

# Huskie Athletics

## Huskie Sport Camps



**Every Huskie Sport Camp Athlete will receive a season pass to the sport that they attend this summer! The season pass is good for entry into every regular season Huskie home game for that sport!**

Huskie Athletic Sport Camps offer a variety of camps to young athletes that want to learn more about or further develop their skills in a particular sport. Huskie head coaches design the curriculum, hire the coaches and lead the instruction at camps. Participants will receive instruction from coaches, who are known and respected throughout the province and the country for their abilities to work with elite athletes. Assistant instructors of the camps include Huskie assistant coaches, current or former Huskie athletes as well as respected high school/club coaches from around the province. Instruction groups are kept small with a coach to athlete ratio of 10:1 or better. All instruction takes place in a sound educational environment. First aid and sports injury management services are accessible and are provided if necessary.

Huskie Athletics will organize and offer the Huskie Sport Camps from the Physical Activity Complex (PAC). This state of the art facility is the home of Huskie Athletics. Features include a triple gymnasium, a 200 meter walk/jog track, a fabulous Fitness Center, a Climbing Wall, a Sports Medicine Clinic, locker rooms and a swimming pool.

### Meal Plan (optional)

The meal plan is a supervised lunch program, which includes a buffet style setup Monday through Thursday at Marquis Hall located right on campus. Each sport camp participant will experience a true university experience with this meal plan!

Cost: \$60.00 (Mon-Thurs lunches)

## Huskie Athletics Wrestling Main Camp - Co-ed

The Huskie Wrestling Camp is an ideal training camp for all wrestlers of all experience and skill levels. It focuses mainly on the **FUNDamentals** of wrestling. Many of the skills taught are hidden in the form of games, body awareness exercises and high percentage wrestling techniques ranging from the basics to world-class execution. The camp will follow the philosophical direction of the Huskie head wrestling coach, Daniel Olver, who is excited to share the working success of his Huskie wrestling program. During the wrestling camp the athletes will experience the supplemental training that goes along with a wrestler's regular routine including flexibility and the psychological edge such as goal setting. You are never too young or too old to develop and enjoy the **FUNDamentals** of wrestling!

Each participant receives a Huskie Sport Camp t-shirt to take home. **Meal plan is not available for this camp.**

Place: Williams Building  
University of Saskatchewan Campus

Age: 6-17

Date: July 4 - 7, 2017

Time: Sign-in/Information Session:  
Monday 8:30 am - 9:00 am

Monday - Friday 9:00 am - 12:00 pm  
Cost: \$185.00

Instructors: Head Coach of the U of S Huskie Wrestling Team, Daniel Olver

- 5 time Canada West Champion
- 2 time CIS National Champion
- 2 time CIS Silver and 1 time Bronze medalist
- 2 time University World Team Member
- 2011 Huskie Male Athlete of the Year
- 2011 Huskie All-Around Male Athlete
- 2007 Huskie Male Rookie of the Year Club Career
- 8 time National Champion
- 2007 Pan AM Championships Silver Medalist

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Photo by finelite.ca



### Huskie Women’s Basketball - Main Camp

These great camps will be held in the Physical Activity Complex (PAC) on the University of Saskatchewan campus. This triple gym, state of the art facility, is a perfect environment to facilitate teaching and instruction with low coach to player ratios.

This camp is designed for athletes interested in developing their skills and overall knowledge of basketball. The camp will be fun but competitive with the goal of improving each participant’s knowledge and enjoyment of the game. Participants will be evaluated by their team coach and given a progress report upon conclusion of the camp.

Team practice sessions, competitions, special topics and full court traditional drills will augment the daily individual skill stations and team games. Off-court instructional sessions may include core strength and agility exercises, information on nutrition and mental training.

All camp participants will receive a Huskie basketball and reversible Huskie Sport Camp jersey to use throughout the camp and to take home with them.

- Place: PAC Gym, University of Saskatchewan
- Date: July 4 - 7, 2017 (Grades 6-8)  
July 10 - 14, 2017 (Grades 9-12)
- Time: Sign-in / Information Session:  
Tuesday, July 4, 2017 8:30 am – 9:00 am  
  
Tuesday – Thursday:  
9:00 am – 11:45 am & 1:15 pm - 4:00 pm  
  
Friday: 9:00 am – 12 noon  
  
Sign-in / Information Session:  
Monday, July 10, 2017, 8:30 am – 9:00 am  
  
Monday – Thursday:  
9:00 am – 11:45 am & 1:15 pm - 4:00 pm  
Friday: 9:00 am – 12 noon
- Cost: July 4 - 7, 2017 (4 day camp): \$235.00  
July 10 - 14, 2017 (5 day camp): \$260.00  
  
There is an additional cost for the optional meal plan (\$60.00).
- Instructors: Camp coaches include current and past Huskie athletes and various quality guest coaches.

### Huskie Men’s Basketball - Main Camp

The Huskie Men’s Basketball Camp is focused on teaching the following three goals in all camp activities:

1. Individual skill development
2. Development of team concepts through games and scrimmages
3. Having fun while working hard

We are committed to these goals and to building upon the success of previous camps by offering a package with high quality instruction, a first rate facility, challenging programs, all at an affordable price. The enthusiasm you bring to the camp will be the final ingredient required ensuring our goals are met together.

**Program:**

The Huskie basketball camp staff share in a wealth of basketball knowledge and experience. All staff have either played or coached at an elite level. The primary objective of the Huskie basketball camps is to develop and refine the basic and advanced basketball skills at each age level and position.

