp**

WD1-1	Mon-Fri	July 15-19	8:30 am-4:00 pm	9-11 yrs
WD2-1	Mon-Fri	July 15-19	8:30 am-4:00 pm	12-14 yrs







## STOP MOTION ANIMATION - NEW

9-11 YRS AND 12-14 YRS

Ever heard of LEGO-mation? This camp expands on this idea and more mediums of stop motion. Students will have the opportunity to create a one-minute stop motion video with material such as Lego, construction paper, play-dough and/or post-it notes. Activities will include planning a stop motion video, constructing the movie's characters, props and sets, shooting the video and editing. Group work will occur in the development and creation of the stop motion film. Each student will edit their own final version with sound effects, titles etc. Technologies used will be: digital cameras, iMacs and iMovie software.

Of course, not all time is spent on the computer. You'll spend half the time pursuing active fun in our recreational facilities, so bring a swimsuit and footwear.

### **Fee: \$300.00 (Add \$35.00 + GST for lunch) - 5 day camp**

SM1-1	Mon-Fri	Aug 12-16	8:30 am-4:00 pm	9-11 yrs
SM2-1	Mon-Fri	Aug 12-16	8:30 am-4:00 pm	12-14 yrs

## ANIMATION CAMP

9-11 YRS AND 12-14 YRS

Create 2D cartoons and animations using computer animation software and other techniques. Campers will learn the basics of creating characters and making them move within a scene. At the end of the camp, kids take home a DVD of their animations. The software used for this camp is Anime Studio Debut. Of course, not all time is spent on the computer. You'll spend half the time pursuing active fun in our recreational facilities, so bring a swimsuit and footwear.

### **Fee: \$300.00 (Add \$37.50 + GST for lunch) - 5 day camp**

AM1-1	Mon-Fri	Aug 19-23	8:30 am-4:00 pm	9-11 yrs
AM2-1	Mon-Fri	Aug 19-23	8:30 am-4:00 pm	12-14 yrs

## MANGA/ ANIME DRAWING CAMP

9-11 YRS AND 12-14 YRS

Do you love watching anime? Do you love reading Manga? Then learn how to draw characters in the "Manga/Anime Style." Explore examples of character types and how to draw them. Topics will include: drawing tools, body and figure structure, facial expressions, body poses and movement, costumes, effects and shading techniques, and inking and coloring. On Saturday, Aug. 11, participants will go on an all day-supervised field trip to Animethon 19 at MacEwan University. Animethon 19 is the longest running Japanese Anime Festival in Canada featuring the screening of anime videos, Coplay, an artist alley, vendors hall, art gallery, panels and other live events.

### **Fee: \$300.00 (Add \$30.00 + GST for lunch) - 5 day camp**

MA1-1	Tue-Sat	Aug 6-10	8:30 am-4:00 pm	9-11 yrs
MA2-1	Tue-Sat	Aug 6-10	8:30 am-4:00 pm	12-14 yrs

\* Lunch only available for Tuesday - Friday.

Please bring lunch on Saturday as we are off campus.

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## COMPUTER GAME CAMP - LEVEL 1      9-11 YRS AND 12-14 YRS

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Have a great game idea? Learn how to use "Game Maker®" to design a cool computer game. Even put yourself into the game. You'll take home a copy on CD that you can play and share with your friends and family. Of course, not all time is spent on the computer. You'll spend half the time pursuing active fun in our recreational facilities, so bring a swimsuit and footwear.



### **Fee: \$300.00 (Add \$37.50 + GST for lunch) – 5 day camp**

CG1-1	Mon-Fri	July 22-26	8:30 am-4:00 pm	9-11 yrs
CG2-1	Mon-Fri	July 22-26	8:30 am-4:00 pm	12-14 yrs

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## COMPUTER GAME CAMP - LEVEL 2      9-11 YRS AND 12-14 YRS

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Now it is time to jump, fly, dig and shoot, as Computer Game Camp Level Two takes you to new worlds of fun. This fun includes the beginning of code, variables, x-y-z coordinates, properties and an intro to building your first 3D games. Even Notch (aka Markus Persson), the creator of Minecraft, had to learn some code. This camp will use "Game Maker®" software. Of course, not all time is spent on the computer. You'll spend half the time pursuing active fun in our recreational facilities, so bring a swimsuit and footwear.

