2021 Spring & Summer
Activity Guide
Cougar & Rams Sports Camps | Summer Sports School

Registration OPENES
April 19, 2021
6:00am Online

Register online at www.uregina.ca/recservices

For Questions or Concerns: Email: ras@uregina.ca
Hours of Operation: 8:30am–12:00pm & 1:00pm– 4:00pm, Monday to Friday
Camp Registration
Registration begins Monday, April 19th, 2021

Register Online: www.uregina.ca/recservices

Login Instructions:
- Visit www.uregina.ca/recservices and click the “Register Online” button

If you do not have an account:
1. Choose the blue “Create New Account” button

   Please note the legal parent/guardian account must be set up first. Additional family members may be added to your account after the parent/guardian account is set up.
2. Enter your personal information. A red star denotes fields that must be entered.
3. After your account is set up, choose the blue “Create Account and Add Family Member” button to add additional family members or “Create Account” if you are finished.

If you have already created an account and your email address is found:
1. If your email address is found in the system, a temporary account password will be emailed to the email address provided.
2. Retrieve the temporary password sent and enter your email address and temporary password in the login screen.
3. Choose the green “Login” button.
4. You will be prompted to change your password.
   a. Enter the temporary password you received in the “Current Password” field.
   b. Enter the “New Password”. The password must be 8 characters made up of numbers and letters.
   c. Confirm your “New Password”.
   d. Choose the green “Save Button”.
5. Change any account information as required.

Searching for a Program:
1. If you know the course number(s), enter the number in text box and choose the green “Search Button”
   Alternately, you may search by location, dates, program name, category or other.
2. For more information on a program, choose the “Quick View” link located under the “Program name”.

If you have any questions or require assistance setting up your account, please contact the Recreation & Athletic Services office at 306-585-4371 or email ras@uregina.ca.
**Summer Camp Information**

**Summer Sports School** focuses on physical literacy as well as integrate STEAM (science, technology, engineering, the arts and mathematics) into our programs this summer. Each group will incorporate STEAM activities into the children's daily schedules. Children will be placed into age appropriate groups. Please note: **One t-shirt will be provided with camp registration.**

**Payment:** Thank you for your interest in joining us this summer! Please note that this year we will be changing our payment process for all spring and summer programming. For online registrations, please register and enter credit card information into the payment plan option offered at the end of the registration process. Due to COVID-19, we will not complete your transaction immediately. It will be processed 14 days prior to the camp start date.

**Important:** Please note that your spot is not secured if your payment is declined upon processing (14 days prior to the camp start date). The RAS office will email you to notify you if this happens. You will have 48 hours to make payment by contacting RAS at (306) 585-4371 or by going into your account online to complete payment. After the 48 hours, if payment has not been made, the registration will be withdrawn.

This camp qualifies for a **10% discount if multiple Summer Sports School sessions are purchased per child on the same receipt, all at once.** To activate the discount, simply add all Summer Sports School sessions to your cart, and then check out. **Sessions purchased on previous or future receipts will not apply toward the discount.**

**Program Cancellations and Closures:** Please note that programs may be cancelled for any reason by the University of Regina either for a specific class date or in its entirety. If a program is cancelled in its entirety, a pro-rated refund will be provided. If a specific class date within the program is cancelled, a make-up class may be provided. Please note that this may not always be possible. The University of Regina is closed on all statutory holidays as well as any University of Regina closures for maintenance or other reasons. This includes the period from December 25 to January 1 inclusive.

**Course/Class Transfers:** Transfers are allowed within the same program area up to one day prior to the start date of the program, space permitting. An example of this is if the original registration is in Summer Sports School, the registrant may transfer into another Summer Sports School program but not into a Cougar Camp. Registrants may transfer with **no charge** up to 3 days after they registered in the program. A $10.00 fee will be assessed for all transfers after the three day grace period. No transfers are allowed after the start date of the program. To withdraw from a program, please contact the Recreation & Athletic Services office at ras@uregina.ca or by calling (306)585-4371.

