

# UBC RECREATION CAMPS

## POPULAR PAIRINGS Summer 2017

### Tennis: Junior Development

Learn the fundamentals of tennis in an environment for beginners, seasonal players, competitive players, and those aspiring to play in tournaments. Children will learn the technical skills of the strokes in the game, as well as learn the scoring system and how to play matches. This is the perfect camp for children to learn the basics of the game and build their confidence. All campers will be allocated to different camp groups based on age and skill to ensure the level and ability is appropriate for each camper. Participants are asked to bring their own tennis racquet.

Program Area	Tennis
Camp Name	Junior Development Camp
Week	Ages 5-18
Jul 4 - Jul 7	19904
Jul 10 - Jul 14	19905
Jul 17 - Jul 21	19906
Jul 24 - Jul 28	19907
July 31 - Aug 4	19908
Aug 8 - Aug 11	19909
Aug 14 - Aug 18	19910
Aug 21 - Aug 25	19911
Aug 28 - Sep 1	19912

LUNCH SUPERVISION	
Week	Ages 5-16
Jul 4 - Jul 7	19508
Jul 10 - Jul 14	19509
Jul 17 - Jul 21	19510
Jul 24 - Jul 28	19511
July 31 - Aug 4	19512
Aug 8 - Aug 11	19513
Aug 14 - Aug 18	19514
Aug 21 - Aug 25	19515
Aug 28 - Sep 1	19516

### **Strength & Conditioning: Performance**

Our Strength & Conditioning Performance Camp is managed by Thunderbirds head coach Joe McCullum. This camp helps young athletes gain an understanding of what it is like to be a Varsity athlete. Each day will consist of two 90 minute sessions: one in the weight room and the other focusing on physical literacy. Participants will utilize cutting edge sport science tools, and will receive individual testing utilizing force plates, jump mats, and traditional strength and power assessment tools. Participants will also receive a sample training program to help aid them in increasing their strength, power and speed.

<b>Program Area</b>	<b>Strength and Conditioning</b>	
<b>Camp Name</b>	Strength, Power, Speed Performance Camp	Soccer Specific Strength, Power, Speed Performance Camp
<b>Week</b>	Ages 13-18	Ages 9-18
<b>Jul 4 - Jul 7</b>	19554	
<b>Jul 10 - Jul 14</b>	19555	
<b>Jul 17 - Jul 21</b>		19560
<b>Jul 24 - Jul 28</b>	19557	
<b>July 31 - Aug 4</b>	19558	
<b>Aug 8 - Aug 11</b>	19559	
<b>Aug 14 - Aug 18</b>	19556	
<b>Aug 21 - Aug 25</b>		19561
<b>Aug 28 - Sep 1</b>		