



**2009
RECREATION AND
SPORT CAMPS**



Online registration now available at
www.nait.ca/recreation or call 780.471.7713



IMPORTANT INFORMATION

DROP-OFF AND PICK-UP

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, Basketball, Golf) go to the south end of the gymnasium doors.
- For soccer camps, please report to the field.
- For recreation camps, please report to the lobby of the Activities Centre (through sliding doors).
- For hockey camp, please report to the arena.

Early Drop Off

7:30-8:30 am

After Camp Pick Up

4:00-5:00 pm

(Supervision is provided during these times with the exception of Hockey Camp and some sport camps participants)

BE PREPARED FOR ACTIVITIES

All students must be prepared for all activities on the first day. **Bathing suit and towel required.** For programs that involve being outdoors, participants require their own sun screen, water bottle, hat and insect repellent.

LUNCH

If your child is not participating in our lunch program they are required to bring a bag lunch. Supervision is provided during lunch breaks. Lunch will be eaten in the NATRIUM.

Lunch menu # 1

Served on these dates
July 6-10, July 20-24, Aug 4-7, 17-21

Monday:	Fruit Juice Assorted Sandwiches Carrot/Cucumber/Cherry Tomato & Dip Rice Krispie Treat
Tuesday:	Milk - 2% or Chocolate Sweet & Sour Chicken Balls over Rice Grapes Pudding Cups
Wednesday:	Strawberry Yogurt Drink Assorted Pita Pockets Individual Package of Cookies Apple or Banana
Thursday:	Milk - 2% or Chocolate Beef and Cheese Burritos Stirred Yogurt Cup Individual Bag of Nacho Chips
Friday:	Cans of Pop (no Coke) Assorted Pizza Frozen Ice Cream Treat

Lunch menu # 2

Served on these dates
July 13-17, July 27-31, Aug 10-14

Monday:	Fruit Juice Assorted Sandwiches Carrot/Cucumber/Cherry Tomato & Dip Rice Krispie Treat
Tuesday:	Milk - 2% or Chocolate Cheesy Pasta Bake Grapes Pudding Cups
Wednesday:	Strawberry Yogurt Drink Assorted Pita Pockets Individual Package of Cookies Apple or Banana
Thursday:	Milk - 2% or Chocolate Chicken Dino Buddies & Home Fries Carrot/Cucumber/Cherry Tomato & Dip Individual Package of Cookies
Friday:	Cans of Pop (no Coke) Assorted Pizza Frozen Ice Cream Treat

* Subject to change

CANCELLATION POLICY

All cancellation requests must be received in writing 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 or program.
- Illness or injury: prior to camp, any requests will be refunded in full less 25% administrative fee.
- **NO SHOW, NO REFUND**

TO REGISTER

ONLINE:

www.nait.ca/recreation

By Mail

NAIT Department of Athletics and Recreation
11762 - 106 Street
Edmonton, Alberta T5G 2R1

In Person

NAIT, Room E-134
11762 - 106 Street
Edmonton, AB
By Phone: 780.471.7713



RECREATION CAMPS

G-FORCE

12-14 YRS

Be inspired to be fearless! In this five-day camp each girl's current perception of herself and what it means to be a female will be challenged. You will have an opportunity to participate in activities that will improve confidence, body image and inner strength while also 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: \$ 175.00 (Add \$35.00 for lunch)

FF1 Mon-Fri July 13-17 8:30-4:00 pm 12-14 yrs

TRI TRIATHLON

10-12 YRS

Join us for five days to explore Canada's fastest growing sport with our certified personal trainer. Each participant will receive instruction with certified leaders on basic swimming, cycling, running, nutrition, hydration, equipment, transitions, and preparing for a race. On the last day of the camp, you will be able to showcase your skill and strength in our Fun Triathlon Challenge. Each day, participants will receive nutritional information with a healthy snack for morning and afternoon.

Fee: \$175.00 (Add \$35.00 for lunch)

TRT1 Mon-Fri July 20-24 8:30-4:00 pm 10-12 yrs

LEADERSHIP

12-15 YRS

This five-day camp will focus on leadership and team building, while building confidence and providing a whole lot of fun. This camp will be a great addition to a resume! Participants will receive a letter of reference and certificate of achievement.

