

# Go Mariners!

Recipient of the BC Collegiate Aggregate Award for best overall performance over the past four years.



Summer ★ 2010  
VIU Gymnasium



## Soccer

**Coed, 6-17 years old**

**August 23-27 ★ 9:30 am - 12:30 pm**

★ held at the Mariner Field

Instructors will be university men and women Head Coaches along with student-athletes. Lots of high level skills and fun! A camp t-shirt in sizes **YM** or **YL** is included in the cost.

**Cost: \$95 for 5 days**



## Volleyball

**Girls, 12-18 years old**

**August 30 - September 3 ★ 9 am - 4 pm**

**Come learn from the best!**

The VIU Women's Volleyball program has been one of the strongest programs in the entire country for the past 15 years. The camp will feature Mariner coaches and players from the past and the present. The week long camp covers all the skills required to develop into an elite Volleyball player. The camp covers a wide range of areas including: basic skill development, position specific training, physical training, mental training, team game play, and strategic planning. The camp also features the Mariner Inter-squad match where the athletes can experience the speed and intensity from an Inter-squad match put on by the current Mariner athletes. The camp is capped off with a final day tournament.

**Cost: \$160 for 5 days**

**Boys, 12-18 years old**

**August 30 - September 2 ★ 4 - 8 pm**

Mariners Men's Volleyball is committed to providing opportunities for young athletes throughout Vancouver Island. Most of our camp leaders are VIU Volleyball student-athletes, who provide a safe, educational and exciting experience for all. Along with Mariners coaches, our athletes will provide specific feedback that will prepare camp participants for their upcoming school season!

**Cost: \$100 for 4 days**

**Mark your calendars!**



# VIU Mariners Summer Camps

Register by mail, phone, fax or in person:  
Vancouver Island University  
Gymnasium ★ Building 190  
900 Fifth Street, Nanaimo, BC V9R 5S5  
Monday - Saturday, 9 am - 8 pm  
Phone: 250-740-6418  
Fax: 250-740-6487

## Summer Camp Registration Form

Please indicate which Summer Camp you are registering for:

★ Badminton - Coed (10-19 yrs)	Aug 23-27	9 am - 4 pm	\$160 + hst
★ Basketball - Coed (8-13 yrs)	July 5-9 ½ days ★	9 am - 4 pm am ★ / pm ★	\$160 \$ 85
★ Basketball - Coed (8-13 yrs)	Aug 9-13 ½ days ★	9 am - 4 pm am ★ / pm ★	\$160 \$ 85
★ Basketball - Girls (13-17 yrs)	Aug 16-20	9 am - 12 pm	\$100 + hst
★ Basketball - Boys (13-17 yrs)	Aug 16-20	1 - 4 pm	\$100 + hst
★ Soccer - Coed (6-17 yrs)	Aug 23-27	9:30 am - 12:30 pm	\$ 95 + hst
★ Volleyball - Girls (12-18 yrs)	Aug 30 - Sept 3	9 am - 4 pm	\$160 + hst
★ Volleyball - Boys (12-18 yrs)	Aug 30 - Sept 2	4 - 8 pm	\$100 + hst

*Refunds are not available two weeks prior to the start of the camp.*

## Registration Information

T-Shirt Size: **S** ★ **M** ★ **L** ★ **XL** ★ **YM** ★ **YL** ★ Soccer only:

Camper Name: \_\_\_\_\_

Birth Date (yy/mm/dd): \_\_\_\_\_ M ★ F ★

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Enclosed: Cash ★ Cheque ★ Credit Card: VISA ★ MC ★ AMEX ★

Name on Credit Card: \_\_\_\_\_

CC#: \_\_\_\_\_ Expiry: \_\_\_\_\_

## Office Use Only

Payment Received: \$ \_\_\_\_\_ Payment Date: \_\_\_\_\_

Cost Centre: Badminton ★ Men's Bball ★ Women's Bball ★ Women's Soccer ★  
Men's Vball ★ Women's Vball ★

★ Attach ORIGINAL INTERAC & TILL RECEIPTS when paying by phone/mail/fax.  
Attach COPIES of Interac & Till receipts when paying in person.



