

UNIVERSITY OF OTTAWA SPORTS SERVICES



uOttawa

SUMMER 2016

www.geegees.ca







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GEE-GEES CAMPS

FUN AND LEARNING IN A SAFE, FRIENDLY SETTING

During the summer months, the University of Ottawa opens its doors to give the youth in our community a chance to learn and explore in the safe, friendly and bilingual setting of the Gee-Gees Summer Camps. These specially designed programs allow children of all ages to take part in a variety of sports, games, activities and recreational swims. The chants, laughter and friendly banter of campers and counselors are now a staple of campus life in the summer months.



REGISTRATION

REGISTER ONLINE FOR
ACTIVITIES, CAMPS
AND INTRAMURALS



GEE-GEE REG

Camps begin at 9:00 a.m. and run until 4:00 p.m. unless stated otherwise.

The registration period for Camps begins January 1, 2016.

Registration forms may be submitted by fax or mail. Registration in person begins on May 1, 2016 at Montpetit Hall, 125 University Street, room 102.

Register online!

Registration is on a first-come, first served basis.



WHAT DO YOU GET WITH A GEE-GEES CAMP?

In addition to an unforgettable camp experience, all Gee-Gees camps include, unless otherwise noted:

- **Daily lunches**
- **A Gee-Gees camp t-shirt**

We also offer free childcare to accommodate the work schedules of parents and guardians. Childcare services operate out of two locations: Montpetit Hall and Minto Sports Complex. Check your confirmation package for specifics. Participants can be dropped off as early as 7:30 a.m. and picked up as late as 5:15 p.m.

* Please note that HST applies to all camp prices for children over the age of 14. HST will be added to the listed price of the camp where applicable.