Fee: \$100.00 (Add \$35.00 for lunch)

LE1 Mon-Fri July 6-10 8:30-4:00 pm 12-15 yrs

MULTI - SPORT CAMPS

MULTI-SPORT CAMPS

9-13 YRS

Come join us in a fun-filled environment as we explore different types of sporting/game activities. Kids will get a chance to play 3 on 3 basketball, volleyball, badminton, football, and soccer just to name a few of the activities planned for the week.

Fee: \$125.00 (Add \$35.00 for lunch) - 5 day camp

MS1 Mon-Fri July 6-10 8:30-4:00 pm

MS2 Mon-Fri July 13-17 8:30-4:00 pm

Fee: \$100.00 (Add \$28.00 for lunch) - 4 day camp

MS3 Tues-Fri Aug 4-7 8:30-4:00 pm

EXPLORING SCIENCE CAMPS

GET SET CAMPS (PHYSICS)

10-12, 11-14, 13-16 YRS

The four Get SET Camps provide an introduction to the exciting world of science, engineering and technology in a fun setting. One camp is co-ed for 10-12 year-old boys and girls; three camps are strictly for girls aged 10-12, 11-14 and 13-16. Campers will spend the morning in our physics lab doing awesome science experiments, and might take home items they will be building themselves, including a simple motor, CD mouse car, bridge, or electronic kit. The afternoon will involve rock-climbing or other sports activities.

Fee: \$95.00 (includes lunch and snack)

GS1 Mon-Wed July 6-8 10-12 yrs (boys and girls)

GS2 Mon-Wed July 13-15 10-12 yrs (girls only)

GS3 Mon-Wed July 20-22 11-14 yrs (girls only)

GS4 Mon-Wed July 27-29 13-16 yrs (girls only)





GET INTO DIGITAL MEDIA

PHOTOSHOP CAMP

9-12, 13-16 YRS

Have fun manipulating pictures and painting digital pictures. Adobe Photoshop can be used to make good pictures better and great pictures funny. Change someone's hair, stretch their faces, switch heads with your pet. The possibilities for fun are endless. 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: \$225.00 (Add \$28.00 for lunch)

PC3	Tues-Fri	Aug 4-7	8:30-4:00 pm	9-12 yrs
PC4	Tues-Fri	Aug 4-7	8:30-4:00 pm	13-16 yrs

MINI WEB DESIGN

9-12, 13-16 YRS

Learn how to build a web page and have fun doing it. This camp will explore creating simple web pages. Use pictures, video and animations to make your website 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: \$275.00 (Add \$35.00 for lunch)

MWD1	Mon-Fri	July 6-10	8:30-4:00 pm	9-12 yrs
MWD2	Mon-Fri	July 6-10	8:30-4:00 pm	13-16 yrs

VIDEO PRODUCTION CAMP

9-12, 13-16 YRS

Write and produce your own video. Bring your creativity and your acting skills for this camp. We'll use easy-to-learn software and Mini DV cameras to make a movie. Everyone will take home a DVD of the film to amaze and entertain 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: \$275.00 (Add \$35.00 for lunch)

VP1	Mon-Fri	Aug 10-14	8:30-4:00 pm	9-12 yrs
VP2	Mon-Fri	Aug 10-14	8:30-4:00 pm	13-16 yrs

COMPUTER GAME CAMP

12-15 YRS

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: \$275.00 (Add \$35.00 for lunch)

CG1	Mon-Fri	July 27-31	8:30-4:00 pm	12-15 yrs
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DIGITAL PHOTOGRAPHY CAMP

9-12, 13-15 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: parts of the camera, exposure control, lighting techniques, composition, basic photo editing and manipulation, and ways to share your pictures. Limited numbers of cameras will be available in the class. 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: \$275.00 (Add \$35.00 for lunch)

DP1	Mon-Fri	July 20-24	8:30-4:00 pm	9-12 yrs
DP2	Mon-Fri	July 20-24	8:30-4:00 pm	13-15 yrs

MANGA/ANIME DRAWING CLASS

9-12, 13-15 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. This Manga/Anime camp will cover the following topics: drawing tools, body and figure structure, facial expressions, body poses and movement, costumes, effects and shading techniques, and inking and coloring. Campers will be provided a list of drawing supplies that will be needed for the camp in advance. 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: \$275.00 (Add \$35.00 for lunch)

MA1	Mon-Fri	July 13-17	8:30-4:00 pm	9-12 yrs
MA1	Mon-Fri	July 13-17	8:30-4:00 pm	13-15 yrs





