



PANTHER ACADEMY

DAY CAMP AND SPORT-SPECIFIC PROGRAM GUIDE



{ SUMMER 2013 }



UNIVERSITY
of Prince Edward
ISLAND

PANTHER FITNESS

PANTHER FITNESS IS CHALLENGING, EFFECTIVE AND REWARDING. WE OFFER A VARIETY OF OPPORTUNITIES TO SUPPORT YOU ON YOUR FITNESS ADVENTURE. WE WILL HELP YOU MAKE FITNESS A PART OF YOUR LIFE!

PERSONAL TRAINING

Panther Fitness programs involve customized, continuing instruction and motivation to increase your well-being and workout results. Our packages include individual and buddy training, fitness assessments, and “kickstart” packages.

GROUP FITNESS

We provide a wide-variety of group training programs to meet your needs including Fitness Rowing, TRX Suspension Training, Cardio, Kettlebells, Bosu Chisel, Zumba, Cycling, Running, Strength n’ Toning, Integrated Strength and Movement, and High Intensity Interval Training.

MIND, BODY, AND SPIRIT

Enjoy our Sunrise Yoga and Noontime Pilates classes that will help you to discover your inner strength, flexibility, and sense of peace.

For more details on class descriptions, times, dates and fees, please visit our website at ar.uepi.ca/recreation/fitness/fitness-programming

CHI-WAN YOUNG SPORTS CENTRE MEMBERSHIP FEES

Adult—one year	\$450
Senior—one year (60+)	\$400
Family—one year	\$900 (two adults, two youths)
Three-month membership	\$180
Monthly membership	\$70
Daily rate	\$9
Five-Pass Card	\$40

(Please add HST to all fees)

GENERAL PANTHER ACADEMY INFORMATION

NO MATTER HOW OLD YOU ARE OR HOW YOU PLAY THE GAME, THE PANTHER ACADEMY WILL ENSURE YOU HAVE A FUN AND HIGH PERFORMANCE EXPERIENCE BY PROVIDING QUALITY INSTRUCTION FROM KNOWLEDGEABLE AND EXPERIENCED STAFF. UPEI HAS SOME OF THE FINEST SPORTS FACILITIES IN CANADA AND A WIDE RANGE OF OFFERINGS—THE ONLY THING MISSING IS YOU!

→ Award-winning and highly-qualified head instructors with support from members of the UPEI varsity teams

Summer Day Camps: academically-qualified instructors

Basketball: UPEI Men’s Basketball Head Coach Tim Kendrick and UPEI Women’s Basketball Head Coach Greg Gould

Rugby: UPEI Rugby Head Coach Shannon Atkins

Soccer: UPEI Soccer Head Coach Lewis Page

- Quality curriculum/programming
- 1:7 instructor/participant ratio (Grades K-2 day camps)
- 1:10 instructor/participant ratio (Grades 3–6 day camps)
- Top-notch facilities
- Early/late supervision included (7:30 am–5:30 pm)
- Camp T-shirt included
- Lunch program available Monday to Friday, at an additional cost
- Some Panther Academy programs offer optional “free swims”
- **Registration information:** The deadline to register for the Panther Academy is seven days prior to start date. A minimum of 10 participants is required; if numbers are insufficient, the program will be cancelled. The Panther Academy reserves the right to restrict capacities within each camp/program to ensure an appropriate instructor/participant ratio is maintained. Drop-ins are possible only when space is available.

A \$50, non-refundable deposit is required with each application. The remainder of the fee must be paid in full at the time of registration, or by providing a credit card number or a post-dated cheque(s) dated for the Monday that camp begins.

FOR MORE INFORMATION/TO REGISTER

Email pantheracademy@uepi.ca or call Panther Central 902.566.0368
Visit pantheracademy.ca

**FAST
FACTS**

PRESCHOOL CAMPS



DESIGNED SPECIFICALLY FOR KINDERGARTEN-AGED CHILDREN, EACH CAMP IS THEMED AND ALSO INCLUDES ORGANIZED PLAY. THE COST IS \$140 PER WEEK OR \$30 PER DAY (9 AM–4 PM).