CONTACT INFORMATION

Gee-Gees Camps

Ph: 613-562-5800 ext. 4477

Fax: 613-562-5151

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Administration

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Rugby

Jennifer Boyd

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Soccer

Steve Johnson

sjohnson442@yahoo.ca

Swimming

Dave Heinbuch

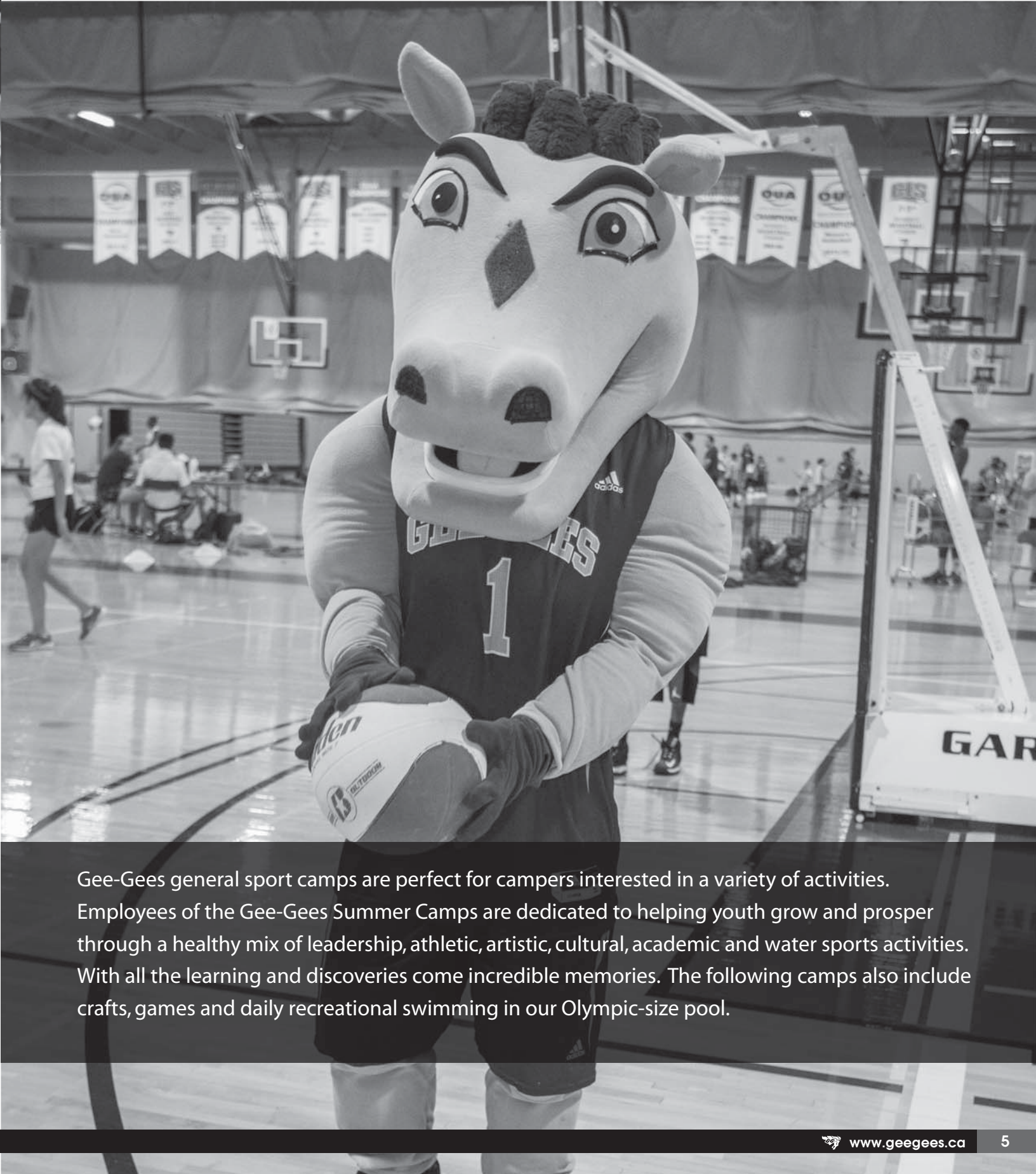
dheinbuc@uottawa.ca

Volleyball

Lionel Woods

lwoods@uottawa.ca

GENERAL SPORT CAMPS



Gee-Gees general sport camps are perfect for campers interested in a variety of activities. Employees of the Gee-Gees Summer Camps are dedicated to helping youth grow and prosper through a healthy mix of leadership, athletic, artistic, cultural, academic and water sports activities. With all the learning and discoveries come incredible memories. The following camps also include crafts, games and daily recreational swimming in our Olympic-size pool.



CHEERLEADING

Ages: 6 to 14

Camp Hours: 9:00 a.m. to 4:00 p.m.

GO GEE-GEES GO! Join our cheerleading camp for a week of pom-poms, laughter and cheer. Our experienced instructors teach campers basic cheerleading stunts, motions and jumps, along with exciting and engaging cheers to create fun-filled and entertaining routines. Come celebrate and spread the Gee-Gees pride! Campers will get to showcase their talent at the Friday show.

Date	Code	Cost
Ages: 6 to 9		
Jul 4 to Jul 8	7429	\$245
Jul 18 to Jul 22	7430	\$245
Aug 15 to Aug 19	7431	\$245

Date	Code	Cost
Ages: 10 to 14		
Jun 27 to Jun 30*	7432	\$200
Jul 11 to Jul 15	7433	\$245
Jul 25 to Jul 29	7434	\$245
Aug 8 to Aug 12	7435	\$245

Food Services: Daily lunches are provided and are included in the cost of the camp.

* Closed on Canada Day –Friday July 1st 2016.

CREATIVE DANCE

Ages: 6 to 9

Camp Hours: 9:00 a.m. to 4:00 p.m.

Our creative dance camp gives campers a chance to shine! Participants will learn a variety of skills from dance categories such as jazz and Broadway style. All participants will work on improving their coordination, balance and agility as they learn choreographed routines and make new friends in a fun and exciting atmosphere. The camp involves cooperative games, arts and crafts, outdoor activities, guest presentations and/or a field trip every week. At the end of the week, it's truly the campers' time to shine as they show off their routine to parents and friends at the Gee-Gees dance show.

Date	Code	Cost
Jun 27 to Jun 30*	7438	\$200
Jul 11 to Jul 15	7439	\$245
Jul 25 to Jul 29	7440	\$245
Aug 8 to Aug 12	7441	\$245

Food Services: Daily lunches are provided and are included in the cost of the camp.

* Closed on Canada Day –Friday July 1st 2016.



POPULAR DANCE

Ages: 10 to 14

Camp Hours: 9:00 a.m. to 4:00 p.m.

Do you ever feel inspired by music, so much that you just have to dance? Do you want to learn the dance moves from all your favourite music videos? This is the camp for you! Campers will be taught how to blend different dance styles and favourite songs into choreographed routines. From hip-hop, to Broadway and jazz, this camp offers many different styles of dance from week to week. In the process, participants will sharpen their balance, agility and body control in our dance studios. Campers will showcase what they have learned to parents and friends in the Gee-Gees show every Friday.

Date	Code	Cost
Hip-hop and Jazz		
Jul 4 to Jul 8	7488	\$245
Hip-hop and Contemporary		
Jul 18 to Jul 22	7489	\$245
Hip-hop and Acro		
Aug 2 to Aug 5*	7490	\$200
Hip-hop and Broadway		
Aug 15 to Aug 19	7491	\$245

Food Services: Daily lunches are provided and are included in the cost of the camp.

* Closed on Ontario Civic Holiday – Monday August 1st 2016.

JUNIOR GEE-GEES WITH INTRODUCTION TO SPORTS

Ages: 6 to 9
Camp Hours: 9:00 a.m. to 4:00 p.m

Junior Gee-Gees with Introduction to Sports is ideal for the high energy sports lover who is looking for fun. In this camp, participants will be introduced to different sports in a safe and exciting environment. Our staff are ready to give participants a memorable week where they learn the fundamentals of sports. The emphasis is on fun while developing confidence in the skills of teamwork and sportsmanship. Come play for the garnet and grey!

