

2023 Spring & Summer



University  
of Regina

Kinesiology &  
Health Studies

# Activity Guide

Cougar & Rams Sports Camps | Summer Sports School



Register online at [www.uregina.ca/recservices](http://www.uregina.ca/recservices)

For Questions, Email: [khs.cs@uregina.ca](mailto:khs.cs@uregina.ca) or call (306) 585-4371

Hours of Operation: 8:30 am - 12:00 pm & 1:00 pm - 4:15 pm, Monday to Friday

# Camp Registration

Registration begins Wednesday, March 15th, 2023

Online: 6:00 a.m.

In Person & Telephone: 8:30 a.m.

**Register Online:** [www.uregina.ca/recservices](http://www.uregina.ca/recservices)

## Login Instructions:

- Visit [www.uregina.ca/recservices](http://www.uregina.ca/recservices) and click the **“Register Online”** button

## If you do not have an account:

- 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.
- Enter your personal information. A red star denotes fields that must be entered.
- 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:

- If your email address is found in the system, a temporary account password will be emailed to the email address provided.
- Retrieve the temporary password sent and enter your email address and temporary password in the login screen.
- Choose the green **“Login”** button.
- You will be prompted to change your password.
  - Enter the temporary password you received in the **“Current Password”** field.
  - Enter the **“New Password”**. The password must be 8 characters made up of numbers and letters.
  - Confirm your **“New Password”**.
  - Choose the green **“Save Button”**.
- Change any account information as required.

## Searching for a Program:

- If you know the course number(s), enter the number in text box and choose the green **“Search”** button. Alternately, you may search by dates, location, age range, activity category, or by clicking the **“when”**, **“where”**, **“who”**, and **“Activities”** button.
- For more information on a program, click the blue color program name.

If you have any questions or require assistance setting up your account, please contact the Kinesiology Client Services office at 306-585-4371 or email [khs.cs@uregina.ca](mailto:khs.cs@uregina.ca).

## Spring/Summer Camp Policies

The University believes in providing a safe and inclusive environment ensuring mutual respect, integrity and honesty. Our treatment of each other is principled, open, transparent, and respectful. We are a safe, healthy, and supportive community that prioritizes the well-being of our Participants. A child may be removed as a Participant from a program for undesirable behavior that is in opposition to the core values of the University of Regina. No refund will be issued if the Participant is removed from the Program.

**Electronic Devices:** The Faculty of Kinesiology & Health Studies does not allow the use of electronic devices in their locker/change rooms.

**Withdrawal and Refunds:** There will be a 10% withdrawal refund fee assessed for all withdrawal refund requests. A 50% withdrawal refund fee will be assessed for withdrawal refunds requested within 14 days of the program start date. There will not be any refunds issued after the start of any program except for relocation out of the City of Regina and surrounding areas within 50 kilometers or for medical reasons. If it is a medical or relocation withdrawal, a prorated refund less the 10% withdrawal refund fee will be assessed.

**Discounts:** Discounts must occur on the same receipt (same date and time). Registrations done prior to, or at a later date are not eligible for the discount. If a participant withdraws from a program that triggered the initial discount, the customer may be required to pay full price on the remaining registration(s) for other programs. This will occur if the discount no longer applies.

**Program Cancellations and Closures:** Please note that programs may be cancelled for any reason by the University of Regina either for a specific program date or in its entirety. If a program is cancelled by the University of Regina, a pro-rated refund will be provided.

**Transfer Policy:** Transfers are allowed within the same program area up to one day prior to the start date of the program, space permitting. Example: If the original registration is for Summer Sports School, the registrant may transfer into another Summer Sports School program but not into an EYES Camp or swim lesson. A \$15.00 fee will be assessed for all transfers.

**Specific Program Rules:** Additional rules may apply to a specific program for which the Participant is registered. Please consult with the University via the department or faculty offering that specific program for additional rules, if any, which may apply.



# Summer Sports School (SSS)

## July & August Camps

**Description:** Summer Sports School is a unique physical activity program for children 4 to 12 years of age. Children will be provided with opportunities to participate in a variety of sports, science, aquatic and other physical activities in a safe, fun and non-competitive environment. The emphasis is for participants to have fun, meet others, become physically active and learn new skills. All activities will be planned, facilitated and supervised by instructors and will be modified to suit the age level and ability of the participants.

**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 be at Gym 3. 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 KHS.Youth-Programs@uregina.ca. For early pick up, please let the instructor know at the time of drop off or email KHS.Youth-Programs@uregina.ca. For program withdrawals and refunds, please contact KHS.CS@uregina.ca or call (306) 585-4371.

**Extended Supervision:** Extended hours are provided free of charge from 8:00 a.m. to 8:45 a.m. and 4:15 p.m. to 5:00 p.m. \$10.00 late fee charged if arriving after 5:15 p.m. Payable on-site. There are no planned activities during supervision.

**Lunch:** If registered in both an AM and PM session, supervision will be provided from 7:45am to 5:15pm, including lunch hour. You won't need to pick up and drop off again during the day. We do not have a meal plan for Summer Sports School. Please pack a *nut free* lunch and *nut free* snacks. **A microwave or refrigerator will NOT be available.** Food should be in packages or containers that can be opened independently. Supervision will be provided during the lunch hour.