MAMA J'S JELLY BEAN GYM

Low organized games, sports, arts, and plenty of outdoor play.

June 26–August 30 (weekly)

SPORTS R' US

Introduction to sports, soccer, pillow polo, “softee” hockey, athletics, and more.

July 1–5, August 12–16

SEEDS N' BEADS

Learning about and growing flowers and vegetables, making clay beads, and learning to make things with beads.

July 8–12

KANGAROO KRAFTS

Arts and crafts, and painting.

July 15–19, August 19–23

MOVIN' N' GROOVIN'

Movement and dance with music.

July 22–26

SHAKIN' AND BAKIN'

Movement, dance, and creative baking.

July 29–August 1

BIG SHOTS

Photography and making art with pictures.

August 5–9



SPORT CAMPS (GRADES 1-6)

FOUR GREAT CAMPS TO CHOOSE FROM ALL SUMMER LONG!

MULTI-SPORT

Learn new skills and try different sports including basketball, volleyball, soccer, badminton, squash, racquetball, and athletics.

July 1–5, July 29–August 2, August 12–16 → 9 am–4 pm
\$140 per week or \$30 per day

EXTREME SPORTS

Learn new skills and try out some Extreme Sports like fencing, archery, cricket, lacrosse, football, rugby and squash. Enjoy special sessions on fitness and nutrition.

July 8–12, August 5–9 → 9 am – 4 pm
\$140 per week or \$30 per day

OUTDOOR SPORTS

Enjoy the great outdoors of sports by participating in soccer, track & field, geocaching, kite making and flying and many more. This camp will be based outside.

July 22–26, August 19–23, August 26–30 → 9 am–4 pm
\$140 per week or \$30 per day

MINI-BASKETBALL/ VOLLEYBALL

Learn the basic fundamentals of basketball and volleyball through fun, hands-on skills, drills, and games.

July 15–19 → 9 am–4 pm
\$140



FUN N' Fitness CAMP

(GRADES 1-6)

A jam-packed week of fun and excitement! Includes sports, games, arts and crafts, and plenty of outdoor play.

June 26–August 30 (weekly) → 9 am–4 pm
\$140 per week OR \$30 per day



new
category

CULINARY CAMPS

NEW!



CUPCAKES AND CANDIES (GRADES 1-3 AND 4-6)

It is exactly what it sounds like—you will be making and decorating scrumptious cupcakes and delightful candy, learning decorating techniques. What more could you ask for!

July 1–5, August 5–9 → 9 am–4 pm → \$160 per week

FOOD, FUN N' Fitness (GRADES 4-6)

This camp introduces children to the world of food and cooking, while being active. Games incorporate nutritional information with a survivor race and a “fear factor” food challenge. Participants make healthy meals for one another and visit a local grocery store, where they learn to read packaging labels to help them understand how to make healthy food choices. Fitness and activity sessions are also included.

July 29–August 2 → 9 am–4 pm → \$160



SOMEONE'S IN THE KITCHEN (GRADES 1-3 AND 4-6)

If you like to cook, this camp is for you. Students will create delicious delights, from soups and salads, to entrées and desserts. Exploring food from different cultures, you will master a variety of cooking styles and techniques, all leading up to a magnificent banquet you will create, serve, and enjoy together. Bon appetit!

July 8–12, August 19–23 → 9 am–4 pm → \$160 per week

NUTRITIOUS NIBBLES (GRADES 1-3 AND 4-6)

It's all about the snack! Children will learn to make homemade nutritious snack foods like granola bars, trail mix, homemade fruit ice cream, smoothies, and more. It's a major snack attack!

July 22–26, August 26–30 → 9 am–4 pm → \$160 per week

CAKE POPS & CAKE TOPS (GRADES 1-3 AND 4-6)

Children will spend the week making and decorating cakes and cake pops—different themes each day. A baker's delight!

July 15–19, August 12–16 → 9 am–4 pm → \$160 per week

NEW!



CREATIVE CAMPS

WHETHER IT'S MUSIC, DANCE, ART OR DESIGN, OUR CREATIVE CAMPS HAVE SOMETHING TO OFFER EVERYONE. BRING YOUR IMAGINATION AND HAVE FUN!