Date	Code	Cost
Jun 20 to Jun 24*	7468	\$245
Jun 27 to Jun 30**	7469	\$200
Jul 4 to Jul 8	7470	\$245
Jul 11 to Jul 15	7471	\$245
Jul 18 to Jul 22	7472	\$245
Jul 25 to Jul 29	7473	\$245
Aug 2 to Aug 5***	7474	\$200
Aug 8 to Aug 12	7475	\$245
Aug 15 to Aug 19	7476	\$245

Food Services: Daily lunches are provided and are included in the cost of the camp.

* Daily registrations are accepted for this week of camp. For more information, please contact the Gee-Gees Camps administration.

** Closed on Canada Day –Friday July 1st 2016.

*** Closed on Ontario Civic Holiday – Monday August 1st 2016.



LEADERS IN TRAINING

Ages: 14 to 17
Camp Hours: 9:00 a.m. to 4:00 p.m.

Thinking of becoming a camp counselor? Want to be more involved in your high school or community? This intense four-week camp is specifically designed for those who enjoy taking charge and leading group activities. The first and third weeks consist of specialized workshops on leadership styles, communication skills, program planning, volunteering, safety procedures, résumé writing, and more. Participants learn skills and master techniques needed by all effective camp counselors and leaders. Participants also get a chance to complete CPR and first-aid certification in a 16-hour course taught by a qualified instructor.

During the second and fourth weeks, participants apply their knowledge in week-long placements in one of our Gee-Gees camps and gain hands-on experience organizing games, activities and sports for younger campers.

Participants get paired with a different head counselor for each placement, and they receive continual written and oral feedback throughout the four weeks of the training. Once participants complete both the theory and placement weeks, they receive the Leaders in Training certification. This camp is offered in English only.

Date	Code	Cost
Jun 27 to Jul 22*	7477	\$800***
Jul 25 to Aug 19**	7478	\$800***

Food Services: Daily lunches are provided and are included in the cost of the camp.

* Closed on Canada Day –Friday July 1st 2016.

** Closed on Ontario Civic Holiday – Monday August 1st 2016.

*** HST is applicable to age groups 14 years old and older; HST will be added to the price of the camp.





SWIMMERS

Ages: 6 to 14

Camp Hours: 8:45 a.m. to 4:00 p.m.

Take to the pool with our enthusiastic and certified swimming instructors. Swimming camps all include sessions from the Lifesaving Society's "Swim for Life Program". These daily one-hour sessions include entries and exits, surface support, underwater skills, survival skills, movement skills and Water Smarts® education. These essential skills will teach swimmers how to stay safe in and around water. The camp also includes many exciting activities including arts and crafts, games, a Water Fest and free swims. Participants of this camp will learn essential swimming skills while having fun and making friends.

All participants receive a progress report indicating their strengths and areas of improvement for their respective level.

Date	Code	Cost
Jun 20 to Jun 24*	7500	\$245
Jun 27 to Jun 30**	7501	\$200
Jul 4 to Jul 8	7502	\$245
Jul 11 to Jul 15	7503	\$245
Jul 18 to Jul 22	7504	\$245
Jul 25 to Jul 29	7505	\$245
Aug 2 to Aug 5***	7506	\$200
Aug 8 to Aug 12	7507	\$245
Aug 15 to Aug 19	7508	\$245

Food Services: Daily lunches are provided and are included in the cost of the camp.

* Closed on Canada Day –Friday July 1st 2016.

** Closed on Ontario Civic Holiday – Monday August 1st 2016.

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The following is a conversion chart to help you choose the appropriate Swimmers level:

Swimmers	Swim Kids Equivalent	AquaQuest Equivalent
Swimmer 1	Level 1	AquaQuest 1
Swimmer 2	Level 1	AquaQuest 2
Swimmer 3	Level 2	AquaQuest 3
Swimmer 3	Level 3	AquaQuest 4
Swimmer 4	Level 4	AquaQuest 5
Swimmer 4	Level 5	AquaQuest 6
Swimmer 5	Level 6	AquaQuest 7
Swimmer 6	Level 7	AquaQuest 8



SPECIALIZED SPORT CAMPS



Gee-Gees specialized camps are perfect for anyone interested in a more intense and competitive camp atmosphere. Our specialized camps are run by members of the University of Ottawa's varsity teams who will help participants acquire new skills and enhance their knowledge of the game. Through age and skill specific group instruction, campers will be provided with continuous evaluation.

Note: All camps run rain or shine.



FOOTBALL

Ages: 8 to 16

Camp Hours: 9:00 a.m. to 4:00 p.m.

The goal of our coaches, players and guest instructors at the University of Ottawa's football camp is for participants to reach their full potential as football players. Evaluation and feedback will give campers a clear picture of their fundamental skills by position, including expert commentary on strengths and weaknesses which will allow them to improve their overall performance on the field.

The Gee-Gees football camp also provides an opportunity for participants to measure themselves against other players from around the region. With two-a-day training sessions, participants are fully immersed in a football environment. Between sessions, campers will also have the opportunity to go to the swimming pool.

Participants are required to provide their own equipment, as this is not provided by the camp. Equipment is mandatory. T-shirts, shorts, a bathing suit, running shoes and cleats are also needed. Campers will be provided with a jersey, and will receive two tickets to a Gee-Gees regular season home game.