**Check in Procedures:** For safety reasons, all participants must be signed in and signed out by the parent/guardian or designate. Campers will only be permitted to leave with the person(s) authorized to pick them up. Photo ID will be required at the time of pick up. Drop off and pick up will occur outside this summer. Anyone picking up/dropping off your child is required to be on our list, names can be added at the time of registration or by emailing intramurals@uregina.ca. Should you need to pick your child up early, please let the instructor know at the time of drop off or by emailing intramurals@uregina.ca.
Extended Supervision: Hours are from 8:00 a.m. to 8:45 a.m. and 4:15 p.m. to 5:00 p.m., there is no charge for this service. There will be a $10.00 late fee charged if the child is being picked up after 5:00 p.m., payable on-site. There are no planned activities during this time. Lunch supervision will be provided for those participants registered in a full day program.

Lunch for Full Day Programs: We do not have a meal plan for Summer Sports School or Cougar Camps this year. Please pack a nut free lunch and nut free snacks. A microwave or refrigerator will NOT be available. Food should be in packages that can be opened independently. Supervision will be provided during the lunch hour.
Summer Sports School (SSS)
July & August Camps

Description and Dates

JULY 2021 Summer Dates
Age Group: 5 – 11 year old
Time: 8:45 am – 4:15 pm

Camp Description: Summer Sports School focuses on physical literacy as well as integrate STEAM (science, technology, engineering, the arts and mathematics) into our programs this summer. Each group will incorporate STEAM activities into the children's daily schedules. Children will be placed into age appropriate groups. Please note: One t-shirt will be provided with camp registration.

<table>
<thead>
<tr>
<th>CRN:</th>
<th>Session:</th>
<th>Dates:</th>
<th>Time:</th>
<th>Cost:</th>
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</thead>
<tbody>
<tr>
<td>12077</td>
<td>Summer Sports School Session A</td>
<td>Mon. July 5 to Fri. July 9</td>
<td>8:45 am to 4:15pm</td>
<td>$245.00</td>
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<tr>
<td>12079</td>
<td>Summer Sports School Session B</td>
<td>Mon. July 12 to Fri. July 16</td>
<td>8:45 am to 4:15pm</td>
<td>$245.00</td>
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<tr>
<td>12080</td>
<td>Summer Sports School Session C</td>
<td>Mon. July 19 to Fri. July 23</td>
<td>8:45 am to 4:15pm</td>
<td>$245.00</td>
</tr>
<tr>
<td>12081</td>
<td>Summer Sports School Session D</td>
<td>Mon. July 26 to Fri. July 30</td>
<td>8:45 am to 4:15pm</td>
<td>$245.00</td>
</tr>
</tbody>
</table>

August 2021 Summer Dates
Age Group: 5 – 11 year old
Time: 8:45 am – 4:15 pm

Camp Description: Summer Sports School focuses on physical literacy as well as integrate STEAM (science, technology, engineering, the arts and mathematics) into our programs this summer. Each group will incorporate STEAM activities into the children's daily schedules. Children will be placed into age appropriate groups. Please note: One t-shirt will be provided with camp registration.

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<tbody>
<tr>
<td>12082</td>
<td>Summer Sports School Session E</td>
<td>Tues. Aug 3 to Fri. Aug 6</td>
<td>8:45 am to 4:15pm</td>
<td>$196.00</td>
</tr>
<tr>
<td>12083</td>
<td>Summer Sports School Session F</td>
<td>Mon. Aug 9 to Fri. Aug 13</td>
<td>8:45 am to 4:15pm</td>
<td>$245.00</td>
</tr>
<tr>
<td>12084</td>
<td>Summer Sports School Session G</td>
<td>Mon. Aug 16 to Fri. Aug 20</td>
<td>8:45 am to 4:15pm</td>
<td>$245.00</td>
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</tbody>
</table>
University of Regina Cougars
Summer Camps

Cougar Women Volleyball Camps

**Summer Gold Volleyball Camp**

*Age:* For girls age 13 to 17 years old  
*Location:* Held on-campus in Gym 1

*Description:* Participants will be grouped together according to skill level and age. The primary objective of this camp is to provide participants with top quality instruction and coaching with the most up to date volleyball techniques and team play systems. **All participants will receive a Cougars t-shirt!**