**Pre-requisite: NAIT's Computer Game Camp Level 1 or same experience.**

### **Fee: \$300.00 (Add \$37.50 + GST for lunch) – 5 day camp**

CG3-1	Mon-Fri	July 29 - Aug 2	8:30 am-4:00 pm	9-11 yrs
CG4-1	Mon-Fri	July 29 - Aug 2	8:30 am-4:00 pm	12-14 yrs

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## FILM MAKERS      9-11 YRS AND 12-14 YRS

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Write and produce your own video. Bring your creativity and acting skills to this camp. We'll use easy-to-learn video editing software "iMovie®" and Mini DV cameras to make this movie. Take home a DVD of your film to amaze and entertain your friends and family. Of course, not all time is spent on the computer. You'll spend half the time pursuing active fun in our recreational facilities, so bring a swimsuit and footwear.

### **Fee: \$300.00 (Add \$37.50 + GST for lunch) – 5 day camp**

FM1-1	Mon-Fri	July 8-12	8:30 am-4:00 pm	9-11 yrs
FM2-1	Mon-Fri	July 8-12	8:30 am-4:00 pm	12-14 yrs





# EXPLORING SCIENCE CAMPS

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## FUN WITH PHYSICS WITT CAMP FOR GIRLS

11-14 YRS

Sponsored by NAIT Women in Technology and Trades (WITT), girls will explore the exciting world of science, engineering and technology. Mornings will be spent in a physics lab participating in awesome science experiments while gaining skills such as electronic component placement and soldering. Participants will create take home items such as 3D photos, a CD rubber band car, a Cartesian rescue diver and other cool inventions. Afternoons will involve rock climbing and a variety of active sports.

**Fee: \$150.00 (includes lunch and snack) - 3 day camp**

GS1-1      Mon-Wed      July 8-10      8:30 am-4:00 pm

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## ALTERNATIVE ENERGY CAMP

12-16 YRS

Alternative energy is a hot topic these days and there's no better way to learn about it than to explore it first hand. Participants in this five-day camp are introduced to the fundamentals of clean, renewable energy production. Mornings will be spent building take-home wind and solar power projects while engaging in fun, interactive challenges that illustrate real-world concepts and design. A guided tour of NAIT's leading-edge Alternative Energy Technology facilities is included. Afternoons will involve rock climbing and a variety of sports.

**Fee: \$250.00 (includes lunch and snack) - 5 day camp**

GS2-1      Mon-Fri      July 15-19      8:30 am-4:00 pm

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## ROBOTICS CAMP - NEW!

12-16 YRS

Robots have always sparked our imagination from classic R2D2 and C3PO to the fearless Terminator and battling Autobots. Here's a chance to get up close and personal with your own sumo robot. The five-day Robotics camp is designed to inspire creativity and fun through electronics, mechanics, basic computer-programming and problem solving. Participants will spend their mornings building and programming a take-home sumo robot, then challenging other robots head-to-head in a sumo robot ring. Afternoons will involve rock climbing and a variety of active sports.

**Fee: \$250.00 (includes lunch and snack) - 5 day camp**

GS3-1      Mon-Fri      July 22-26      8:30 am-4:00 pm



**NSERC  
CRSNG**



# SPORTS CAMPS



## OOKS SUMMER BADMINTON CAMP

10-17 YRS

Have fun while improving your badminton skills at this action packed camp. Under the direction of highly qualified NCCP certified instructors, including coaches and players of the nationally ranked NAIT Ooks badminton team, you will enjoy badminton technical training, match play analysis, and numerous related recreational activities.

### Equipment Required

Badminton attire, court shoes and racquet. A limited number of racquets will be available for those that do not own one. Nylon shuttles will be provided. Please ensure that your shoes are non-marking.