This camp will fill up quickly so register early to avoid disappointment!

Date	Code	Cost
Ages 8 to 13		
Jul 11 to Jul 15	7450	\$310
Ages 14 to 16*		
Jul 11 to Jul 15	7449	\$310

Food Services: Daily lunches are provided and are included in the cost of the camp.

* HST is applicable to age groups 14 years old and older; HST will be added to the cost of the camp.



GEE-GEES BOYS AND GIRLS BASKETBALL

Ages: 8 to 16

Camp Hours: 9:00 a.m. to 4:00 p.m.

Under the direction of Gee-Gees men's and women's head basketball coaches, this week-long camp will provide a great opportunity for young players to learn the game of basketball and the skills that are required to be a successful individual and team player. We are committed to developing the camper's self-confidence, teamwork skills, fair play, sportsmanship, and positive attitude toward physical activity. Our mission is also to provide them with an enjoyable basketball experience through small-group instructions and organized games, led by qualified and experienced instructors and members of the uOttawa men's and women's basketball teams.

We're a slam-dunk above the rest!

- We handle every session with the same energy and intensity as we would our own practices.
- We offer the best individual instruction, from top players in the country.
- Participants receive small-group instruction according to their age and skill level in a bilingual environment.

Date	Code	Cost
Ages 8 to 13		
Jun 27 to Jun 30**	7425	\$210
Jul 4 to Jul 8	7426	\$260
Jul 11 to Jul 15	7427	\$260
Jul 25 to Jul 29	7428	\$260
Ages 14 to 16*		
Jun 27 to Jun 30**	7421	\$210
Jul 4 to Jul 8	7422	\$260
Jul 11 to Jul 15	7423	\$260
Jul 25 to Jul 29	7424	\$260

Food Services: Daily lunches are provided and are included in the cost of the camp.

* HST is applicable to age groups 14 years old and older; HST will be added to the cost of the camp.

** Closed on Canada Day –Friday July 1st 2016.

FENCING

Ages: 10 to 14

Camp Hours: 9:00 a.m. to 4:00 p.m.

On guard! This camp is a great opportunity to learn basic and intermediate fencing strategies and techniques with a foil sword. Participants also get acquainted with the general rules of the sport, its equipment and its judging. At the end of the week, they invade our fencing gymnasium and get to apply their new skills during group fencing games and in a tournament. Friends and family are invited to attend. The University of Ottawa fencing club provides all necessary protective equipment. Experienced fencers and a coach from the University of Ottawa fencing club provide all of the instruction at this camp.

Date	Code	Cost
Jun 27 to Jun 30*	7442	\$210
Jul 4 to Jul 8	7443	\$260
Jul 11 to Jul 15	7444	\$260
Jul 18 to Jul 22	7445	\$260
Jul 25 to Jul 29	7446	\$260
Aug 2 to Aug 5**	7447	\$210
Aug 8 to Aug 12	7448	\$260

Food Services: Daily lunches are provided and are included in the cost of the camp.

* Closed on Canada Day –Friday July 1st 2016.

** Closed on Ontario Civic Holiday – Monday August 1st 2016.



COMPETITIVE SWIMMING - INTRODUCTION

Ages: 6 to 12

Camp Hours: 8:45 a.m. to 4:00 p.m.

This camp is designed for those who are either in lessons or pre-competitive groups within swim clubs to introduce them to a more competitive swimming environment and continue to develop their skills. In this camp we focus on stroke development and introduction of more advanced skills such as flip turns and racing dives. This camp is fun, interactive and highly engaging with a lot of focus on games, general fitness, motor abilities and flexibility. The goal is an introduction to the world competitive sport, in particular swimming, in a safe engaging way with our exceptional staff and while incorporating a full day camp experience.

Special Features:

Video analysis on deck • High level coach guests • Cap and water bottle included

Food Services: Daily lunches are provided and are included in the cost of the camp.



Age 6 to 12

Date	Code	Cost
Aug 8 to Aug 12	7436	\$300
Aug 15 to Aug 19	7437	\$300

COMPETITIVE SWIMMING - SKILL DEVELOPMENT

Ages: 7 to 13

Camp Hours: 8:45 a.m. to 4:00 p.m.

This camp is for a more advanced level of swimmer who already has some experience in the sport, or an individual who has a strong base skill level and can participate at this level. The focus here is on continued skill and stroke development, as well as a continued building of all round athletes. To this end there is a strong focus on fitness, body awareness, flexibility, as well as the continued development of strokes and swimming skills. In this camp we will introduce and work on more advanced skills such as IM turns, starts, relay takeovers, and racing. This will all happen under the watchful eye of our skilled counselors and guest coaches still in a full day camp experience.

Special Features:

Video analysis on deck • High level coach guests • Cap and water bottle included

Food Services: Daily lunches are provided and are included in the cost of the camp.



Age 7 to 13

Date	Code	Cost
Aug 8 to Aug 12	7519	\$300
Aug 15 to Aug 19	7520	\$300

GEE-GEES BOYS HOCKEY SKILLS CAMP

Age: 7 to 14

Camp Hours: 8:00 a.m. to 4:00 p.m.