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<th>Description</th>
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</table>
| 12098| Summer Gold Volleyball Camp    | Mon. July 5 to Fri. July 9, 2021 | **Monday to Thursday:** 9:00am to 3:30pm  
**Friday:** 9:00am to 12:00pm | $325.00 |

**Cougar Women’s High Performance Pre-Season Volleyball Camps**

*Age:* For girls age 12 to 14 (Junior) & age 15 to 17 (Senior) years old  
*Location:* Held on-campus in Gym 3

*Description:* Our pre-season camp will have you up and running for your volleyball season. The focus is on tuning up and refining all the basic skills, in addition to reviewing basic team play strategies. Each session will concentrate on individual technique and game play. **All participants will receive a Cougars t-shirt!**

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</table>
| 12099| High Performance Junior Camp    | Fri. August 20 to Sun. August 22, 2021 | **Friday:** 6:00pm to 8:00pm  
**Sat & Sun:** 9:00am to 11:00am & 2:00pm to 4:00pm | $275.00 |
| 12100| High Performance Senior Camp    | Fri. August 20 to Sun. August 22, 2021 | **Friday:** 8:00pm to 10:00pm  
**Sat & Sun:** 11:00am to 1:00pm & 4:00pm to 6:00pm | $275.00 |
Cougar Hockey Camps

Cougar Summer Hockey Camp for Girls

Age: For girls age 7 to 13 years old  
Location: Held off-campus at Co-operators Centre, Evraz Place

Description:
- 10 ice sessions (10 hours).
- 5 off-ice skill session.
- Emphasis will be put on skill development and athletic abilities training (coordination, agility, balance, etc.).
- Daily off-ice sports with emphasis on leadership, teamwork, with both cooperation and competition in a positive learning environment.
- Girls only camp with strong female role-model instructions.
- All participants will receive a Cougars t-shirt!

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<tbody>
<tr>
<td>12095</td>
<td>Skaters &amp; Goalies</td>
<td>Mon. July 26 to Fri. July 30, 2021</td>
<td>8:15am to 4:00pm</td>
<td>$425.00</td>
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</tbody>
</table>

Elite Girls Hockey Camp (U13/U15)

Age: For girls age 12 – 15 years old  
Location: Held off-campus at Co-operators Centre, Evraz Place

Description:
- 4 ice sessions (5 hours)
- Emphasis will be put on specific skills and tactics. Players will be grouped accordingly.
- There will be daily off-ice classroom sessions with emphasis on leadership, teamwork, recruitment and opportunities, and the steps to take to be an elite hockey player.
- Girls only camp with strong female role-model instructions.
- This is the only camp in the province with female instructors with high level experience in WOMEN'S HOCKEY - the game and the path in women's hockey is different, and that is our area of expertise.

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<tbody>
<tr>
<td>12094</td>
<td>Elite Girls Hockey Camp</td>
<td>Tues Aug 3 to Fri. Aug 6, 2021</td>
<td>8:30am to 1:00pm</td>
<td>$250.00</td>
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</tbody>
</table>
Junior Cougars Hockey Camp for Girls

**Age:** For girls age 7 to 13 years old  
**Location:** Held off-campus at Co-operators Centre, Evraz Place

**Description:**
- Emphasis will be on skill development and conditioning in preparation for evaluation camps.
- Stations will be used as the predominant structure for this camp (low student-coach ratio to maximize skill practice)
- FUNdamentals and Learn to Train stages of the Long Term Athlete Development Model (Hockey Canada’s Hockey for Life, Hockey for Excellence)
- Head instructors are NCCP Level 4 and Level 3 certified and trained educators.