MINI CHEFS

MINI BAKERS

10-12, 13-15 YRS

The mini bakers camp will teach young bakers a variety of creative products which can be made at home. We will make a variety of delicious bakery products, such as breads, cookies, muffins and cakes. Of course not all your time is spent in the bakery. 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: \$225.00 (Add \$35.00 for lunch)

MCB1	Mon-Fri	July 6-10	8:30-4:00 pm	10-12 yrs
MCB2	Mon-Fri	July 13-17	8:30-4:00 pm	13-15 yrs

MINI CHEFS

8-10, 11-13 YRS

Our five-day culinary camp teaches the young chef some simple yet creative dishes that can be prepared at home. Hands-on preparation of various 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 your 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: \$225.00 (Add \$35.00 for lunch)

MCF1	Mon-Fri	July 27-31	8:30-4:00 pm	8-10 yrs
MCF2	Mon-Fri	Aug 10-14	8:30-4:00 pm	11-13 yrs

SPORTS CAMPS



OOKS SUMMER BADMINTON CAMP

12-17 YRS

Have fun while improving your badminton skills at this action-packed camp. The full-day camp is designed for athletes aged 12-17 years. Under the direction of highly-qualified NCCP certified instructors, including coaches and players of the nationally ranked # 2 NAIT Ooks Badminton team, you will enjoy badminton technical training, match play analysis, and numerous related recreational activities. Each participant will receive a camp t-shirt and entry into the camp-ending tournament, where prizes will be available.

Equipment Required

Badminton attire, court shoes & racquet. For those without a racquet, one will be supplied. Nylon and feather shuttles will be utilized. Please ensure that your shoes are non-marking.

Fee: \$150.00 (Add \$35.00 for lunch)

BAD1	Mon-Fri	July 20-24	9:00-5:00 pm	12-17 yrs
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GOLF CAMP

10-16 YRS

Enjoy some of Edmonton's finest golf courses as you play 18 holes of golf each day. Courses that have been played in the past have been: Redtail Landing, Jagare Ridge, Stony Plain and Cougar Creek. If you just want to get out and golf then this camp is for you.

Fee: \$275.00

GF1	Mon-Fri	July 27-31	8:30-4:00 pm	10-16 yrs
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VOLLEYBALL

ELITE CAMPS

13-15, 16-18 YRS

These camps will be divided up in order to further a player's understanding and execution of game-specific skills in a competitive situation. Specialization will allow a player to receive maximal coaching in an environment that will force a player to bring their A Game to the gym each and every session. All camp participants will receive a t-shirt and volleyball.

Fee: VB1 - \$125.00

VB2 - \$175.00

VB1	Mon-Thurs	Aug 10-13	6:00-9:00 pm	13-15 yrs
VB2	Fri-Sun	Aug 14-16	6:00-9:00 pm (Fri) 9:00-4:00 pm (Sat-Sun)	16-18 yrs

FUNDAMENTAL COMBINED BASKETBALL/ VOLLEYBALL CAMPS

7-12 YRS

Our FUNdamental Combined Basketball/Volleyball Camps focus on introducing basketball and team activities to athletes just starting out in the games of basketball and/or volleyball. These camps are geared toward student-athletes with a limited amount of basketball/volleyball experience. Our coaches and counselors focus on teaching the necessary fundamental basketball, volleyball and life skills through a variety of highly effective teaching techniques.

Fee: \$200.00 (add \$28.00 for lunch)

VB/BB1	Mon-Thurs	Aug 10-13	9:00-4:00 pm	7-12 yrs
VB/BB2	Mon-Thurs	Aug 17-20	9:00-4:00 pm	7-12 yrs



BASKETBALL CAMPS

PERFORMANCE CAMPS

Our most popular camps are our Performance Basketball Camps. These camps are geared toward student-athletes with at least a moderate amount of basketball experience who possess a desire to significantly improve their game. Our coaches and counselors focus on teaching and refining fundamental basketball and life skills through a variety of highly effective teaching techniques.