The ultimate goal of the Gee-Gees hockey camp is to provide participants with an enjoyable and memorable hockey experience through high quality instruction. Gee-Gees boys' hockey camp is for hockey players, ages 7 to 14 years, who want to develop their "hockey sense" and improve their technical skills. Led by uOttawa Gee-Gees players and coaches, the hockey camp is strongly influenced by Coach Patrick Grandmaitre experience. The coach has played in the QMJHL, the University level and in Europe, but has also taught at the high school level for 6 years. These experiences and knowledge will help create a unique experience at the Gee-Gees Camp.

Athletes will be grouped by age and skill level for a variety of on and off-ice training. Through group instruction and organized games, the participants will be encouraged to develop the following skills: self-confidence, fair play, positive attitude, teamwork, and leadership skills. On-ice fundamental skills will be developed while being in constant movement which will promote the development of players' "hockey sense". Other features of the camp include swim breaks, mini-tournaments and games using the full ice surface!

Skaters

Date	Code	Cost
Jul 18 to Jul 22	7517	\$450

Goaltenders

Date	Code	Cost
Jul 18 to Jul 22	7516	\$450

Food Services: Daily lunches are provided and are included in the cost of the camp.

* HST is applicable to age groups 14 years of age and older; HST will be added to the cost of the camp.



GIRLS HOCKEY SKILLS CAMP

Ages: 6 to 16

Camp Hours: 8:00 a.m. to 4:00 p.m.

The goal of the Gee-Gees girls' hockey camps is to help each individual participant reach her full potential as a hockey player. Furthermore, it is to provide the girls with an enjoyable and memorable hockey experience through high quality instruction, led by members of the University of Ottawa's women's hockey team, the head coach, Yanick Evola and the assistant coach Philippe Bergeron.

The camp provides the young players the chance to learn and improve on the 5 key components of ice hockey:

1. **Physical skills (speed, agility, coordination, balance)**
2. **Technical skills (tight turns, cross-overs, skating, shooting, puck handling)**
3. **Tactical skills (coverage, moving away from opponent, dekes, 1 vs 1, puck protection)**
4. **Psychological skills (confidence, focus, motivation)**
5. **Social skills (respect for others, fun, leadership)**

Athletes will be grouped by age and by strength. A number of other activities are also scheduled throughout the camp. The younger group of girls will get a trip to the pool every day, while the older girls will develop their leadership skills through fun group workshops. Other activities include a mini-tournament, a guest speaker, and let's not forget the fun-filled Friday Olympics and full-ice games!

Goaltenders will have the privilege to train with a highly qualified coach. The goal is to provide participants one-on-one instruction every session.

Live the ultimate experience and learn from your favorite local role models.

Typical day:

- Two on-ice sessions:
 - Power skating and puck handling
 - Individual tactics
- Lunch
- Swim break at the pool (6-12 years old) or leadership session (13-16 years old)
- Specific off-ice session: agility, coordination, speed, puck handling, and shooting technique (with precision targets)

* **Early bird special: Register on-line before March 15th, 2016 and save \$25!**

Note: Instructions for this camp are given in both official languages. All instructors are bilingual. Participants will receive a practice jersey, a t-shirt and a souvenir photo.



Goaltenders: Jul 4 to Jul 8

Age	Code	Cost
6 to 9 years old	7455	\$395
10 to 13 years old	7456	\$395
14 to 16 years old*	7452	\$395

Goaltenders: Jul 18 to Jul 22

Age	Code	Cost
6 to 9 years old	7457	\$395
10 to 13 years old	7458	\$395
14 to 16 years old*	7454	\$395

Skaters: Jul 4 to Jul 8

Age	Code	Cost
6 to 9 years old	7459	\$395
10 to 13 years old	7460	\$395
14 to 16 years old*	7451	\$395

Skaters: Jul 18 to Jul 22

Age	Code	Cost
6 to 9 years old	7461	\$395
10 to 13 years old	7462	\$395
14 to 16 years old*	7453	\$395

* HST is applicable to age groups 14 years of age and older; HST will be added to the cost of the camp.

MULTI-SPORTS

Ages: 10 to 14

Camp Hours: 9:00 a.m. to 4:00 p.m.



WANTED: High energy athletes seeking new challenges, advancing their athletic skills and looking to put their abilities to the test in a competitive environment. The Gee-Gees will host nine weeks of multi-sports camps throughout the summer. Each week features two to three sports with specialized instruction, an outing, a tournament, skill competitions, and various daily activities. Potential outings include a trip to Mooney's Bay or Lac Philippe, rock climbing, or a day of fun at Mont-Cascades. This is a great opportunity for campers to perfect their athletic skills while developing their sense of teamwork and fair play. Our camp's specialized and enthusiastic instructors are dedicated to our camp mission: to develop young athletes and promote uOttawa athletics. The game starts here.

Note: Sports and outings may change without notice. All camps run rain or shine. Groups are organized by age and skill level. Instruction for these camps is bilingual.