### Cougar Summer Hockey Camp for Girls

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<tbody>
<tr>
<td>12093</td>
<td>Junior Hockey Camp for Girls</td>
<td>Sun. Sept 12 to Thurs, Sept 16, 2021</td>
<td>6:15pm to 7:15pm</td>
<td>$135.00</td>
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Cougar Basketball Camps

**Cougar Men’s Basketball Skills Camp**

**Age:** Ages 6 to 14 years old  
**Location:** Held on-campus in Gym 1

**Description:** Our day camps are designed to facilitate the improvement of each athlete's fundamental basketball skills within a competitive, yet fun, environment. Athletes interested in improving or learning basketball skills will benefit from this camp regardless of skill level. Features current Cougar players and coaches. All current COVID-19 health and safety protocols will be followed.

### Cougar Men’s Basketball Skills Camp

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<th>Cost:</th>
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</table>
| 12091  | Skills Camp  | Mon. July 26 to Fri. July 30, 2021 | **Monday to Thursday:** 9:00am to 3:30pm  
**Friday:** 9:00am to 12:00pm | $275.00   |
| 12092  | Skills Camp  | Mon. Aug 9 to Fri. Aug 13, 2021  | **Monday to Thursday:** 9:00am to 3:30pm  
**Friday:** 9:00am to 12:00pm | $275.00   |
**Women’s Basketball Junior Camp**

**Age:** Ages 7 to 14 years old  
**Location:** Held on-campus in Gym 1

**Description:** A camp for all skill levels. Will develop fundamental basketball skills by drills, games and instruction. Features current Cougar players and coaches.

Discount for multi-person family registrations: Buy camp for two participants from same family and get third and fourth purchase for participants from same family free!

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</table>
| 12103 | Junior Camp  | Mon. Aug 16 to Fri. Aug 20, 2021 | Monday to Thursday: 9:00am to 3:30pm  
**Friday:** 9:00am to 12:00pm | $275.00 |
| 12102 | Junior Camp  | Mon. Aug 23 to Fri. Aug 27, 2021 | Monday to Thursday: 9:00am to 3:30pm  
**Friday:** 9:00am to 12:00pm | $275.00 |

**Cougar Basketball High School Camp**

**Age:** Ages 14 to 18 years old  
**Location:** Held on-campus in Gym 1

**Description:** This camp is designed for high school players and players going into high school in the fall. It will focus on 1v1, 2v2, 3v3, and games based approach to fundamentals. Will be run by Cougars assistant coach and Cougars players. **Players should have a few years of experience playing to join this camp.**

Discount for multi-person family registrations: Buy camp for two participants from same family and get third and fourth purchase for participants from same family free!

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<tbody>
<tr>
<td>12101</td>
<td>High School Night Camp</td>
<td>Mon. Aug 23 to Thurs. Aug 26, 2021</td>
<td>6:00pm to 9:00pm</td>
<td>$200.00</td>
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</table>
Cougar Track and Field Camps

**Cougars Track & Field – Run, Jump, Throw Camp**

**Age:** Ages 6 to 14 years old  
**Location:** Held off-campus: 3025 McDonald Street - South Bleachers at the Canada Games Athletic Complex

**Description:** The University of Regina's Track and Field Camp will be taught by current Cougar athletes and overseen by the Head Coach of the Cougar Track and Field Team. The camp focuses on the fundamental motor skills required for track & field. Learning how to run, jump and throw properly will provide youths the skills they need to achieve their athletic potential in track and field and many other sports. The camp teaches these skills using a variety of track & field events taught using fun strategic play in a positive and interactive atmosphere.

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### Cougar Track & Field – Run, Jump, Throw Camp

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<tr>
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<th>Cost</th>
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<tbody>
<tr>
<td>12096</td>
<td>Run, Jump, Throw</td>
<td>Mon. July 12 to Fri. July 16, 2021</td>
<td>9:00am to 12:00pm</td>
<td>$160.00</td>
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<tr>
<td>12097</td>
<td>Run, Jump, Throw</td>
<td>Mon. Aug 9 to Fri. Aug 13, 2021</td>
<td>9:00am to 12:00pm</td>
<td>$160.00</td>
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**Cougar Soccer Camps**

**Cougar Soccer Camp – Magical Minis**

**Age:** Ages 5 to 6 years old  
**Location:** Field 2: Cougar/Rams field (Drop off Lot 7)

**Description:** UR Cougar camp staff make use of a wide variety of age appropriate activities and games to ensure your child has loads of fun while developing their co-ordination, balance, and the ability to run with and control the ball. Children will have the chance to "show their magic" in a variety of individual games.