**Discounts:** 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.

## Summer Sports School

**Age:** Age 6 to 12 years (Co-ed)

**Location:** Drop-off at Gym 3, Centre for Kinesiology & Health Studies

### **Description:**

Summer Sports School is a unique physical activity program. Children will be provided with opportunities to participate in a variety of sports, science, aquatic and other physical activities in a safe, fun and non-competitive environment. The emphasis is for participants to have fun, meet others, become physically active and learn new skills. All activities will be planned, facilitated and supervised by instructors and will be modified to suit the age level and ability of the participants.

Participants of this camp will enjoy a full morning of sport and recreational activities. The Sport School groups will be divided according to age. Some examples of sports and recreational activities children may participate in include Archery, Field Hockey, Lacrosse, and Kin Ball activities.

Please note: There is no pool time for the morning session. One t-shirt will be provided with camp registration. Multiple shirts will not be provided for multiple camp registrations.

### **Things to bring:**

Water bottle, snacks, lunch (nut and sesame free), hat, appropriate wear for the weather, sunblock/bug spray, and swimsuit.

Summer Sports School: Sport (AM)				
CRN:	Session:	Dates:	Time:	Cost:
15050	Summer Sports School Session A – Sport (AM)	Tue. Jul. 4 to Fri. Jul. 7	8:45 am to 12:00pm	\$100.80
15051	Summer Sports School Session B – Sport (AM)	Mon. Jul. 10 to Fri. Jul. 14	8:45 am to 12:00pm	\$126.00
15052	Summer Sports School Session C – Sport (AM)	Mon. Jul. 17 to Fri. Jul. 21	8:45 am to 12:00pm	\$126.00
15053	Summer Sports School Session D – Sport (AM)	Mon. Jul. 24 to Fri. Jul. 28	8:45 am to 12:00pm	\$126.00
15054	Summer Sports School Session E – Sport (AM)	Mon. Jul. 31 to Fri. Aug. 4	8:45 am to 12:00pm	\$126.00
15055	Summer Sports School Session G – Sport (AM)	Mon. Aug. 14 to Fri. Aug. 18	8:45 am to 12:00pm	\$126.00
15056	Summer Sports School Session H – Sport (AM)	Mon. Aug. 21 to Fri. Aug. 25	8:45 am to 12:00pm	\$126.00

### Summer Sports School: Sport (PM)

CRN:	Session:	Dates:	Time:	Cost:
15057	Summer Sports School Session A – Sport (PM)	Tue. Jul. 4 to Fri. Jul. 7	1:00 pm to 4:15 pm	\$100.80
15058	Summer Sports School Session B – Sport (PM)	Mon. Jul. 10 to Fri. Jul. 14	1:00 pm to 4:15 pm	\$126.00
15059	Summer Sports School Session C – Sport (PM)	Mon. Jul. 17 to Fri. Jul. 21	1:00 pm to 4:15 pm	\$126.00
15060	Summer Sports School Session D – Sport (PM)	Mon. Jul. 24 to Fri. Jul. 28	1:00 pm to 4:15 pm	\$126.00
15061	Summer Sports School Session E – Sport (PM)	Mon. Jul. 31 to Fri. Aug. 4	1:00 pm to 4:15 pm	\$126.00
15062	Summer Sports School Session G – Sport (PM)	Mon. Aug. 14 to Fri. Aug. 18	1:00 pm to 4:15 pm	\$126.00
15063	Summer Sports School Session H – Sport (AM)	Mon. Aug. 21 to Fri. Aug. 25	1:00 pm to 4:15 pm	\$126.00

### Summer Sports School: Wacky Week

15093	Summer Sports School Session F – Wacky Week	Tue. Aug. 8 to Fri. Aug. 11	8:45 am to 4:15 pm	\$205.00
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### Summer Sports School: Art (AM)

CRN:	Session:	Dates:	Time:	Cost:
15064	Summer Sports School Session A – Art (AM)	Tue. Jul. 4 to Fri. Jul. 7	8:45 am to 12:00pm	\$100.80
15065	Summer Sports School Session B – Art (AM)	Mon. Jul. 10 to Fri. Jul. 14	8:45 am to 12:00pm	\$126.00
15066	Summer Sports School Session C – Art (AM)	Mon. Jul. 17 to Fri. Jul. 21	8:45 am to 12:00pm	\$126.00
15067	Summer Sports School Session D – Art (AM)	Mon. Jul. 24 to Fri. Jul. 28	8:45 am to 12:00pm	\$126.00
15068	Summer Sports School Session E – Art (AM)	Mon. Jul. 31 to Fri. Aug. 4	8:45 am to 12:00pm	\$126.00
15069	Summer Sports School Session G – Art (AM)	Mon. Aug. 14 to Fri. Aug. 18	8:45 am to 12:00pm	\$126.00
15070	Summer Sports School Session H – Art (AM)	Mon. Aug. 21 to Fri. Aug. 25	8:45 am to 12:00pm	\$126.00