Fee: BB1 and BB2 - \$125.00

BB3 and BB4 - \$175.00

BB1 (girls)	Tues-Fri	Aug 4-7	9:00-12:00 pm	13-15 (develop/elite)
BB2 (boys)	Tues-Fri	Aug 4-7	1:00-4:00 pm	13-15 (develop/elite)
BB3 (boys)	Fri-Sun	Aug 7-9	6:00-9:00 pm (Fri) 9:00-4:00 pm (Sat-Sun)	16-18 yrs (elite)
BB4 (girls)	Fri-Sun	Aug 21-23	6:00-9:00 pm (Fri) 9:00-4:00 pm (Sat-Sun)	16-18 yrs (elite)

SOCCER CAMPS

NAIT JR. BOYS SOCCER CAMPS

Following the Canadian Soccer Association's long-term player development plan, the NAIT soccer program will be introducing developmental camps for the U10 and U12 player, plus elite camps for U14s. These camps have been designed by professional coaches whose aim is to further enhance and develop strong technical fundamentals. These camps will offer an opportunity to train under current NAIT players plus current head coaches Jeff Paulus and Sergio Teixeira. U10 and U12 players will experience 10 hours of fundamental technical skills; the U14s will be asked to perform in a variety of game-related activities designed to develop a strong sense of the elements of effective attacking and defending principles. Each participant will receive a camp t-shirt, soccer ball, and refreshments.

Fee: \$150.00

SC1	Mon-Fri	July 6-10	9:00-11:00 am	U10
SC2	Mon-Fri	July 6-10	11:00-1:00 pm	U12
SC3	Mon-Fri	July 6-10	1:00-3:00 pm	U14
SC4	Mon-Fri	July 13-17	9:00-11:00 am	U10
SC5	Mon-Fri	July 13-17	11:00-1:00 pm	U12
SC6	Mon-Fri	July 13-17	1:00-3:00 pm	U14
SC7	Mon-Fri	July 20-24	9:00-11:00 am	U10
SC8	Mon-Fri	July 20-24	11:00-1:00 pm	U12
SC9	Mon-Fri	July 20-24	1:00-3:00 pm	U14
SC10	Mon-Fri	July 27-31	9:00-11:00 am	U10
SC11	Mon-Fri	July 27-31	11:00-1:00 pm	U12
SC12	Mon-Fri	July 27-31	1:00-3:00 pm	U14

REGISTRATION FORM

Participant Name: _____

Parent/Guardian Name: _____

Home Phone: _____ Work Phone: _____

Address: _____

City: _____ Postal Code: _____

Date of Birth: Day _____ Month _____ Year _____

Emergency Contact: _____

Phone: _____ *Email address: _____

*(email address must be included to complete registration).

Name & Code #	Age Group	Program Date	Cost
Lunch program (see brochure for amount) Please add if applicable			
TOTAL			

Method of payment:

Cash Cheque Visa Mastercard Amex

Cardholders Name: _____

Card #: _____ Expires: _____

**For more information visit our website at
www.nait.ca/recreation**

Ph: 780.471.7713

WAIVER FORM FOR SUMMER REC AND SPORT CAMPS

Participation in NAIT's Summer Program (the "Program") involves various sports, games and physical activity which by their very nature, have the potential to cause damage or bodily injury. I hereby consent to the participation by _____ ("the Participant") in the program and I agree to and do hereby indemnify, save harmless and release the Northern Alberta Institute of Technology, it's officers, directors, governors, employees, agents representatives and insurers (collectively referred to as "NAIT") from any and all claims, actions, costs, expenses and demands of whatsoever kind, in respect to loss, damage, bodily injury or death to persons, including the Participant, or to property, which may arise out of or in connection with the Participants participation in the Program, unless such loss is occasioned by or attributable solely to the gross negligence of NAIT. I acknowledge that NAIT hereby reserves the right to request that the Participant withdraw from the Program prior to its termination if, in the sole opinion of the Coordinator or the Instructors, the Participant is not acting in a responsible manner or displaying appropriate conduct, or in the event that the Participant's behavior is deemed to constitute a danger to the health, safety or well being of other participants in the Program. I further confirm that any medical condition or medication requirements of the Participant, of which I am aware, have been disclosed to NAIT herein. Experience has shown that, in connection with Program activities, there are times when illness or accident may occur and immediate surgical or medical attention is necessary. This is my permission for the camp counselors in charge, or designate, to make arrangements for qualified surgical or medical attention for my child/ward in the event of an emergency without necessity of my prior approval. I understand that I will be notified by the quickest means possible if this authority is exercised. I also consent to the transport by the camp counselor in charge, or designate, to a medical facility, if medical treatment is required.

Participant name: _____

Program Codes: _____

Signature of Parent or Legal Guardian: _____

Date: _____

Alberta Health Care # _____

Please indicate any medical condition we should be aware of:
