



Green & Gold Summer Camps

Train to Train (Ages 12 to 14)



Camp Skill Level Expectations

Explore (Beginner) *These camps aim to introduce and develop basic skills of the sport & activity.*

Engage (Intermediate) *These camps aim to develop and build upon existing skills of the sport.*

Excel (Advanced) *These camps aim to challenge participants in a high performance environment.*

Gender

O Open Camp

G Girls Camp

B Boys Camp

*Short Week

Camp	Campus	Sign-in Area	July 2-4*	July 7-11	July 14-18	July 21-25	July 28-1	Aug 5-8*	Aug 11-15	Aug 18-22	Aug 25-29
BBall/VBall Combo	NORTH	Main Gym	O		O		O	O	BG	BG	
Climbing	NORTH	Main Gym				O			O	O	O
Discover Aquatics	NORTH	Main Gym		O	O	O	O	O	O	O	
DiscoverE/Sport Skills	NORTH	Eng Quad				O					
Flag Rugby	NORTH	Main Gym			O						
Rec Mix Gaming	NORTH	Main Gym		O	O	O	O		O	O	
Sport Skills	NORTH	Main Gym	O		O			O			
Wrestling	NORTH	Main Gym							O		
Soccer	LISTER	Turf		BG		BG			BG		
Basketball	SOUTH	Saville Gym		B	G	B	G		B		
Curling	SOUTH	Saville Gym							O	O	
Flag Football	SOUTH	Saville Gym					O	O			
Olympic Lifting	SOUTH	Saville Gym							O		
Sport Leadership	SOUTH	Saville Gym		O		O					
Tennis	SOUTH	Tennis Ctr		O		O	O			O	
Track and Field	SOUTH	Saville Gym	O			O		O	O		
Ultimate Mix (NEW)	SOUTH	Saville Gym			O					O	
Volleyball	SOUTH	Saville Gym	G	G	B	G	G	B G			