### Summer Sports School: Art (PM)

CRN:	Session:	Dates:	Time:	Cost:
15071	Summer Sports School Session A – Art (PM)	Tue. Jul. 4 to Fri. Jul. 7	1:00 pm to 4:15 pm	\$100.80
15072	Summer Sports School Session B – Art (PM)	Mon. Jul. 10 to Fri. Jul. 14	1:00 pm to 4:15 pm	\$126.00
15073	Summer Sports School Session C – Art (PM)	Mon. Jul. 17 to Fri. Jul. 21	1:00 pm to 4:15 pm	\$126.00
15074	Summer Sports School Session D – Art (PM)	Mon. Jul. 24 to Fri. Jul. 28	1:00 pm to 4:15 pm	\$126.00
15075	Summer Sports School Session E – Art (PM)	Mon. Jul. 31 to Fri. Aug. 4	1:00 pm to 4:15 pm	\$126.00
15076	Summer Sports School Session G – Art (PM)	Mon. Aug. 14 to Fri. Aug. 18	1:00 pm to 4:15 pm	\$126.00
15077	Summer Sports School Session H – Art (PM)	Mon. Aug. 21 to Fri. Aug. 25	1:00 pm to 4:15 pm	\$126.00

### Summer Sports School: Science (AM)

CRN	Session:	Dates:	Time:	Cost:
15078	Summer Sports School Session A – Science (AM)	Tue. Jul. 4 to Fri. Jul. 7	8:45 am to 12:00pm	\$100.80
15079	Summer Sports School Session B – Science (AM)	Mon. Jul. 10 to Fri. Jul. 14	8:45 am to 12:00pm	\$126.00
15080	Summer Sports School Session C – Science (AM)	Mon. Jul. 17 to Fri. Jul. 21	8:45 am to 12:00pm	\$126.00
15081	Summer Sports School Session D – Science (AM)	Mon. Jul. 24 to Fri. Jul. 28	8:45 am to 12:00pm	\$126.00
15082	Summer Sports School Session E – Science (AM)	Mon. Jul. 31 to Fri. Aug. 4	8:45 am to 12:00pm	\$126.00
15083	Summer Sports School Session G – Science (AM)	Mon. Aug. 14 to Fri. Aug. 18	8:45 am to 12:00pm	\$126.00
15084	Summer Sports School Session H – Science (AM)	Mon. Aug. 21 to Fri. Aug. 25	8:45 am to 12:00pm	\$126.00

## Summer Sports School – Rookie Program

**Age:** Age 4 to 5 years (Co-ed)

**Location:** Dropoff at Gym 3, Centre for Kinesiology & Health Studies

### **Description:**

Summer Sports School rookie program is a unique physical activity program for children 4 to 5 years of age. Children will be provided with opportunities to participate in a variety of sports, science, aquatic and other physical activities in a safe, fun and non-competitive environment. The emphasis is for participants to have fun, meet others, become physically active and learn new skills. All activities will be planned, facilitated and supervised by instructors and will be modified to suit the age level and ability of the participants.

The Rookies will take part in a variety of modified sport and recreational activities geared to their age group including a daily dip in the pool! The emphasis is on participation, basic skill development and FUN! Rookie participants will swim in the morning.

Please Note: All Rookies Program participants will be required to wear a life jacket or water wings in the pool for their own safety. There will be pool time each day for this camp. Children must be fully toilet trained to register in this program.

### **Things to bring:**

Water bottle, snacks and lunch (nut and sesame free), hat/appropriate wear for the weather, sunblock/bug spray, and swimsuit.

Summer Sports School: Rookie				
15085	Summer Sports School Session A – Rookie	Tue. Jul. 4 to Fri. Jul. 7	8:45 am to 4:15 pm	\$201.60
15086	Summer Sports School Session B – Rookie	Mon. Jul. 10 to Fri. Jul. 14	8:45 am to 4:15 pm	\$252.00
15087	Summer Sports School Session C – Rookie	Mon. Jul. 17 to Fri. Jul. 21	8:45 am to 4:15 pm	\$252.00
15088	Summer Sports School Session D – Rookie	Mon. Jul. 24 to Fri. Jul. 28	8:45 am to 4:15 pm	\$252.00
15089	Summer Sports School Session E – Rookie	Mon. Jul. 31 to Fri. Aug. 4	8:45 am to 4:15 pm	\$252.00
15090	Summer Sports School Session F – Rookie	Tue. Aug. 8 to Fri. Aug. 11	8:45 am to 4:15 pm	\$201.60
15091	Summer Sports School Session G – Rookie	Mon. Aug. 14 to Fri. Aug. 18	8:45 am to 4:15 pm	\$252.00
15092	Summer Sports School Session H – Rookie	Mon. Aug. 21 to Fri. Aug. 25	8:45 am to 4:15 pm	\$252.00

# University of Regina Cougars

## Spring/Summer Camps



### Cougar Hockey Camps

#### Summer Hockey Camp for Girls

**Age:** Girls 7 to 12 years

**Location:** Co-operators Centre, 1700 Elphinstone St.

#### **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.

#### **Things to bring:**

- Dryland clothing/warm-up clothing (runners, shorts, T-shirts, etc.), sticks to use off-ice, water bottle, lunch, and snacks.

Cougar Summer Hockey Camp for Girls				
CRN:	Description:	Dates:	Time:	Cost:
15043	Summer Hockey Camp for Girls	Mon. Jul. 24 to Fri. Jul. 28	8:30 am to 4:00 pm	\$425.00

## **Junior Cougars Hockey Camp for Girls**

**Age:**               **Girls 7 – 12 years**

**Location:**       **Co-operators Centre, 1700 Elphinstone St.**

### **Description:**

- 5 ice sessions (5 hours)
- 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.
- Ice sessions run from 6:15-7:15 pm each night for 5 consecutive nights. There will be goaltending instruction.