Date	Code	Cost
Soccer, Basketball and Badminton*		
Jun 20 to Jun 24*	7479	\$260
Ultimate Frisbee and Flag Football*		
Jun 27 to Jun 30**	7480	\$210
Volleyball, Taekwondo and Dodgeball		
Jul 4 to Jul 8	7481	\$260
Handball, Badminton and Baseball		
Jul 11 to Jul 15	7482	\$260
Soccer, Lacrosse and Touch Rugby		
Jul 18 to Jul 22	7483	\$260
Swim to Survive, Snorkeling and Waterpolo		
Jul 25 to Jul 29	7484	\$260
Lacrosse and Quidditch		
Aug 2 to Aug 5***	7485	\$210
Touch Rugby, Ultimate Frisbee and Flag Football		
Aug 8 to Aug 12	7486	\$260
Volleyball, Taekwondo and Fencing		
Aug 15 to Aug 19	7487	\$260

Food Services: Daily lunches are provided and are included in the cost of the camp.

* Daily registrations are accepted for this week of camp. For more information, please contact the Gee-Gees Camps administration.

** Closed on Canada Day – Friday July 1st 2016.

*** Closed on Ontario Civic Holiday – Monday August 1st 2016.

RUGBY CAMP FOR BOYS AND GIRLS

Age: 8 to 16

Camp Hours: 9:00 a.m. to 4:00 p.m.

The uOttawa Gee-Gees offer the only specialized rugby camp of its kind. This is an excellent opportunity to learn from the best. With access to the most current standards, skill assessment protocols and player development tools in the country, uOttawa Gee-Gees coaching staff, along with current members of the Gee-Gees rugby team, will help develop current athletes into future CIS players and potential Olympians. Campers will be working alongside current members of the Gee-Gees, Quebec and Team Canada.

Coaches:

Jen Boyd, Head Coach uOttawa Gee-Gees/Rugby Quebec, U20 Canada Forwards Coach
Duncan McNaughton, Coach uOttawa Gee-Gees/Rugby Quebec /Barrhaven Scottish Rugby Club
Members of the uOttawa Gee-Gees

Guest coaching appearances from current and former National team members

This camp is intended as two-fold: an introduction to rugby to new players and a reintroduction to rugby for experienced players. The program is intended to safely introduce new or inexperienced players to the game of rugby in a small group setting. There will be a low athlete to coach ratio throughout the week.

More experienced players will be challenged to improve their current level of play. Skill development will be organized by age, ability and gender where appropriate. Training focuses on general skills needed by all players while working with specialized positions. There will also be focus on team tactics, both on offense and defense.

Skills learned include: pass-catch, Y-Lines, contact/breakdown, tackle set piece, place kicking, etc.

Activities include: free swims at the uOttawa pool, a wide variety of skills and drills, flag rugby tournament, etc.



Date	Code	Cost
Ages 10 to 13		
Jun 27 to Jun 30**	7492	\$210
Ages 14 to 16*		
Jun 27 to Jun 30**	7493	\$210

Food Services: Daily lunches are provided and are included in the cost of the camp.

* HST is applicable to age groups 14 years old and older; HST will be added to the cost of the camp.

** Closed on Canada Day –Friday July 1st 2016

ALL GIRLS VOLLEYBALL DAY CAMP

Ages: 10 to 16

Camp Hours: 9:00 a.m. to 4:00 p.m.

Each "Girls volleyball camp" offers a different learning/training environment for participants. In 2016, there are two different level of camps available: 1) Club players; 2) Non-club players. Each camp focuses on level-appropriate skills of the game while advancing athletes' knowledge of court positioning and team play concepts and systems. The two camps are designed to help our coaches challenge each athlete at the appropriate level of instruction and play.

Taught by past and present Gee-Gees women's volleyball players and coaches, these camps provide enthusiastic instruction and guidance to all athletes, as there is a maximum ratio of 1 coach to 8 athletes, along with a full day of beach volleyball instruction at Mooney's Bay and selected recreational swim times at Montpetit pool. Friday afternoon is tournament day at volleyball camp and spectators are welcome!

1) 'Club players' camp

- Camp is designed for players who have had at least 1 year of previous 'club volleyball' (or equivalent) experience.
- Camp is a great choice for athletes from grade 6 to grade 11.
- Skills, drills and team play are designed to challenge athletes at an appropriate experience and knowledge level.

Date	Code	Cost
Ages 12 to 13		
Jul 18 to Jul 22	7511	\$260
Ages 14 to 16*		
Jul 18 to Jul 22	7515	\$260

2) 'Non-Club players' camp

- Camp is designed to coach players who have not had previous or extensive 'club volleyball' experience
- Camp is a great choice for athletes from grade 4 to grade 11
- Skills and team play are taught in a manner attempting to match the experience and knowledge base of athletes as best as possible

Date	Code	Cost
Ages 10 to 13		
Jun 20 to Jun 24	7509	\$260
Jul 18 to Jul 22	7510	\$260
Ages 14 to 16*		
Jun 20 to Jun 24	7512	\$260
Jul 18 to Jul 22	7514	\$260

Food Services: Daily lunches are provided and are included in the cost of the camp.

* HST is applicable to age groups 14 years old and older; HST will be added to the cost of the camp.





