



**OTTAWA
SOONERS
MEGA DOME**

**MEGADOME DES
SOONERS
D'OTTAWA**

Welcome to Ottawa Mega Dome Summer Camp 2022!!

The Ottawa Mega Dome's priority is protecting our community's health and well-being while planning for recovery and growth. As the Ottawa Mega Dome looks towards our future, acting responsibly and respectfully will help keep our families, friends, colleagues and neighbours safe.

What we do know is that we will get kids active and engaged through fun-filled programs where staff and campers are happy, safe and supported. Please keep in mind that many of the changes to the way things will be done represent a new reality that will be with us for the foreseeable future and your combined patience, understanding and cooperation is appreciated.

When we do welcome our Ottawa Mega Dome Camp families this summer we will do so with learnings from these past couple years and collective knowledge and all the systems to operate programs that are designed to keep your children and staff safe and healthy. We thank you for putting your trust in us.

We ask all parents to make sure all the children are equipped with what they need for the day. Please read the list below of what your child should be equipped with. Every Friday is PIZZA LUNCH! So please make us aware of any allergies your child may have. We request your child's OHIP number for emergency purposes only. We look forward to seeing you this summer!

What to bring:

- Personal Mask and a backup mask
- Lunch/Snacks: **All campers must bring their own lunch and snacks. (Please note we are a nut-free camp.)**
- Sunscreen and hat.
- Athletic clothing.
- Running shoes.
- Water bottle.

- Swim wear on our swim day
- Any personal equipment you wish to bring (gloves, balls, etc.) - remember to label everything!

Note: All sports equipment (footballs, basketballs etc.) will be provided

DROP OFF AT 5315 ABBOTT ST. EAST (THE DOME AT THE BACK)

Multi Sport Day plan (sports can interchange throughout the week)

8:00-9:00-Extended day program drop off (Arranged beforehand at an additional charge)

9:00-9:45- Drop off sign in, free play activities until 9am (camp starts)

9:00- 9:30-Warm up and stretch

9:30-10:45- SOCCER-Drills Fundamentals. Small games, competitions

10:45-11:00- BREAK- Water break and snack

11:00-12:00-FOOTBALL-Drills, Fundamentals, small games and competitions

12:00-1:00- Lunch Break (after eating it is free play until 1PM)

1:00-2:00- BASKETBALL-Drills, Fundamentals, small games, competitions

2:00-2:15- BREAK (water and snack)

2:15-3:45- GAME OF CHOICE (split into teams and do a mini tournament)

3:45-4:30- Free play, parent pick up

4:30-5:00- Extended day program small games played until pick up

Sports in this program:

Soccer, flag football, basketball, hockey, Frisbee, obstacle courses, dodgeball, swimming, kickball and MANY MORE!!!