### **Things to bring:**

- Water bottle and hockey equipment.

<b>Junior Cougar Hockey Camp for Girls</b>				
<b>CRN:</b>	<b>Description:</b>	<b>Dates:</b>	<b>Time:</b>	<b>Cost:</b>
15042	Junior Cougars Hockey Camps for Girls	Sun. Sept. 10 to Thu. Sept. 14	6:15 pm to 7:15 pm	\$150.00

## Cougars U9 Hockey Camp

**Age:** Age 7 to 9 years (Co-ed)

**Location:** Co-operators Centre, 1700 Elphinstone St.

**Description:** This is not a "Cougar Cubs" camp. The emphasis of this camp is to improve the skill development of 2016 and 2015 born players. The camp will consist of 20 minutes of power skating, 30 minutes of skill and drills, and 20 minutes of small area games. Off-ice will consist of 30 minutes dryland training. Each session will be instructed by current Cougar Coaches and Players.

### **Things to bring:**

- Hockey equipment. Water bottle and snack for between ice sessions. Dryland clothes and shoes.

Cougar Elite Hockey School – U9				
CRN:	Description:	Dates:	Time:	Cost:
15380	Cougar U9 Hockey Camp (Skaters)	Mon. Aug. 14 to Fri. Aug. 18	10:30 am to 12:45 pm	\$225.00
15381	Cougar U9 Hockey Camp (Goalies)	Mon. Aug. 14 to Fri. Aug. 18	10:30 am to 12:45 pm	\$150.00

## Cougars Elite Hockey School – U11

**Age:** Age 9 to 11 years (Co-ed)

**Location:** Co-operators Centre, 1700 Elphinstone St.

**Description:** The emphasis of this camp will be skating, skill development and conditioning of 9 to 11 year old players, both male and female. Each day will include power skating, skill development and high tempo drills that will challenge players to compete at a high level. Players will receive 2 hours of ice each day, 1 hour off-ice session/skill session. Each session will be instructed by current Cougar Coaches and Players for a low player to coach ratio.

Goaltending instruction will be provided by current Cougar Goaltenders.

### **Things to bring:**

- Hockey equipment. Water bottle and snack for between ice sessions. Dryland clothes and shoes.

Cougar Elite Hockey School – U11				
CRN:	Description:	Dates:	Time:	Cost:
15304	Cougar Elite Hockey Scholl – U11 (Skaters)	Mon. Aug. 21 to Fri. Aug. 25	8:45 am to 12:15 pm	\$425.00
15305	Cougar Elite Hockey Scholl – U11 (Goalies)	Mon. Aug. 21 to Fri. Aug. 25	8:45 am to 12:15 pm	\$300.00

## **Cougars Elite Hockey School – U13**

**Age:** Age 12 to 13 years (Co-ed)

**Location:** Co-operators Centre, 1700 Elphinstone St.

**Description:** The emphasis of this camp will be skating, skill development and conditioning of 12 to 13 year old players, both male and female. Each day will include power skating, skill development and high tempo drills that will challenge players to compete at a high level. Players will receive 2 hours of ice each day, 1 hour off-ice session/skill session. Each session will be instructed by current Cougar Coaches and Players for a low player to coach ratio.

Goaltending instruction will be provided by current Cougar Goaltenders.

### **Things to bring:**

- Hockey equipment. Water bottle and snack for between ice sessions. Dryland clothes and shoes.

<b>Cougar Elite Hockey School – U13</b>				
<b>CRN:</b>	<b>Description:</b>	<b>Dates:</b>	<b>Time:</b>	<b>Cost:</b>
15307	Cougar Elite Hockey Scholl – U13 (Skaters)	Mon. Aug. 21 to Fri. Aug. 25	9:15 am to 1:15 pm	\$425.00
15306	Cougar Elite Hockey Scholl – U13 (Goalies)	Mon. Aug. 21 to Fri. Aug. 25	9:15 am to 1:15 pm	\$300.00

## Cougars Men's Hockey U13 Prep Camp

**Age:** Age 11 to 12 years (Co-ed)  
**Location:** Co-operators Centre, 1700 Elphinstone St.

**Description:** This will be a 3 day conditioning camp. Camp will work on position specific drills that will push each player to the potential. Each on-ice session will include a warm-up, station work and high tempo drills that will challenge players to compete at a high level. We will start each day (10am) with an off-ice warm up and agility session prior to their ice time. Each session will be instructed by current Cougar Coaches and Players for a low player to coach ratio. We will have a goalie coach on the ice for each session.

**You need to have played U11 A or U13 AA to attend this camp.**

### **Things to bring:**

- Hockey equipment, water bottle, off ice clothing and running shoes.

Cougar Men's Hockey U13 Prep Camp				
CRN:	Description:	Dates:	Time:	Cost:
15385	Cougar Men's Hockey U13 Prep Camp (Defense)	Mon. Aug. 28 to Wed. Aug. 30	10:00 am to 1:15 pm	\$225.00
15386	Cougar Men's Hockey U13 Prep Camp (Forward)	Mon. Aug. 28 to Wed. Aug. 30	10:00 am to 1:15 pm	\$225.00
15387	Cougar Men's Hockey U13 Prep Camp (Goalie)	Mon. Aug. 28 to Wed. Aug. 30	10:00 am to 1:15 pm	\$150.00

# Cougar Track & Field Camps

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

**Age:** Age 6 to 14 years (Co-ed)

**Location:** Canada Games Complex, 3025 McDonald Street

**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.

### Things to bring:

- Water bottle, snack, outdoor running shoes, hat, sunscreen, bug spray, rain gear as necessary. This is an outdoor camp.