**Fee: \$200.00 (Add \$37.50 + GST for lunch) - 5 day camp**

BAD1-1

Mon-Fri

July 22-26

9:00 am-4:00 pm





## VOLLEYBALL CAMPS

### ATOMIC VOLLEYBALL CAMP

**8-12 YRS**

The Atomic Volleyball program is a comprehensive program for youth with adapted rules (smaller court, lower net, fewer players per side, softer volleyballs).

Atomic Volleyball stresses fun, fair play, and participation by increasing the number of ball contacts per player, creating longer and more successful rallies, and by developing proper skill delivery.

Atomic participants will learn the basics of volleyball: forearm and overhead passing, hitting, serving, basic team movement, and sportsmanship.

**Fee: \$185.00 (Add \$30.00 + GST for lunch) - 4 day camp**

AVB1-1      Tue-Fri      Aug 6-9      9:00 am-4:00 pm

### VOLLEYBALL CAMPS

**11-15 AND 14-17 YRS**

Jump up! This camp will focus on taking the next step in improving your volleyball skills of pass, set, hit, block and serve. Each day will also allow the opportunity to put your own skills into competitive game situations. Get ready to take it higher and play harder!

**Fee: \$185.00 (Add \$30.00 + GST for lunch) - 4 day camp**

VB1A-1      Mon-Thu      Aug 12-15      9:00 am-4:00 pm      11-15 yrs

Prep up! These camps are a great way to get ready for your upcoming volleyball season. Our focus here is getting athletes in shape, developing fundamental skills and repeating skills to reach a competitive level of play. Get a jump on other players and be ahead of the game come September.

**Fee: \$185.00 (Add \$30.00 + GST for lunch) - 4 day camp**

VB2A-1      Mon-Thu      Aug 19-22      9:00 am-4:00 pm      14-17 yrs

**Fee: \$135.00 + GST - 4 day camp**

VB3A-1      Mon-Thu      Aug 19-22      6:00 pm-9:00 pm      14-17 yrs

NAIT Athletics and Recreation gratefully  
acknowledges the generous support of  
Butler Family Foundation to  
NAIT's summer sport and  
recreation camps.

Thank you for helping us keep kids active!





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## HOCKEY CAMPS

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### IMPORTANT INFORMATION FOR PARENTS

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- Upon registration, participants will be sent a waiver/emergency contact form. Please **bring this form** with you to the first day of camp. **Do not** send form prior to camp via fax or email
- Participants will receive a souvenir jersey to wear for the week
- Lunch will be provided daily to Total Hockey Development participants only
- Each participant registered in a hockey camp will receive 2 free NAIT Ooks season tickets
- Full equipment is required for all camps
- Bring off-ice gear (running shoes, t-shirt, shorts, sweats, sweatshirt, bug spray, sunblock lotion if applicable)
- Goaltender registration is free for their 1st camp and \$100 for any camp after that.

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### NAIT HOCKEY COACHES

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Camp instructors include NAIT Men's and Women's Hockey coach: Serge Lajoie, Mike Gabinet and Deanna Iwanicka. Past, current, and upcoming Ooks hockey players will add their skills to daily instruction. These athletes are role models for prospering hockey players and play a fundamental role in development of youth hockey.



# HOCKEY CAMPS

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## PRE NOVICE/BEGINNER CAMPS

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### Skating, Skills, and Games Session

These sessions will combine skating and skills instruction, with fun games to further allow for skill development. Topics will cover the basics of skating: balance, edge control, forward stride, and backwards skating. Skill instruction will also provide an introduction to the fundamentals of hockey puck control, passing, and shooting.

### Off-Ice Session

The focus here is on having fun, being physically active and on movement fundamentals. Participants will be exposed to a variety of movement skills, like running, kicking, throwing, etc.

Instructor to player ratio 5:1

### Aug. 12-16

PRE1

11:15 am-12:15 pm Off-Ice

12:45 pm-1:45 pm Skating, skills, and games

Capacity: 25

**Fee: \$195.00 - 5 day camp**

### Requirement:

Players born in 2006-2008





NAIT Athletics & Recreation  
gratefully acknowledges the kind  
support of the  
Ooks Hockey Alumni Association.