**Special Features:**

A basketball for each participant, a reversible Huskie Sport Camp basketball jersey.

- Place: PAC Gym, University of Saskatchewan
- Date: July 17 - 21, 2017 (Grades 6-8)  
July 24 - 28, 2017 (Grades 9-12)
- Time: Sign-in / Information Session:  
Monday 8:30 am – 9:00 am  
  
Monday – Thursday  
9:00 am – 12:00 noon & 1:30 pm – 4:00 pm  
Friday 9:00 am – 11:30 am
- Cost: \$260.00  
  
There is an additional cost for the optional meal plan (\$60.00).
- Instructors: Current Huskie basketball team member’s as well as top high school and other Saskatchewan coaches.

## Huskie Contact Football

Football players learn and improve the techniques and fundamentals of tackle football. This camp is coached by a select group of Huskie football players under the guidance of members of the Huskie football coaching staff. It takes place in an enjoyable safe environment. Players are grouped and will participate against other campers of like size and ability.

All participants are provided with position specific skill instruction. The progression from the position instruction to team concepts all culminate with the immensely popular annual green and white scrimmage that takes place during the Friday morning session. Parents and family are welcome to come and watch the game! Camp participants will also learn about speed and strength training in the development of a complete football player.

Each camper will receive our official Football camp practice jersey.

Equipment: If possible, players should borrow protective equipment from their present team. Participants unable to supply their own equipment can rent a set for \$25 at the time of registration and will be outfitted on Monday morning. At the time of registration please specify whether or not you need equipment and the approximate size of the participant. In addition, each participant is expected to bring socks, shorts, athletic support, t-shirts, football shoes, and a mouth guard. Come prepared and ready to have fun!

### **This camp may fill by July so register early.**

Place: Griffiths Stadium in PotashCorp Park

Ages: Players going in to grades 8-10  
(Players grouped on basis of size, age, and skill level)

Date: July 24 - 28, 2017

Time: Sign-in / Information session at the PAC main gym:

Monday, July 24, 2017, 8:30 am – 9:00 am

Monday – Thursday:

9:00 am – 12:00 noon & 1:30 pm – 4:00 pm

Friday: 9:00 am – 12:00 noon

Cost: \$290.00

There is an additional cost for the optional meal plan (\$60.00).

There is an additional cost for equipment rental (\$25 per set)

Instructors: Huskie players, top high school and provincial coaches



## Huskie Senior Contact Football

This camp is offered for advanced football players looking for a more competitive camp. The camp will cap the numbers by position to insure a workable player coach ratio. It is coached by members of the Huskie football coaching staff along with some of the veteran players.

All participants are provided with position specific skill instruction. The progression from the position instruction to team concepts will culminate with a scrimmage that takes place during the Friday morning session. Parents and family are welcome to come and watch the game! Classroom sessions may be used in some positions to more fully develop concepts. Camp participants will also learn about speed and strength training in the development of a complete football player.

Each camper will receive our official University of Saskatchewan Huskie practice jersey.

Equipment: Players should borrow protective equipment from their present team. In addition, each participant is expected to bring socks, shorts, athletic support, t-shirts, football shoes, and a mouth guard. Come prepared and ready to have fun!

### **This camp may fill by July 1 so register early.**

Place: Griffiths Stadium in PotashCorp Park

Ages: Players going in to grades 11 - 12  
(Players grouped on basis of size, age, and skill level)

Date: July 31 - August 4, 2017

Time: Sign-in / Information session at the PAC main gym:  
Monday, July 31, 2017:  
8:30 am - 9:00 am  
Monday – Thursday:  
9:00 am – 12:00 noon & 1:30 pm – 4:00 pm  
Friday: 9:00 am – 12:00 noon  
Monday, Tuesday & Thursday:  
7:00 pm – 9:00 pm

Cost: \$320.00  
There is an additional cost for the optional meal plan.  
There is an additional cost for equipment rental (\$25 per set)

Instructors: Huskie football coaching staff, veteran Huskie players



## Huskie Volleyball Main Camps - Men and Women

The volleyball camps will be held in our outstanding Physical Activity Complex (PAC) on the University of Saskatchewan campus. This state of the art facility has three gymnasiums with which to offer fun and a place for excellent instruction to young athletes.

The Huskie volleyball camps are designed to teach the fundamentals skills and concepts of the game of volleyball. Participants are grouped according to skill and then by age (if necessary) to ensure that campers of all skill levels will be able to develop and strengthen both individual and team concept skills.

The week-long camp culminates with a competitive tournament. Off-court instructional sessions may include learning of team concepts, mental training and strength/conditioning.

Each player will receive a Huskie Sport Camp t-shirt to take home.

\*These camps fill fast so register early

All camps are for women and men entering Grades 7-12

Place: PAC Gym, University of Saskatchewan

Date: July 31 - August 4, 2017 (Women's)  
August 7 - 11, 2017 (Women's)  
August 14-18, 2017 (Women's)  
August 21-25, 2017 (Men's)

Time: Sign-in / Information Session:  
Monday 8:30 am – 9:00 am  
Monday – Thursday  
9:00 am – 11:30 am & 1:30 pm – 4:00 pm  
Friday – 9:00 am – 12:00 noon

Cost: \$260.00

\*only 50 spots available per camp

There is an additional cost for the optional meal plan.

Instructors: Huskie coaches and players.

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