### Cubs Summer Soccer Classes

CRN:	Description:	Dates:	Time:	Cost:
14948	Cougars Track & Field - Run, Jump, Throw Camp	Mon. Jul. 10 to Fri. Jul. 14	9:00 am to 12:00 pm	\$160.00
14949	Cougars Track & Field - Run, Jump, Throw Camp	Mon. Aug. 7 to Fri. Aug. 11	9:00 am to 12:00 pm	\$160.00

# Cougar Women's Volleyball Camps

## Cougar Women's Summer Gold Volleyball Camp

**Age:** 13 to 17 Years (Female))

**Location:** University of Regina - Gym 1 (Registration 8:30 am – 8:50 am)

**Description:** The primary objective of this camp is to provide participants with top quality instruction and coaching in the most up to date volleyball techniques and team play systems. This camp will help participants to sharpen their skills and provide lots of competition to ensure everyone improves their overall volleyball game.

**All participants will receive a Cougars t-shirt!**

Meal plan is optional for July 24-27 (4 days). Choose during registration.

**Things to bring:**

- Water bottle, athletic pants or shorts, knee pads, lunch if not purchasing on site lunch.

Summer Gold Volleyball Camp				
CRN:	Description:	Dates:	Time:	Cost:
15108	Summer Gold Volleyball Camp	Mon. Jul. 24 to Fri. Jul. 28	Monday to Thursday: 9:00 am to 3:30 pm Friday: 9:00 am to 12:00 pm	\$325.00

# Cougar Basketball Camps

## Cougar Men's Basketball Skills Camp

**Age:** Boys 6 to 14 years

**Location:** University of Regina - 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. Anyone interested in improving or learning basketball skills will benefit from this camp regardless of skill level. Features current Cougar players and coaches.

**Meal Plan:** Meal plan is optional from Monday to Thursday. Payable during registration.

**Supervision:** Supervision is provided from 8:30 am.

Cougar Men's Basketball Skills Camp				
CRN:	Description:	Dates:	Time:	Cost:
15106	Cougar Men's Basketball Skills Camp	Mon. Jul. 10 to Fri. Jul. 14	Monday to Thursday: 9:00 am to 3:30 pm Friday: 9:00 am to 12:00 pm	\$300.00
15107	Cougar Men's Basketball Skills Camp	Mon. Jul. 17 to Fri. Jul. 21	Monday to Thursday: 9:00 am to 3:30 pm Friday: 9:00 am to 12:00 pm	\$300.00

## Cougar Basketball Coed High School Camp

**Age:** 14 to 17 years (Co-ed)

**Location:** University of Regina - Gym 3

**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!

Cougar Basketball Coed High School Camp				
CRN:	Description:	Dates:	Time:	Cost:
15282	Cougar Basketball Coed High School Camp	Mon. Aug. 21 to Thu. Aug. 24	6:00 pm to 9:00 pm	\$200.00

## Women's Basketball Junior Camp

**Age:** Girls 7 to 14 years

**Location:** University of Regina - 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.

**Meal Plan:** Meal plan is optional from Monday to Thursday. Payable during registration.

**Supervision:** Supervision is provided from 8:30 am.

**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!

Women's Basketball Junior Camp				
CRN:	Description:	Dates:	Time:	Cost:
15283	Women's Basketball Junior Camp	Mon. Jul. 31 to Thu. Aug. 3	9:00 am to 3:30 pm	\$250.00
15284	Women's Basketball Junior Camp	Mon. Aug. 28 to Wed. Aug. 30	9:00 am to 3:30 pm	\$175.00

# University of Regina Rams Summer Camp



## University of Regina Rams ID Camp

**Age:** 14 to 18 years (Co-ed)

**Location:** Field 2 – Cougar/Rams Field, University of Regina Main Campus

**Description:** The University of Regina Rams ID Camp is an opportunity for football players from the graduating classes of 2023-2026 to come and showcase their skills and athletic abilities for the Rams coaches. All athletes will be put through combine tests (40 Yard Dash, Broad Jump, Pro Agility, and 3 Cone) and then will work through position specific drills followed by a competitive period.

### **Things to bring:**

- Water bottle, cleats, gloves (if needed) and clothes you are comfortable exercising in.

University of Regina Rams ID Camp				
CRN:	Position:	Dates:	Time:	Cost:
15037	University of Regina Rams ID Camp	Sat. Jun. 24	5:30 pm to 8:00 pm	\$100.00

## Junior Rams Football Camp

**Age:** 10 to 17 years (Co-ed)

**Location:** Field 2 – Cougar/Rams Field, University of Regina Main Campus

**Description:** This 4 day, non-contact camp will give all athletes a chance to learn and grow their football skills on both sides of the ball in a competitive environment. Athletes will spend 2 days on offence and 2 days on defence learning fundamental skills for the positions they select. Each day the skills and drills will be progressed and culminate in a fun competition at the end of the last day of camp! Limited spaces are available!

