

# UBC RECREATION CAMPS

## POPULAR PAIRINGS Summer 2017

### Strength & Conditioning: Foundations

Our Strength & Conditioning Foundations Camp is managed by Thunderbirds head coach Joe McCullum. This camp assists young athletes in developing the tools necessary for sport and overall health and wellbeing. Each day will consist of two 90 minute sessions: one in the weight room and the other focusing on physical literacy. Participants will learn bodyweight strength exercises, and recovery protocols by practicing flexibility, mobility, and stability. Participants will also walk away with resources to continue their training after camp ends.

Program Area	Strength and Conditioning
Camp Name	Strength, Power, Speed Foundations Camp
Week	Ages 9-12
Jul 4 - Jul 7	19546
Jul 10 - Jul 14	19547
Jul 17 - Jul 21	19548
Jul 24 - Jul 28	19549
July 31 - Aug 4	19550
Aug 8 - Aug 11	19551
Aug 14 - Aug 18	19552
Aug 21 - Aug 25	
Aug 28 - Sep 1	

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

### **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 racket.

<b>Program Area</b>	<b>Tennis</b>
<b>Camp Name</b>	Junior Development Camp
<b>Week</b>	Ages 5-18
<b>Jul 4 - Jul 7</b>	19894
<b>Jul 10 - Jul 14</b>	19895
<b>Jul 17 - Jul 21</b>	19896
<b>Jul 24 - Jul 28</b>	19897
<b>July 31 - Aug 4</b>	19898
<b>Aug 8 - Aug 11</b>	19899
<b>Aug 14 - Aug 18</b>	19900
<b>Aug 21 - Aug 25</b>	19901
<b>Aug 28 - Sep 1</b>	19902