# Summer Camps



**Register by mail, phone, fax or in person:**

Vancouver Island University  
Gymnasium ★ Building 190  
900 Fifth Street, Nanaimo, BC V9R 5S5  
Monday – Saturday,  
9 am – 8 pm  
Phone: 250-740-6418  
Fax: 250-740-6487



**Register early!**



*Some Summer Camps have limited space available.  
Refunds are not available two weeks prior to the start of  
the camp.*



Get out and get active this summer with **Mariners Summer Camps!** Our camps are open to all skill levels and a variety of age groups. All camps are led by the VIU Mariner Head Coaching staff which will enhance your child's experience. Participants are grouped by skill level so every camper benefits. Camps focus on individual development, team play, sportsmanship and much more!

Sign up today! Registration form inside ▶

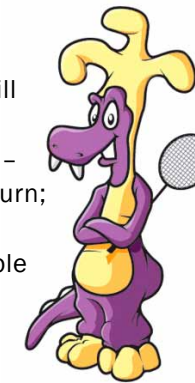
## Badminton – Smash & Splash

**Coed, 10–12/13–15/16–19 years old**

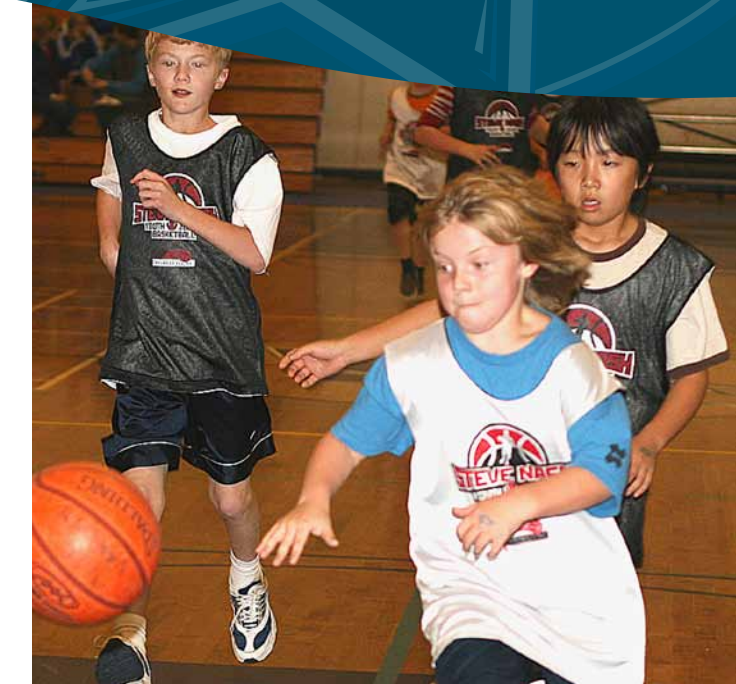
August 23–27 ★ 9 am – 4 pm

- ★ swimming each afternoon and tournament all day Friday

Participants will be broken into groups based on age and skill level to work on skill development. Skill development includes footwork; offensive and defensive strokes – clear, drop, smash, serves, net, smash return; singles and doubles tactics. Early drop off (8:30 am) or late pickup (4:30 pm) available upon request. Camp t-shirt is included in the cost.



**Cost: \$160 for 5 days**



## Basketball

**Coed, 8–13 years old**

July 5–9 ★ 9 am – 4 pm

- ★ half day basketball, half day mixed sports/games/activities

August 9–13 ★ 9 am – 4 pm

- ★ half day basketball, half day mixed sports/games/activities

VIU Basketball will be offering an all day camp in both July and August. The camp features early drop off (8:30 am) and late pickup (4:30 pm). The morning will consist of basketball skills, fundamentals, games and competitions. The afternoon will consist of a variety of sports, games, and activities (swimming). Camp t-shirt and prizes are included in the cost.

**Cost: \$160 for 5 days**

**\$85 for ½ days (morning or afternoon)**

**Junior Girls, 13–17 years old**

August 16–20 ★ 9 am – 12 pm

**Junior Boys, 13–17 years old**

August 16–20 ★ 1 – 4 pm

VIU Basketball camps offer top quality instruction and coaching in a fun and competitive environment. The camps will focus on skill development, basic team/basketball concepts, and good sportsmanship. We will offer a low coach to athlete ratio, plenty of games and competitions, and t-shirt and prizes are included in the cost. **August 16 & 17 location TBA.**

**Cost: \$100 for 5 days**