SOCCER

Ages: 7 to 16

Camp Hours: 9:00 a.m. to 4:00 p.m.

The uOttawa Gee-Gees offer specialized soccer camp for players of all levels, boys and girls ages 8 to 16, and is taught by current and former Gee-Gees players and coaches. Skill development and groups are organized by age and ability. Training focuses on individual and technical skills as well as on team and tactical concepts.

Special features:

- Final-day four-on-four tournament and game against the camp staff
- Daily training and small-sided games on the Gee-Gees Field Turf home field
- Low players-to-coach ratio
- Individual field and goalkeeper positional training
- Skill development for all ages and ability levels
- Daily themes such as one-on-one attacking and defending, passing, shooting, and group play
- Swim times at the Montpetit Olympic size pool

Date	Code	Cost	Date	Code	Cost
Ages 7 to 13			Ages 14 to 16*		
Jul 4 to Jul 8	7496	\$260	Jul 4 to Jul 8	7494	\$260
Jul 25 to Jul 29	7497	\$260	Jul 25 to Jul 29	7495	\$260

Food Services: Daily lunches are provided and are included in the cost of the camp.

* HST is applicable to age groups 14 years old and older; HST will be added to the cost of the camp.

STRIKER AND GOALKEEPER CAMP

Ages: 8 to 16

Camp Hours: 9:00 a.m. to 4:00 p.m.

The uOttawa Gee-Gees will offer an intensive week of specialized training for the soccer striker and goalkeeper. The camp is organized to allow the participant to focus on the specific skills needed to achieve and perform at the highest level. The players will learn the art of creating options in the attacking 1/3 and scoring goals. Goalkeepers will be put through an intensive program focusing on the technical and tactical aspect of the game. The striker and goalkeeper programs will run distinctively for the first hour and 30 minutes and will conclude with finishing games or matches designed to train the strikers and goalkeepers, in real situation, on positioning, communication, and decision making.

Special features:

- Specific training tailored for the striker and goalkeeper
- Detailed analysis and study of set-pieces and their importance to winning games
- Daily training and small-sided games on the Gee-Gees Field Turf home field
- Low players-to-coach ratio

Date	Code	Cost	Date	Code	Cost
Ages 8 to 13			Ages 14 to 16*		
Jun 27 to Jun 30**	7499	\$210	Jun 27 to Jun 30**	7498	\$210

Food Services: Daily lunches are provided and are included in the cost of the camp.

* HST is applicable to age groups 14 years old and older; HST will be added to the cost of the camp.

** Closed on Canada Day –Friday July 1st 2016.



GEE-GEES SPORTS CAMPS – 2016 CALENDAR

		1*	2**	3	4	5	6	7***	8	9	
9 WEEKS	AGES	Jun 20 to Jun 24	Jun 27 to Jun 30	Jul 4 to Jul 8	Jul 11 to Jul 15	Jul 18 to Jul 22	Jul 25 to Jul 29	Aug 2 to Aug 5	Aug 8 to Aug 12	Aug 15 to Aug 19	COST
GENERAL SPORTS CAMPS Gee-Gees general sport camps are perfect for campers interested in a variety of activities. Employees of the Gee-Gees Camps are dedicated to helping youth grow and prosper through a healthy mix of leadership, athletic, artistic, cultural, academic and water sports activities. With all the learning and discoveries come incredible memories. The following camps also include crafts, games and daily recreational swimming in our Olympic-size pool.											
Cheerleading	6 – 9			7429		7430				7431	\$245
	10 – 14		7432		7433		7434		7435		\$245
Creative Dance	6 – 9		7438		7439		7440		7441		\$245
Popular Dance	10 – 14			7488		7489		7490		7491	\$245
Junior Gee-Gees with Introduction to Sports	6 – 9	7468	7469	7470	7471	7472	7473	7474	7475	7476	\$245
Leaders in Training	14 – 17		7477				7478				\$800
Swimmers	6 – 14	7500	7501	7502	7503	7504	7505	7506	7507	7508	\$245
SPECIALIZED SPORTS CAMPS Gee-Gees specialized camps are perfect for anyone interested in a more intense and competitive camp atmosphere. Our specialized camps are run by members of the University of Ottawa's varsity teams who will help participants acquire new skills and enhance their knowledge of the game. Through age and skill specific group instruction, campers will be provided with continuous evaluation.											
Basketball	8 – 13		7425	7426	7427		7428				\$260
	14 – 16		7421	7422	7423		7424				\$260
Fencing	10 – 14		7442	7443	7444	7445	7446	7447	7448		\$260
Football	8 – 13				7450						\$310
	14 – 16				7449						\$310
Girls Hockey – Goaltenders	6 – 9			7455		7457					\$395
	10 – 13			7456		7458					\$395
	14 – 16			7452		7454					\$395
Girls Hockey – Skaters	6 – 9			7459		7461					\$395
	10 – 13			7460		7462					\$395
	14 – 16			7451		7453					\$395
Boys Hockey – Skaters	7 – 14					7517					\$450
Boys Hockey – Goaltenders	7 – 14					7516					\$450
Multi-Sports	10 – 14	7479	7480	7481	7482	7483	7484	7485	7486	7487	\$260
Rugby	8 – 13		7492								\$210
	14 – 16		7493								\$210
Soccer	7 – 13			7496			7497				\$260
	14 – 16			7494			7495				\$260
Soccer- Striker and Goaltender	8- 13		7499								\$210
	14- 16		7498								\$210
Competitive Swimming – Intro	6 – 12								7436	7437	\$300
Competitive Swimming – Skills	7 – 13								7519	7520	\$300
Volleyball – Non-Club Girls	10 – 13	7509				7510					\$260
	14 – 16	7512				7514					\$260
Volleyball – Club Girls	12 – 13					7511					\$260
	14 – 16					7515					\$260