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### Cougar Soccer Camp – Magical Minis

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<tr>
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<tbody>
<tr>
<td>12165</td>
<td>Magical Minis</td>
<td>Mon. July 5 to Fri. July 9, 2021</td>
<td>9:00am to 12:00pm</td>
<td>$115.00</td>
</tr>
</tbody>
</table>
**Cougar Soccer Camp – Wee Kickers AM & PM**

**Age:** Ages 7 to 10 years old  
**Location:** Field 2: Cougar/Rams field (Drop off Lot 7)

**Description:** Using positive coaching methodologies and our FUNdamental soccer skills development curriculum, our camp staff will help your child enjoy getting back on the pitch with a ball at their feet!

Your child's soccer camp experience will boost their confidence in: receiving, running with and manipulating the ball; using feints and moves to beat an opponent; passing and shooting. More than just a skills camp, your child will receive support in boosting their balance, agility and coordination.

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<tbody>
<tr>
<td>12163</td>
<td>Wee Kickers Mornings (AM)</td>
<td>Mon. July 5 to Fri. July 9, 2021</td>
<td>9:00am to 12:00pm</td>
<td>$115.00</td>
</tr>
<tr>
<td>12164</td>
<td>Wee Kickers Afternoons (PM)</td>
<td>Mon. July 5 to Fri. July 9, 2021</td>
<td>1:00pm to 4:00pm</td>
<td>$115.00</td>
</tr>
</tbody>
</table>

**Cougar Soccer Camp – U13**

**Age:** Ages 11 to 13 years old (Co-ed)  
**Location:** Field 2: Cougar/Rams field (Drop off Lot 7)

**Description:** Under the guidance of Cougar coaching staff, each player will refine their technical skills and expand their knowledge, skills and abilities in attacking and defending situations. Using a number of enjoyable individual and socially distant small group exercises your child will expand their technical skills and tactical awareness to become a more confident player. In addition, daily warmup exercises will be incorporated to improve co-ordination, foot speed and agility.

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<th>Time:</th>
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<tbody>
<tr>
<td>12166</td>
<td>Soccer Camp U13</td>
<td>Mon. July 5 to Fri. July 9, 2021</td>
<td>1:00pm to 4:00pm</td>
<td>$115.00</td>
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</tbody>
</table>
Cougar Soccer Camp – U16

Age: Ages 14 to 16 years old (Co-ed)
Location: Field 2: Cougar/Rams field (Drop off Lot 7)

Description: Elevate your game under the guidance of Cougar camp coaching staff. Each day, you will develop and refine your technical abilities in a variety of enjoyable yet challenging individual exercises. Daily coordination, fast footwork, and speed development training will take place.

You will be able to showcase your skills in numerous socially distant group activities while furthering your tactical understanding in attacking and defending situations.

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<tbody>
<tr>
<td>12167</td>
<td>Soccer Camp U16</td>
<td>Mon. July 5 to Fri. July 9, 2021</td>
<td>1:00pm to 4:00pm</td>
<td>$115.00</td>
</tr>
</tbody>
</table>

Cougars Elite Female Soccer Camp

Age: Girls ages 14 to 18 years old
Location: Field 2 (Turf Field, U of R)

Description: If you are a driven, passionate, high level soccer player entering Grade 9 to 12 in Fall 2021, then this camp is for you! This high level training experience will give you great insight into the expected standards of training and performance within a varsity soccer program. With this in mind, our ELITE Camp is designed for current premiere club, provincial or national level players who have a serious interest in competing at the post-secondary level.

- Training kit (T-shirts, shorts, socks).
- 12 hours of on-field instruction. Critical individual and group attacking/defending principles needed by varsity level players will be emphasized. You will demonstrate your knowledge and application of these principles in a variety of challenging small sided games.
- Physical & mental preparation sessions.
- Off-field academic, and social sessions.

