

RDC Summer SPORT CAMPS 2011

Train with THE BEST, RDC Athletic Talent!



Photo credit: Stop Action Photography



CONTINUING
EDUCATION

Work with TOP local athletes to develop and enhance your skills.

All camps are lead by RDC coaches in a fun and dynamic atmosphere.

Our senior camps provide sport-specific skills and technical development that optimize competitive performance.

MULTI-SPORT & COMBO CAMPS COST \$145 - \$195

Learning to play sports begins with having FUN! These multi sport and combo camps follow the Canadian Sport for Life principle, teaching fundamental movements and skills in a structured, positive and safe environment.

9:00am – 4:00pm

Multi Sport – Fundamentals

(Ages 6 – 9)

July 4 – 8

CRN 1085 | Cost \$195

Basketball & Multisport

(Ages 10 – 15)

August 2 – 5

CRN 1189 | Cost \$145

Multi Sport – Learn to Train

(Ages 9 – 13)

July 4 – 8

CRN 1186 | Cost \$195

Volleyball & Multisport

(Ages 10 – 15) August 2 – 5

CRN 1190 | Cost \$145



BASKETBALL COST \$295 + GST

Learn new skills and perfect your technique from some of Alberta's top athletes and coaches. Head Coach Dawn Smyth was ACAC's 2009-2010 Women's Basketball Coach of the Year!

9:00am – 4:00pm

Queens Junior Basketball

(Ages 11 – 15)

July 11 – 15

CRN 1086

Kings Junior Basketball

(Ages 11 – 15)

July 18 – 22

CRN 1087

Queens Senior Basketball

(Ages 16 – 18)

July 11 – 15

CRN 1187

Kings Senior Basketball

(Ages 16 – 18)

July 18 – 22

CRN 1188



VOLLEYBALL

COST \$295 + GST

Let RDC help you prepare for your next season by developing and refining your skills and techniques. RDC's volleyball program has a rich history of excellence, our Queens were the 2010 ACAC Provincial Champions, while our Men's program has won 8 National and Provincial Championships in the past decade!!

9:00am – 4:00pm

Queens Junior Volleyball

(Ages 11 – 15) July 25 – 29 | CRN 1088
(Ages 11 – 15) August 8 – 12 | CRN 1089
(Ages 11 – 15) August 15 – 19 | CRN 1090

Queens Senior Volleyball

(Ages 16 – 18) July 25 – 29 | CRN 1091
(Ages 16 – 18) August 8 – 12 | CRN 1092

Queens Elite (Sr) Volleyball

(Ages 16 – 18+) August 22 – 26 | CRN 1191

Kings Junior Volleyball

(Ages 11 – 15) August 15 – 19 | CRN 1095

Kings Elite (Sr) Volleyball

(Ages 16 – 18+) August 22 – 26 | CRN 1099



RINGETTE

COST \$255 + GST

Strap on the skates and prepare for another season of ringette!
Develop skills and techniques with on-ice and off-ice training sessions
that will enhance your game!

Novice – Under 10

(Ages 8 – 9)
August 15 – 19
8:00am – 12:15pm
CRN 1080

Petite – Under 12

(Ages 10 – 11)
August 15 – 19
9:30am – 1:45pm
CRN 1192

Tween – Under 14

(Ages 12 – 13)
August 15 – 19
2:00pm – 6:15pm
CRN 1193

Elite – Under 19

(Ages 14 – 18)
August 15 – 19
3:30pm – 7:45pm
CRN 1194

Elite – Under 19 (Goalie)

(Ages 14 – 18)
August 15 – 19
3:30pm – 7:45pm
CRN 1084

course descriptions

Multi-Sport – Fundamentals

FUNDamental sport camp follows the sport for life principle, allowing your child to build the foundations of movement and sport skills in a fun, positive and safe environment.

Multi-Sport - Learn to Train

Lead by RDC talent, have your child develop and refine their fundamental skills and learn overall sport skills that will give them the confidence to be physically active for life!

Basketball & Multi Sport

Learn from RDC Athletes how to advance your basketball techniques and enhance overall sport skills, in a fun and dynamic 4 day camp!

Volleyball & Multi Sport

Learn from RDC Athletes how to advance your volleyball techniques and enhance overall sport skills, in a fun and dynamic 4 day camp!

Queens Junior & Senior Basketball

Enhance your basketball skills and learn team systems from our Queens Basketball Head Coach, Dawn Smyth. This week long camp focuses on athlete enhancement in a fun environment!

Kings Jr & Sr Basketball

Let our Athletes help you develop the skills you need to excel in basketball. This is a fun and interactive camp that will progressively develop your individual and team play.

Queens Jr & Sr Volleyball

Volleyball camps provide sport enthusiasts an opportunity to discover volleyball in a new and exciting light, promoting dynamic skill development in a fun and interactive environment. Have our College athletes work with you to improve your skills!

Kings Jr Volleyball

Gain the skills and confidence needed to dominate the game with a weeklong camp that progressively develops your individual skills with feedback from our Kings & Queens Volleyball athletes and coaches.

Queens Elite Volleyball

Let RDC coaches and athletes help you prepare for your next season by developing and refining your skills. Participants are exposed to college level play and coaches expect players to be highly motivated, hard working and disciplined.

Kings Elite Volleyball

When you've had guidance from the best, reaching the top is easy! Enhance your individual and team skills. Participants are exposed to college level play and coaches expect players to be highly motivated, hard working and disciplined.

Ringette Novice, Petite, Tween, Elite

Strap on the skates for 2 on-ice sessions each day, each ice session is an hour and fifteen minutes long, and will include fun drills and games to enhance individual skill development and team play. Between the ice sessions will be dry-land training and instruction that will get you ready for the upcoming Ringette Season!



Photo credit: Stop Action Photography



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CONTINUING
EDUCATION

HOW DO I REGISTER?

ONLINE *

www.rdc.ab.ca/continuing_education

PHONE *

403.357.3663

*The completion of a Summer Camps Waiver Form (available on website) is mandatory for your child's participation in our summer camp. Please return your completed and signed form to us as soon as possible as this form **MUST** be on file prior to OR accompany your child on their first day of camp. If we do not have this form, they will be unable to participate.

FAX *

Complete Registration Form plus Waiver Form (available on website) and fax to 403.357.3660

MAIL

Complete Registration Form plus Waiver Form (available on website) and send to
Red Deer College Registration, Box 5005, 100 College Blvd.,
Red Deer, AB T4N 5H5

IN PERSON

Visit the Registrar's Office
Mon – Fri | 8:30 a.m. – 4:30 p.m.
Thu | 8:30 a.m. – 6:00 p.m.

Spaces are limited. Secure yours soon!

CANCELLATIONS POLICY

Full refunds are available if Red Deer College cancels a camp. If you must withdraw from a camp, simply notify us at least 1 week before the camp begins and we will attempt to accommodate you in another camp or will issue a refund less a \$30 cancellation fee. Registrations cancelled within 1 week of a camp start date will not be eligible for a refund.