## NOVICE CAMPS

### Skating Sessions

Skating is an essential skill for hockey players; it is the fundamental skill which all other skills are built upon. The skating sessions will be age/ level specific. A few key teaching areas include: edge control, stops, forward stride, and backwards skating.

### Skills/ Games Sessions

The focus of these on-ice sessions are the fundamentals of hockey-shooting, puck control, and passing. In combination with skill development the players will have an opportunity to apply their skills in a game setting, as well as have some fun through games. The week will finish with a scrimmage.

### Off-Ice Sessions

These sessions will include a combination of games and conditioning. Their purpose is to allow players an opportunity to have fun and make some new friends while at camp. The focus is on developing hockey skills. To get the most out of the players on ice, a break is required. During the Thursday off-ice session, players will go to the NAIT pool for swimming.

Instructor to player ratio 1:5

\*It is recommended first year players attend the Pre-Novice/ Beginner camp.

#### Aug. 6-9

##### Total Hockey Development

NOV1-1

11:30 am-12:30 pm	Power Skating
12:45 pm-1:30 pm	Lunch
1:30 pm-3:00 pm	Off-Ice Training
3:00 pm-3:30 pm	Transition & Pre-Ice
3:30 pm -4:45 pm	On-Ice Skills

Capacity: 25

**Fee: \$265.00 - 4 day camp**

**(Lunch included)**

**Requirement:**

Players born in 2005-2006  
(with experience)

#### Aug. 12-16

##### Total Hockey Development

NOV2-1

10:15 am-11:15 am	Power Skating
11:15 am-12:45 pm	Off- Ice Training
12:45 pm-1:30 pm	Lunch
1:30 pm-2:00 pm	Transition & Pre-Ice
2:00 pm-3:15 pm	On-Ice Skills

Capacity: 25

**Fee: \$315.00 - 5 day camp**

**(Lunch included)**

**Requirement:**

Players born in 2005-2006  
(with experience)

#### Aug. 26-30

##### Total Hockey Development

NOV3-1

10:15 am-11:15 am	Power Skating
11:15 am-12:45 pm	Off-Ice Training
12:45 pm-1:30 pm	Lunch
1:30 pm-2:00 pm	Transition & Pre-Ice
2:00 pm-3:15 pm	On-Ice Skills

Capacity: 25

**Fee: \$315.00 - 5 day camp**

**(Lunch included)**

**Requirement:**

Players born in 2005-2006  
(with experience)



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## ATOM CAMPS

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### Skating Sessions

Skating is an essential skill for hockey players; it is the fundamental skill which all other skills are built upon. The skating sessions will be age/ level specific. A few key teaching areas include: edge control, forward stride, backwards skating, crossovers, stop and starts, and pivots.

### Skills/ Games Sessions

The focus of these on-ice sessions are the fundamentals of hockey-shooting, puck control, and passing. In combination with skill development the players will have an opportunity to apply their skills in a game setting, as well as have some fun through games. The week will finish with a scrimmage.

### Off-Ice Sessions

These sessions will include a combination of games and conditioning. Their purpose is to allow players an opportunity to have fun and make some new friends while at camp. The focus is on developing hockey skills. To get the most out of the players on ice, a break is required. During the Thursday off-ice session, players will go to the NAIT pool for swimming.

Instructor to player ratio 1:5

#### Aug. 6-9

##### Total Hockey Development

AT01-1

10:15 am-11:15 am	Power Skating
11:15 am-12:45 pm	Off-Ice Training
12:45 pm-1:30 pm	Lunch
1:30 pm-2:00 pm	Transition & Pre-Ice
2:00 pm-3:15 pm	On-Ice Skills

Capacity: 25

**Fee: \$265.00 - 4 day camp  
(Lunch included)**

##### Requirement:

Players born in 2003-2004

#### Aug. 19-23

##### Total Hockey Development

AT02-1

10:15 am-11:15 am	Power Skating
11:15 am-12:45 pm	Off-Ice Training
12:45 pm-1:30 pm	Lunch
1:30 pm-2:00 pm	Transition & Pre-Ice
2:00 pm-3:15 pm	On-Ice Skills

Capacity: 25

**Fee: \$315.00 - 5 day camp  
(Lunch included)**

##### Requirement:

Players born in 2003-2004



## PEEWEE/CHECKING CAMPS

### Skating Sessions

Skating is an essential skill for hockey players. It is the fundamental skill which all other skills are built upon. Skating sessions will be age/ level specific. Key teaching areas include: forward stride, backwards skating, crossovers, stop and starts, accelerations and pivots.