### **Things to bring:**

- Cleats, clothes you are comfortable exercising in & water bottle. No football equipment required.

Junior Rams Football Camp				
CRN:	Position:	Dates:	Time:	Cost:
15038	Running Back / Linebacker	Mon. Jul. 17 – Thu. Jul. 20	5:00 pm to 6:30 pm	\$165.00
15039	Wide Receiver / Defensive Backs	Mon. Jul. 17 – Thu. Jul. 20	5:00 pm to 6:30 pm	\$165.00
15040	Offensive Line / Defensive Lineman	Mon. Jul. 17 – Thu. Jul. 20	5:00 pm to 6:30 pm	\$165.00
15041	Quarterbacks	Mon. Jul. 17 – Thu. Jul. 20	5:00 pm to 6:30 pm	\$165.00

## Regina Rams School of Quarterbacks (High School)

**Age:** 15 to 18 years (Co-ed)

**Location:** CK 177 – Pelton Room & University of Regina Artificial Turf Field

**Description:** A weekend of training to improve in all aspects of the position. Classroom sessions will consist of a brief mechanics breakdown and explanations as well as presentations on film study, learning a playbook and understanding defences. On-field work will include step-by-step mechanical progressions, a variety of drills focusing on both on and off platform throws as well as a throwing competition to close out the weekend.

### **Things to bring:**

- Cleats, clothes you are comfortable exercising in & water bottle. Note book, pen and pencils. No football equipment required.

Regina Rams School of Quarterbacks (High School)				
CRN:	Position:	Dates:	Time:	Cost:
15044	Regina Rams School of Quarterbacks (High School)	Mon. Jun. 17 – Tue. Jun. 18	6:00 pm to 9:00 pm	\$150.00
15045	Regina Rams School of Quarterbacks (High School)	Sat. Jul. 22 – Sun. Jul. 23	6:00 pm to 9:00 pm	\$150.00
15046	Regina Rams School of Quarterbacks (High School)	Sat. Jul. 29 – Jun. Jul. 30	1:00 pm to 4:00 pm	\$150.00

## Regina Rams School of Quarterbacks (Youth)

**Age:** 10 to 14 years (Co-ed)

**Location:** CK 177 – Pelton Room & University of Regina Artificial Turf Field

**Description:** A weekend of training to improve in all aspects of the position and have fun. Sessions will include step by step mechanical progressions focusing on the fundamentals, a variety of drills with emphasis on movement and development and throwing competitions to close out the weekend.

### **Things to bring:**

- Cleats, clothes you are comfortable exercising in & water bottle. Note book, pen and pencil. No football equipment required.

Regina Rams School of Quarterbacks (Youth)				
CRN:	Position:	Dates:	Time:	Cost:
15047	Regina Rams School of Quarterbacks (Youth)	Mon. Jun. 17 – Tue. Jun. 18	4:00 pm to 6:00 pm	\$100.00
15048	Regina Rams School of Quarterbacks (Youth)	Sat. Jul. 22 – Sun. Jul. 23	4:00 pm to 6:00 pm	\$100.00
15049	Regina Rams School of Quarterbacks (Youth)	Sat. Jul. 29 – Jun. Jul. 30	9:00 am to 11:00 am	\$100.00

# Cougar Soccer Camps

## EASTER CAMPS

### Mini Cubs Easter Soccer Camp

**Age:** 4 to 8 years (Co-ed)

**Location:** University of Regina - Gym 3

**Description:** Want a FUN way to keep the kids busy over the Easter break? Join us for the Mini Cubs Easter Soccer Camp! The Easter Soccer Camp is a soccer skills camp that combines small sided games, soccer drills to build skills and physical literacy activities. This camp is appropriate for EVERYONE aged 4-8! Players will be put in work groups of similar age and ability players. U of R Soccer players & coaches will coach the camp.

Mini Cubs Easter Soccer Camp				
CRN:	Description:	Dates:	Time:	Cost:
14884	Mini Cubs Easter Soccer Camp	Mon. Apr. 10 to Fri. Apr. 14	9:00 am to 12:00 pm	\$45.00

### Cubs Easter Soccer Camp

**Age:** 8 to 13 years (Co-ed)

**Location:** University of Regina - Gym 3

**Description:** Want a FUN way to keep the kids busy over the Easter break? Join us for the Cubs Easter Soccer Camp! The Easter Soccer Camp is a soccer skills camp that combines small sided games, soccer drills to build skills and physical literacy activities. This camp is appropriate for EVERYONE aged 8-13! Players will be put in work groups of similar age and ability players. U of R Soccer players & coaches will coach the camp.

Cubs Easter Soccer Camp				
CRN:	Description:	Dates:	Time:	Cost:
14881	Cubs Easter Soccer Camp	Mon. Apr. 10 to Fri. Apr. 14	1:00 pm to 4:00 pm	\$45.00

## SPRING CAMPS

### Cougars & Cubs Soccer Classes

**Age:** 2 to 4 years (Co-ed)

**Location:** Field 1, University of Regina Main Campus

**Description:** Enjoy some summer soccer FUN together with your 2 to 4 year old! The Cougars & Cubs class is a soccer program where each registered participant is required to bring a "big partner". This is a physical literacy based class where participants will have fun running, jumping, kicking and learning all about soccer!

**Things to bring:**

- Please ensure participants are wearing comfortable shoes and active clothing.
- No shin guards or soccer specific clothing is required.
- Water bottle.

