

# UBC RECREATION CAMPS

## POPULAR PAIRINGS Summer 2017

### Kickstart

Whether a player has a years of recreational soccer experience, or is just starting out, our Kickstart program provides the opportunity for campers to challenge themselves and improve their soccer skills and abilities. Players will be divided into groups based on age and experience. They will participate in skill building drills and small sided games that are designed to expand each player's technique and tactical awareness. Skills covered include: attacking, defending, dribbling, passing, shooting, controlling the ball out of the air, and shielding. A portion of each session will also be devoted to increasing each player's speed, agility, balance and strength. Players should have some team experience.

Program Area	Soccer		
Camp Name	Mini World Cup	Kickstart	Kickstart Advanced
Week	Ages 4-7	Ages 8-12	Ages 8-14
Jul 4 - Jul 7	19446		
Jul 10 - Jul 14	19448	19461	19474
Jul 17 - Jul 21	19449		
Jul 24 - Jul 28	19451	19464	19477
July 31 - Aug 4	19452	19465	19478
Aug 8 - Aug 11	19453		
Aug 14 - Aug 18	19455	19468	19481
Aug 21 - Aug 25	19456	19469	19482
Aug 28 - Sep 1	19457	19470	19483

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

**Biking: Program C**

For more advanced riders who have at least 40 hours of riding experience and would like to increase their knowledge of road and trail riding. Trail etiquette and specific skills, including how to maneuver on steep hills, tight turns and riding in situations with less than ideal conditions (ex. gravel and loose dirt on the trails) will all be covered. All trail rides will be on Pacific Spirit Regional Park Bike Trails with trips to Spanish Banks. Correct hand signaling and gear adjustments will also be covered. Note: a well-maintained bike and helmet are mandatory equipment for this camp.

<b>Program Area</b>	<b>Biking</b>			
<b>Camp Name</b>	Program A	Program B	Program C	Program D
<b>Week</b>	Ages 5-7	Ages 6-9	Ages 7-10	Ages 9-13
<b>Jul 4 - Jul 7</b>				19327
<b>Jul 10 - Jul 14</b>		19317		
<b>Jul 17 - Jul 21</b>	19311			
<b>Jul 24 - Jul 28</b>			19324	
<b>July 31 - Aug 4</b>	19314			
<b>Aug 8 - Aug 11</b>			19325	
<b>Aug 14 - Aug 18</b>		19321		
<b>Aug 21 - Aug 25</b>				19330
<b>Aug 28 - Sep 1</b>	19315			