### Off-Ice Sessions

These sessions include a combination of games and conditioning. They give players an opportunity to have fun and make new friends while at camp. The focus is on developing hockey skills. To get the most out of the players on ice, a break is required. During the Thursday off-ice session, players will go to the NAIT pool for swimming.

### Skills Sessions

The focus of these on-ice sessions are the fundamentals of hockey-shooting, puck control, and passing. In combination with skill development the players will have an opportunity to apply their skills in a drill or competition setting, as well as have some fun through games. The week will finish with a scrimmage.

Instructor to player ratio 1:5

#### Aug. 12-16

##### Total Hockey Development

PWE1-1

11:30 am-12:30 pm	Power Skating
12:45 pm-1:30 pm	Lunch
1:30 pm-3:00 pm	Off-Ice Training
3:00 pm-3:30 pm	Transition & Pre-Ice
3:30 pm-4:45 pm	On-Ice Skills

Capacity: 25

**Fee: \$315.00 - 5 day camp  
(Lunch included)**

##### **Requirement:**

Players born in 2000-2002

#### Aug. 19-23

##### Total Hockey Development (Checking)

PWE2-1

11:30 am-12:30 pm	Power Skating
12:45 pm-1:30 pm	Lunch
1:30 pm-3:00 pm	Off-Ice Training
3:00 pm-3:30 pm	Transition & Pre-Ice
3:30 pm-4:45 pm	Checking Skills

Capacity: 25

**Fee: \$315.00 - 5 day camp  
(Lunch included)**

##### **Requirement:**

Players born in 2000-2002







# SPECIALTY CAMPS

## ADVANCED TACTICS

Our Advanced Tactics camps are designed for forwards and defencemen playing at the Atom to Bantam A level or higher, looking for position-specific instruction and development. Instruction will be based on concepts and principles of strong offensive and defensive tactics such as:

- Offensive and defensive support in all 3 zones
- Positional play in all 3 zones
- Direct attack/ defending the rush
- Transitioning
- Play away from the puck/ play with the puck
- Angling, containing and eliminating.

Other topics may be covered.

Instructor to player ratio 1:5

### Aug. 12-16

#### SPE1-1 (Forward)

8:30 am-10:00 am On-Ice Skill

10:00 am-11:00 am Off-Ice Training

#### SPE1-2 (Defencemen)

8:30 am -10:00 am On-Ice Skill

10:00 am-11:00 am Off-Ice Training

Capacity: 15 Forward

Capacity: 10 Defencemen

### Fee: \$295.00 - 5 day camp

#### Requirement:

Players born in 2002 - 2003





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## 3-ON-3

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3-on-3 hockey offers a unique style of play that is competitive and fast-paced. It provides a challenging environment in which players can enjoy the game and further develop their skills. 3-on-3 hockey offers a wonderful opportunity for young players to focus on game concept development in:

- Quick decisions and reaction
- Offensive strategies
- Team play
- Transition: offense to defense and defense to offense
- Enjoyment of the game of hockey.

These camps are intended to be very instructional. We will start each session with drills, followed by full ice 3-on-3.  
Instructor to player ratio 1:8

### Aug. 19-23

SPE1-1  
8:45am -10:00am  
Capacity: 25

**Fee: \$175.00 - 5 day camp**  
**Requirement:**

Players born in 2001 - 2002

### Aug. 19-23

SPE2-1  
12:45pm-1:45pm  
Capacity: 25

**Fee: \$145.00 - 5 day camp**  
**Requirement:**

Players born in 2003 - 2004