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<tbody>
<tr>
<td>10474</td>
<td>Elite Female Soccer Camp</td>
<td>Sun. July 11, 2021</td>
<td>5:00pm to 8:00pm</td>
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<td></td>
<td></td>
<td>Mon. July 12 to Wed. July 14, 2021</td>
<td>8:30am to 5:00pm</td>
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<td></td>
<td></td>
<td>Thurs. July 15, 2021</td>
<td>8:30am to 3:00pm</td>
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</table>
Cougar High Performance Girls Soccer Camp

Age: Girls ages 11 to 13 years old
Location: Drop off at Lot 7 - Field 2 (Turf Field, U of R)

Description: If you are a high performance club player competing at the U11 or U13 age level, this camp is for you! You will be part of a fantastic high level training camp experience that expands your skills, abilities and performance potential. This camp is designed for players who are truly passionate about the "world's game", enjoy competing and want to be encouraged to excel by Cougar coaching staff.

- Cougar Training T
- On-field instruction that furthers your technical skills sets and game awareness. You will showcase your talents in a variety of challenging individual and small group activities.

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<tbody>
<tr>
<td>12162</td>
<td>High Performance Girls Soccer Camp</td>
<td>Mon. July 19 &amp; Tues. July 20, 2021</td>
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<td>$130.00</td>
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<tr>
<td></td>
<td></td>
<td>Wed. July 21, 2021</td>
<td>9:00am to 12:00pm</td>
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</table>

Cougar High Performance Male Soccer Camp

Age: Girls ages 11 to 13 years old
Location: Drop off at Lot 7 - Field 2 (Turf Field, U of R)

Description: If you are a high performance club player competing at the U11 or U13 age level, this camp is for you! You will be part of a fantastic high level training camp experience that expands your skills, abilities and performance potential. This camp is designed for players who are truly passionate about the "world's game", enjoy competing and want to be encouraged to excel by Cougar coaching staff.

- Cougar Training T
- On-field instruction that furthers your technical skills sets and game awareness. You will showcase your talents in a variety of challenging individual and small group activities.

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<tbody>
<tr>
<td>12161</td>
<td>High Performance Male Soccer Camp</td>
<td>Wed. July 21, 2021</td>
<td>1:00pm to 4:00pm</td>
<td>$130.00</td>
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<tr>
<td></td>
<td></td>
<td>Thurs. July 22 &amp; Fri. July 23, 2021</td>
<td>9:00am to 4:00pm</td>
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University of Regina Rams Summer Camp

**University of Regina Rams Football Camp**

**Age:** Ages 8 to 18 years old (Co-ed)
**Location:** Held on Field 2 – Cougar/Rams Field

**Description:** A skill based football camp that will focus on building foundational football skills in a non-contact environment.

- All practices will be at the University of Regina
- No football equipment required
- Please bring: mask, cleats, shorts, t-shirt & water bottle

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<thead>
<tr>
<th>CRN:</th>
<th>Position</th>
<th>Dates:</th>
<th>Time:</th>
<th>Cost:</th>
</tr>
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<tbody>
<tr>
<td>12090</td>
<td>Receivers</td>
<td>Mon. July 19, 2021</td>
<td>5:30pm to 7:30pm</td>
<td>$30.00</td>
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<tr>
<td>12086</td>
<td>Defensive Backs</td>
<td>Tues. July 20, 2021</td>
<td>5:30pm to 7:30pm</td>
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<tr>
<td>12087</td>
<td>Quarterbacks</td>
<td>Wed. July 21, 2021</td>
<td>5:30pm to 7:30pm</td>
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<tr>
<td>12088</td>
<td>Linemen</td>
<td>Thurs. July 22, 2021</td>
<td>5:30pm to 7:30pm</td>
<td>$30.00</td>
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<tr>
<td>12089</td>
<td>Linebackers</td>
<td>Fri. July 23, 2021</td>
<td>5:30pm to 7:30pm</td>
<td>$30.00</td>
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<td>Running Backs</td>
<td>Sat. July 24, 2021</td>
<td>5:30pm to 7:30pm</td>
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