Cougars & Cubs Soccer Classes				
CRN:	Description:	Dates:	Time:	Cost:
15111	Cougars & Cubs Soccer Classes	Every Mon. from May 1 to Jun. 19 (no class on May 22)	5:30 pm to 6:15 pm	\$42.00
15112	Cougars & Cubs Soccer Classes	Every Wed. from May 3 to Jun. 21	5:15 pm to 6:00 pm	\$48.00

## Mini Cubs & Cubs Soccer Classes

**Age:** 4 to 12 years (Co-ed)

**Location:** Field 1, University of Regina Main Campus

**Description:** This program is for anyone who is interested in having some FUN, improving their current skills and looking to learn more about soccer! It is open to both girls and boys and no previous soccer experience is necessary.

Players will be put in small work groups with similar ability players or friends and will move to different coaches to learn skills, participate in different activities and play small sided games. This is really a program for ALL levels of participants! Classes will be run by current UofR players, coaches, and alumni.

### **Things to bring:**

- No specific soccer equipment required but participants are welcome to wear shin guards.
- All participants should bring suitable footwear and a refillable water bottle.

Mini Cubs & Cubs Soccer Classes				
CRN:	Description:	Dates:	Time:	Cost:
15109	Mini Cubs & Cubs Soccer Classes	Every Mon. from May 1 to Jun. 19 (no class on May 22)	6:30 pm to 7:30 pm	\$49.00
15110	Mini Cubs & Cubs Soccer Classes	Every Wed. from May 3 to Jun. 21	6:15 pm to 7:15 pm	\$56.00

## Cubs Coed Soccer Development Program

**Age:** 7 to 14 years (Co-ed)

**Location:** Field 1, University of Regina Main Campus

**Description:** The Cubs Coed Soccer Development Program is a weekly class offered by the U of R Women's Soccer Team. This developmental coed program is perfect for young soccer players who would like a "team environment" soccer class to develop their soccer skills and learn more about the game of soccer.

The class will focus on skill development and finish with small sided games each week. Players will be split into 2-4 groups (based on age and ability) every week and work with a head coach for the entire session.

Cubs Coed Soccer Development Program				
CRN:	Description:	Dates:	Time:	Cost:
15113	Cubs Coed Soccer Development Program	Every Thu. from May 4 to Jun. 22	6:00 pm to 7:30 pm	\$70.00

## **“Girl Power” Cougar Soccer Development Program**

**Age:** 4 to 14 years (Co-ed)

**Location:** Field 1, University of Regina Main Campus

**Description:** The "Girl Power" Soccer Development Program is a weekly class offered by the U of R Women's Soccer Team. This developmental girls program is led by female instructors and all participants will receive a special U of R "Girl Power" t-shirt. The program will feature players working in groups with similar ability players and work with a variety of different female instructors.

Each week participants will also be introduced to a member of the U of R women's soccer team who will talk about their special "power" that helps them succeed as a student-athlete and then the participants will have the opportunity to ask questions.

“Girl Power” Cougar Soccer Development Program				
CRN:	Description:	Dates:	Time:	Cost:
15114	“Girl Power” Cougar Soccer Development Program	Every Tue. from May 2 to Jun. 20	6:00 pm to 7:30 pm	\$70.00

## **Junior Cougars Summer Soccer Development Program**

**Age:** 12 to 18 years (Female)

**Location:** Field 2, University of Regina Main Campus

**Description:** This high performance soccer program is best suited for any female soccer player who is currently involved in the club soccer environment and would like to learn more about the playing and training expectations and standards within a varsity soccer program. If you are a driven, passionate, and committed soccer player then this program is for you! This unique developmental program includes 11 x 1.5 hour turf sessions with UofR coaches and players.

### **Things to bring:**

- A Junior Cougar training kit (shirt, shorts & socks) must be purchased during checkout process if the player has not previously received a kit (black top, black shorts & white socks).

Junior Cougars Summer Soccer Development Program				
CRN:	Description:	Dates:	Time:	Cost:
15161	Junior Cougars Summer Soccer Development Program	Every Wed. from May 10 to Jul. 19	8:00 pm to 9:30 pm	\$130.00

## SUMMER CAMPS

### Rams Football & Cougar Soccer FUNdamental Camp

**Age:** Age 4 to 12 years (Co-ed)

**Location:** University of Regina - Field 5 (Grass Field)

**Description:** Looking for a unique summer camp that is packed with FUN? The U of R Rams Football Team and Cougar Women's Soccer Team are partnering up to offer a football and soccer camp all in one! This camp is for anyone who is interested in having some FUN, improving their current skills and looking to learn more about football and soccer!

It is open to both girls and boys and no previous football or soccer experience is necessary. Players will be put in small work groups with similar ability players or friends and will travel around our skill building circuit and learn new skills, develop physical literacy skills, participate in challenging activities, and play small sided games. This is really a camp for ALL levels of participants!

Rams Football & Cougar Soccer FUNdamentals Camp				
CRN:	Description:	Dates:	Time:	Cost:
15105	Rams Football & Cougar Soccer FUNdamentals Camp	Mon. Jul. 10 to Fri. Jul. 14	9:00 am to 12:00 pm	\$140.00

### Cougar Basketball & Soccer FUNdamental Camp

**Age:** Age 4 to 12 years (Co-ed)

**Location:** University of Regina - Field 5 (Grass Field)

**Description:** Looking for a unique summer camp that is packed with FUN? The UofR Women's Basketball AND Soccer teams are partnering up to offer an outdoor summer basketball and soccer camp all in one! This grassroots camp is for anyone who is interested in having some FUN, improving their current skills and looking to learn more about basketball and soccer!