DESIGN (GRADES 1-3 AND 4-6)



A jam-packed week of designing, children will:

- Embellish stationery, cards/envelopes with creative and fun rubber stamping techniques
- Make a memory board to display your favourite photos or keepsakes
- Learn how to crochet
- Learn how to work with beads to create bracelets and necklaces
- Learn how to scrapbook along with other great projects

Campers will finish off the week with a display of their creations.

July 1-5, July 29-August 2 → 9 am-4 pm → \$160 per week

DANCE (GRADES 1-3 AND 4-6)

So you think you can dance? Come enjoy a fun week of jazz/funk and hip-hop to learn the latest moves and have a whole lot of fun. This camp is designed for the beginner dancer. Campers will present a performance on Friday afternoon.

July 8-12 → 9 am-4 pm → \$160

DANCE AND DESIGN (GRADES 1-3 AND 4-6)

A combination of Dance Camp and Design Camp where campers will learn all the latest in dance and fashion, culminating in a design and dance show finale on Friday.

August 12-16 → 9 am-4 pm
\$160



FASHION (GRADES 1-3 AND 4-6)

Campers will explore design, sketch, machine- and hand-sewing techniques as they create masterpieces. The grand finale will be a fashion show at the end of the week where the campers will show off their original creations.

July 15-19 → 9 am-4 pm → \$160

SHUTTERBUGS (GRADES 1-3 AND 4-6)

Children will learn how to take and display digital photographs, then will head into the computer lab to explore the creative possibilities of photography and photo manipulation.

July 1-5, August 26-30 → 9 am-4 pm → \$160 per week

CENTRE STAGE (GRADES 1-3 AND 4-6)

Step onto the big stage if you have a flair for drama! Throughout the sessions, you will take part in a variety of activities such as improv, storytelling, comedy, performance production, theatre games, and much more! The group ends the one-week session by presenting a show to which family and friends are invited to attend.

July 22-26, August 19-23 → 9 am-4 pm → \$160 per week

ART (GRADES 1-3 AND 4-6)

Young "DaVinci"s feel enabled as they explore the world of the Arts. Children paint, sculpt, and design using traditional and non-traditional methods.

July 15-19, August 12-16 → 9 am-4 pm → \$160 per week

SPOOLS AND BOBBINS, SEWING 101 (GRADES 4-6)

Students will make fun projects like pillowcases, beach bags, jewellery holders, and more. This camp not only teaches children how to sew but other valuable skills, such as hand-eye coordination, math skills, and following instructions.

July 8-12, August 5-9 → 9 am-4 pm → \$160 per week





JEWELLERY AND GEMS (GRADES 1-3 AND 4-6)

An introduction to jewellery creations, campers will learn basic beading techniques, including crimping, wire wrapping, and elements of jewellery design. Camper will also make their own clay beads and design creations from natural and "upcycled" materials.

July 22–26, August 19–23 → 9 am–4 pm → \$160 per week

CLAYMATION (GRADES 4-6)



Create your own character to star in this summer's "blockbuster" movie. Campers will develop their own "claymation"—this process includes storyboard development, creation of claymation characters, building of a set and props, instruction in digital claymation filming, movie editing, and DVD creation. The final movie will be burned on a DVD to take home.

July 29–August 2 → 9 am–4 pm → \$160

LIGHTS, CAMERA, ACTION! (GRADES 1-3 AND 4-6)

Lookout Hollywood, here we come! Working with digital video cameras, children will learn how to compose, direct, edit, and produce films.

August 5–9 → 9 am–4 pm → \$160



Mini UNIVERSITY CAMPS

MINI UNIVERSITY CAMPS COMBINE ACADEMIC AND PHYSICAL ACTIVITY IN FUN-FILLED EDUCATIONAL PROGRAMS WITH CHALLENGING HANDS-ON ACTIVITIES THAT PROVIDE CHILDREN WITH A MEANINGFUL LEARNING OPPORTUNITY AND A TASTE OF UNIVERSITY.

