

WELCOME

The Department of Athletics & Recreation is proud to offer a full selection of sport camps for the upcoming Spring and Summer. If you have any questions regarding any of our camp programs, please call 420-5429 or 420-5555.

All of our sport camps are led by Varsity Team Head Coaches and their assistants along with varsity athletes. Campers will work hands-on with some of the best student-athletes in Canadian University Sport. For a complete list of our Varsity Coaches and staff visit our website. Our healthy choice lunch is available for \$35 per week. Check out the menu on our website www.smuhuskies.ca



Contact Camp (full gear required)

DATE	TIME	AGE	COST
July 7–9	9am – 4pm	8–15	\$180*

*Price includes lunch and camp jersey.

- The contact camp will focus on the fundamental skills associated with football and progress to position specific techniques. Each camper will be exposed to all positions in football on the first morning then move into an offence / defence position specifically to their choice after the first morning. On the last afternoon a live contact scrimmage will occur.

Participants will be organized according to their age group as well as skill level and ability. Each player will undergo a complete teaching progression in all facets of the game. By attending the camp the participants have the opportunity to work with the players and coaches from one of the top programs in the country. The skills learned from this camp will give them a better understanding of the game of football and prepare them for the upcoming season.

Football Gear

Gear can be rented or borrowed through the football association in your area or rented through the Dartmouth Minor Football Association for \$20 per person. A time and place will be arranged the week before camp starts to pick up gear.

Non-Contact Camp

DATE	TIME	AGE	COST
July 7–9	9am – 4pm	6–10	\$180*

*Price includes lunch and camp jersey.

The non-contact camp offers young co-ed campers aged 6–10 the opportunity to learn the skills and techniques associated with the game of football in a positive, fun, non-contact learning environment. Each day is structured to teach the campers all positions and rules of football. On the final afternoon a showcase of Flag Football by the campers will occur. *Gear required for the Non-Contact camp is sneakers or cleats, shorts and t-shirt.*