It is open to both girls and boys and no previous basketball or soccer experience is necessary. Players will be put in small work groups with similar ability players or friends and will travel around our skill building circuit and learn new skills, develop physical literacy skills, participate in challenging activities, and play small sided games. This is really a camp for ALL levels of participants!

Cougar Basketball & Soccer FUNdamental Camp				
CRN:	Description:	Dates:	Time:	Cost:
15156	Rams Football & Cougar Soccer FUNdamentals Camp	Tue. Jul. 4 to Fri. Jul. 7	9:00 am to 12:00 pm	\$115.00

## Mini Cubs & Cubs Soccer Summer Camp

**Age:** Age 4 to 14 years (Co-ed)

**Location:** Field 5, University of Regina Main Campus

**Description:** Looking for some summer soccer fun? Join us this summer for an exciting summer camp offered by the U of R Women's Soccer Team. This camp is for anyone who is interested in having some FUN, improving their current skills and looking to learn more about soccer! It is open to both girls and boys and no previous soccer experience is necessary.

Players will be put in small work groups with similar ability players or friends and will move to different coaches to learn skills, participate in different activities and play small sided games. This is really a program for ALL levels of participants!

### **Things to bring:**

- Please ensure participants are wearing comfortable shoes and active clothing.
- No shin guards or soccer specific clothing is required but participants are encouraged to wear whatever they have (shin guards are recommended)
- Please pack a peanut free snack as we will have a snack break each day
- Please bring a water bottle, sunscreen and bug spray.

Mini Cubs & Cubs Soccer Summer Camp				
CRN:	Description:	Dates:	Time:	Cost:
15150	Mini Cubs & Cubs Soccer Summer Camp	Tue. Jul. 4 to Fri. Jul. 7	1:00 pm to 4:00 pm	\$75.00
15151	Mini Cubs & Cubs Soccer Summer Camp (Full Day)	Mon. Jul. 17 to Fri. Jul. 21	9:00 am to 4:00 pm	\$175.00
15152	Mini Cubs & Cubs Soccer Summer Camp (AM)	Mon. Jul. 17 to Fri. Jul. 21	9:00 am to 12:00 pm	\$99.00
15153	Mini Cubs & Cubs Soccer Summer Camp (PM)	Mon. Jul. 17 to Fri. Jul. 21	1:00 pm to 4:00 pm	\$99.00

## **“Girl Power” Cougar Soccer Development Program**

**Age:** 4 to 14 years (Co-ed)

**Location:** Field 5, University of Regina Main Campus

**Description:** The "Girl Power" Soccer Development Program is a weekly class offered by the U of R Women's Soccer Team. This developmental girls program is led by female instructors and all participants will receive a special U of R "Girl Power" t-shirt. The program will feature players working in groups with similar ability players and work with a variety of different female instructors.

Each week participants will also be introduced to a member of the U of R women's soccer team who will talk about their special "power" that helps them succeed as a student-athlete and then the participants will have the opportunity to ask questions.

If you are ALSO registered for the FUNdamentals RAMS Football & Cougars Soccer Camp and want to add this camp on to create a full day camp, lunch supervision will be provided by UofR soccer players - bring a nut-free lunch!

### **Things to bring:**

- Please ensure participants are wearing comfortable shoes and active clothing.
- No shin guards or soccer specific clothing is required but participants are encouraged to wear whatever they have (shin guards are recommended)
- Please pack a peanut free snack as we will have a snack break each day
- Please bring a water bottle, sunscreen and bug spray.

“Girl Power” Cougar Soccer Development Program				
CRN:	Description:	Dates:	Time:	Cost:
15149	“Girl Power” Cougar Soccer Development Program	Mon. Jul. 10 to Fri. Jul. 14	1:00 pm to 4:00 pm	\$99.00

## Junior Cougars Coed Soccer Summer Camp

**Age:** 9 to 17 years (Co-ed)

**Location:** Field 5, University of Regina Main Campus

**Description:** Looking for an opportunity to work on your soccer skills during the summer break? Join us for our Junior Cougars Coed Summer Camp offered by the U of R Women's Soccer Team. This 3 day high performance camp is best suited for any soccer player who is currently involved in the club soccer environment or is looking to start playing at the club level.

If you are a driven, passionate, and committed soccer player who loves new soccer challenges then this camp is for you! Camp participants will be put into work groups based on age & skill level to ensure they have the best possible experience with similar ability players.

### **Things to bring:**

- Please ensure participants are wearing comfortable shoes and active clothing.
- No shin guards or soccer specific clothing is required but participants are encouraged to wear whatever they have (shin guards are recommended)
- Please pack a peanut free snack as we will have a snack break each day
- Please bring a water bottle, sunscreen and bug spray.

Junior Cougars Coed Soccer Summer Camp				
CRN:	Description:	Dates:	Time:	Cost:
15154	Junior Cougars Coed Soccer Summer Camp	Mon. Jul. 24 to Wed. Jul. 26	9:00 am to 4:00 pm	\$140.00