GIZMOS AND GADGETS (GRADES 1-3 AND 4-6)

Do you like to build things? If you answered "yes," this camp is for you! Children will explore how things move, building creations and performing experiments using all kinds of gizmos and gadgets made from recyclables.

July 1–5, August 5–9 → 9 am–4 pm → \$160 per week

THE GREAT OUTDOORS (GRADES 1-3 AND 4-6)



Children will learn all about the wonders of nature through hands-on activities and by exploring plants, trees, animals, water, weather, environment and more.

July 1–5 → 9 am–4 pm → \$160

THE BIG DIG (GRADES 1-3 AND 4-6)

A cross between agriculture and archaeology, it's a guarantee to get dirty. Children will learn, through hands-on activities, the basics of agriculture and archaeology by participating in a mock dig, planting gardens, and field trips.

July 8–12 → 9 am–4 pm → \$160

MIND YOUR "BIZZ"NESS (GRADES 1-3 AND 4-6)

Students will create, market, and implement their own business, selling their wares at their newly created market.

July 15–19, August 5–9 → 9 am–4 pm → \$160 per week



FRENCH (GRADES 1-3 AND 4-6)

Brush up on your French skills! This camp is designed for children in French immersion and is instructed in French. Children take part in hands-on activities and fun games.

August 19–23, 26–30 → 9 am–4 pm → \$160 per week

SCIENCE (GRADES 1-3 AND 4-6)

"Young Einsteins" love the exciting world of physical sciences. Science comes alive with hands-on experiments in biology, chemistry, engineering, and geology. Lab time is included.

July 22–26 → 9 am–4 pm → \$160

HIDE N' SEEKING (GRADES 1-3 AND 4-6)

Do you like treasure hunts? If the answer is yes, then geocaching is for you! Join us in an outdoor treasure hunt in which you'll use a Global Positioning System (GPS) receiver to find hidden containers called geocaches. It's educational and tons of fun!

July 29–August 2 → 9 am–4 pm → \$160

CSI (GRADES 1-3 AND 4-6)

A crime has taken place at UPEI and it's up to you, the forensic scientist, to find out "whodunit." Learn how police and forensic scientists use chemistry, biology, physics, and psychology to track down criminals. Explore a crime scene and find the clues. This camp will take you from crime scene discovery to trial. So much fun!

July 15–19, August 19–23
9 am–4 pm → \$160 per week

ROBOTICS (GRADES 1-3 AND 4-6)

Robotics camp is a fun and energetic, hands-on opportunity for kids to design, build, and program a variety of robots, from simple to more complex ones, using the LEGO NXT Robotics System—a new generation intuitive robotics invention system featuring state-of-the-art ultrasonic, sound, light, and touch sensors.

July 8–12, August 12–16 → 9 am–4 pm → \$160 per week

ALL AROUND THE WORLD (GRADES 1-3 AND 4-6)

This camp is designed to teach children about multiculturalism. Children will explore the cultures of the world through language, art, music, dance, and food. A wonderful celebration of the world we live in!

July 22–26 → 9 am–4 pm → \$160

CREATIVE WRITING/PUPPETRY (GRADES 4-6)

A camp where words fly, children will engage with guest lecturers in writing stories, poetry, essays, and puppetry plays, as well as reading for pleasure.

July 29–August 2 → 9 am–4 pm → \$160

JUNIOR LEADERSHIP (GRADES 7-9)

Too old for regular camp, but still want to have fun while learning new skills? Why not participate in the UPEI Junior Leadership Camp for two weeks of awesomeness? This two-week leadership program is designed to develop and improve teamwork and leadership skills through theory and practical sessions.

Students will learn:

- | | |
|---------------------------------------|---------------------|
| → Communication | → Goal Setting |
| → Decision making | → Safety |
| → Resume Writing and Interview Skills | → Event Planning |
| → Teamwork | → Leadership skills |

July 1–12, 15–26, July 29–August 9, August 12–23 → 9 am–4 pm
\$300 per two week session



SPORT-SPECIFIC PROGRAMS

LED BY UPEI'S AWARD-WINNING AND HIGHLY-QUALIFIED UPEI VARSITY TEAM HEAD COACHES, THE PANTHER ACADEMY SPORT-SPECIFIC PROGRAMS ARE DESIGNED TO GIVE PARTICIPANTS AN OPPORTUNITY TO DEVELOP SKILLS IN THEIR SPORT WHILE HAVING FUN.