* Daily registrations are accepted for this week of camp. For more information, please contact the Gee-Gees Camps administration.

** Closed on Canada Day – Friday July 1st 2016.

*** Closed on Ontario Civic Holiday – Monday August 1st 2016.



IN PERSON
(as of May 1)
University of Ottawa
125 University Street
Montpetit Hall, room 102
8:00 a.m. - 5:00 p.m.
Monday - Friday

MAIL
University of Ottawa
Sports Services
125 University Street
Montpetit Hall, room 102
Ottawa, Ontario
K1N 6N5 Canada

PHONE: 613-562-5800 ext. 4477
FAX : 613-562-5151
ONLINE: www.geegees.ca
EMAIL: ggcamps@uottawa.ca

GEE-GEES CAMPS REGISTRATION FORM

Registration forms can be submitted by fax or mail
beginning January 1 or register online.

GENERAL INFORMATION

PARTICIPANT'S LAST NAME

PARTICIPANT'S FIRST NAME

ADDRESS

CITY

PROVINCE

POSTAL CODE

GENDER

F

M

DATE OF BIRTH

HOME TELEPHONE NO.

HEALTH INSURANCE NO.

HEALTH INDICATIONS (i.e. allergies, restricted diets, disabilities)

SCHOOL

LANGUAGE OF CORRESPONDENCE

ENGLISH

FRANÇAIS

PARENT OR MAIN CONTACT

NAME

RELATIONSHIP

HOME TELEPHONE NO.

CELLPHONE NO.

WORK TELEPHONE NO.

E-MAIL ADDRESS (MANDATORY)

CAMPS

1. CODE

COST \$

SUBTOTAL = \$

HST (IF APPLICABLE) \$

GRAND TOTAL = \$

HST: Applicable to age groups 14 years old and up. HST will be added to the cost of the camp where applicable.

Refunds/Cancellations: Your confirmation letter is required.
A 10% administration fee will be deducted from the subtotal line.
Partial refunds for daily absences will not be provided.

T-SHIRT SIZE

YOUTH

M

L

ADULT

S

M

L

XL

PAYMENT METHOD

Payments with installments are not accepted. In order to guarantee your registration in the chosen program(s), full payment and a completed registration/waiver form must be received.

☐ **CHEQUE** Payable to the University of Ottawa.
A returned cheque is subject to a \$40 administration fee.

CREDIT CARD: ☐ VISA ☐ MASTERCARD

CARD NO.

EXPIRY DATE

CARD HOLDER

SIGNATURE

CONSENT AND AUTHORIZATIONS

Does the participant have permission to leave camp on his/her own? ☐ Yes ☐ No

For the safety of all our campers, if you have answered **no** to the previous question, please list the name and relationship of the people who may pick up the participant.

NAME

RELATIONSHIP

NAME

RELATIONSHIP

NAME

RELATIONSHIP

I AM AWARE of the possibility of health and safety risks associated with my child's participation in the activities of the Camp. By registering my child, I HEREBY CONSENT to his/her participation in the activities AND I FREELY ACCEPT all health and safety risks associated with his/her participation. I will notify the University of my child's special medical condition or health history, if any. If the emergency contact person identified in this Form cannot be reached, and if my child has an accident or falls ill, I HEREBY AUTHORIZE the University to provide my child with, or make arrangements for, emergency medical treatment.

I FURTHER AUTHORIZE the University to take images (pictures, videos, etc.) of my child for identification purposes during his/her participation and for the Camp's promotional material, including the Gee-Gees website.

NAME OF PARENT OR LEGAL GUARDIAN

DATE

SIGNATURE OF PARENT OR LEGAL GUARDIAN

NOTES

Your personal information is collected under the authority of the *University of Ottawa Act*. It is collected for the purposes of recruitment, admission, registration, graduation, progression, administration, and other activities related to the University's programs and services. At all times, it will be protected in accordance with the *Freedom of Information and Protection of Privacy Act*.

If you have questions, please refer to <http://web5.uottawa.ca/admingov/privacy.html> or contact the University's Freedom of Information and Protection of Privacy Coordinator at securiv@uottawa.ca or at 613-562-5950

HOW DID YOU HEAR ABOUT US?

☐ Word of mouth ☐ Posters or flyers ☐ Activity brochure
☐ Website ☐ Newspaper ☐ School visit ☐ Email or newsletter