FLAG RUGBY (AGES 8-10, GIRLS AND BOYS)

The 2013 Panther Academy Flag Rugby program is an opportunity for young players to participate in and learn about the sport of rugby, be active, and have fun.

June 17–August 12 (8 games on Monday nights except July 1st)
6–7 pm at MacAdam Field, UPEI Alumni Canada Games Place → \$80

SUMMER SOCCER CAMPS (AGES 8-16, BOYS AND GIRLS)

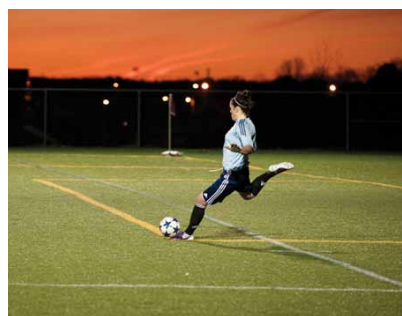
Camps are designed for players to develop their skills and have fun playing soccer. A typical day involves "skills and drills" in the morning, and a skills competition and mini world cup tournament in the afternoon. All players will receive a camp T-shirt and a player assessment report.

July 8–12, 15–19, 22–26 at the UPEI Turf Field;
July 29–August 2 at Credit Union Place Field, Summerside
Please refer to pantheracademy.ca for times
\$175 for 5-day camp

SUMMER BASKETBALL CAMPS (AGES 8-18, GIRLS AND BOYS)

The Panther Academy Summer Basketball Camps are designed for players to develop their skills and have fun playing basketball. A typical day involves drills, learning skills, and team play—all in a high performance environment. All participants will receive a camp T-shirt and a player assessment report.

July 22–26, August 19–23 → 9 am–4 pm; or, 9 am–12 pm
\$200 for full-day for 5 days; or, \$120 for half-day for 5 days



UPEI ATHLETICS AND RECREATION FACILITIES

*UPEI is a great place to practice
or host all of your sport events!*

CHI-WAN YOUNG SPORTS CENTRE

The Sports Centre, home of the Panthers, is a national-calibre athletics facility featuring three full-sized volleyball and basketball courts, eight badminton courts, two squash and one racquetball court, and a state-of-the-art fitness centre.

The UPEI OUTDOOR TURF FACILITY AND CLUBHOUSE

is a lighted facility featuring a full-size artificial surface that can accommodate, soccer, football, field hockey, or ultimate Frisbee.

UPEI ALUMNI CANADA GAMES

PLACE features a synthetic, 400-metre, eight-lane oval track; a water jump for steeplechase; a facility for long and triple jump, pole vault, discus and hammer throw, javelin, and shotput.

Visit gopanthersgo.ca for
rental information!

FOR MORE INFORMATION OR TO REGISTER

EMAIL **PANTHERACADEMY@UPEI.CA**

CALL PANTHER CENTRAL **902.566.0368**

VISIT **PANTHERACADEMY.CA**

CHI-WAN YOUNG SPORTS CENTRE

550 UNIVERSITY AVENUE, CHARLOTTETOWN, PE, CANADA C1A 4P3



UNIVERSITY
of Prince Edward
ISLAND

people ■ excellence ■ impact

JANICE MARIE ROBERTSON

NOVEMBER 11, 1964 – MAY 29, 2013

On May 29, 2013, the University of Prince Edward Island and the Department of Athletics and Recreation lost a dear colleague and friend, Janice Robertson, when she suddenly passed away. As the coordinator of Panther Camps for over 20 years, Janice was tireless in her efforts to make them a success—and to provide youth and their families with positive camp experiences, and UPEI students with valuable work and life experiences.

The UPEI family, the Island sports and recreation community, as well as members of the general public will miss Janice tremendously. To honour her memory, UPEI will permanently rename one of Janice's original camp offerings as "Mama J's Jelly Bean Gym".

