

HUSKIE SPORT CAMPS

Every Huskie Sport Camp Athlete will receive a 6 pack of flex tickets, which may be redeemed for any regular season home game.

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 homes of Huskie sports. These facilities include the Education Gym, Potash Corp Park and the Physical Activity Complex (PAC).

Meal Plan

The meal plan is a supervised lunch program, which includes a bagged lunch Monday through Thursday at the facility in which their camp occurs.

Cost: \$50.00 (Mon-Thurs lunches)

Schedule

All camps will run Monday - Thursday from 9:00am - 4:00pm and Friday from 9:00am - noon unless otherwise indicated by an asterisk.

Wrestling*	July 3-6	Age 6-17	\$185.00
Men's Basketball	July 16-20	Grade 6-12	\$260.00
Women's Basketball	July 23-27	Grade 6-12	\$260.00
Men's Development Soccer	July 9-13	Age 8-10	\$260.00
Men's Advanced Soccer	July 16-20	Age 11-15	\$260.00
Women's Development Soccer	July 9-13	Age 8-11	\$260.00
Women's Advanced Soccer	July 16-20	Age 12-16	\$260.00
Women's Soccer - Keeper	July 16-20	Age 12-16	\$260.00
Football	July 23-27	Grade 7-9	\$290.00
Sr. Football*	July 30-Aug 3	Grade 10-12	\$320.00
Women's Volleyball	July 30-Aug 3	Age 12-17	\$260.00
Women's Volleyball*	Aug 7-10	Age 12-17	\$235.00
Woman's Volleyball	Aug 13-17	Age 12-17	\$260.00
Men's Volleyball	Aug 20-24	Age 12-17	\$260.00

Huskie Athletics Wrestling Camp

(Education Gym. Half day camp 9:00am – 12:00pm Tuesday through Friday)

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.

Basketball

(PAC)

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. 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.

Football

(Griffiths Stadium at Potash Corp Park)

Football players learn and improve the techniques and fundamentals of tackle football. 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.

Senior Football

This camp is offered for advanced football players looking for a more competitive camp. The camp will cap the numbers by position to ensure a workable player coach ratio. Please note that there are additional hours associated with this camp.

Monday – Thursday	9:00 am - 4:00 pm
Friday	9:00 am - noon
Monday, Tuesday and Thursday	7:00 pm - 9:00pm

Equipment: If possible, players should borrow required protective equipment from their present team/school. Participants unable to supply their own equipment can rent a helmet, shoulder pads and practice pants with knee/thigh pads for \$25.00 at the time of registration and will be outfitted on Monday morning. On Monday morning a deposit cheque for \$100.00 (to be returned when rented equipment is returned at end of camp) will be required. Upon registration, please specify whether or not you need equipment and the approximate size of the participant. In addition to the protective equipment, each participant is required to bring their own socks, shorts, t-shirts, football cleats and running shoes, compression shorts and a mouth guard. A practice jersey is provided. Come prepared and ready to have fun.

Volleyball

(PAC)

The Huskie volleyball camps are designed to teach the fundamental 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.

Men’s Development Soccer

(Griffiths Stadium at Potash Corp Park, PAC Classroom)

The object of the camp is to provide fun, instruction and excitement in a closely supervised and organized environment to enhance the development of the player and their passion for the game. All players will be divided into age and ability appropriate groups and in addition will play with all campers over the week. The University of Saskatchewan soccer programs are taking the lead role in encouraging, teaching and nurturing the talented





players of tomorrow. The foundation of this age is the continuing with the skill set of a player in an environment that challenges the individual in game like situations.

Men's Advanced Soccer

(Griffiths Stadium at Potash Corp Park, PAC Classroom)

This camp is designed for both the advanced high school and club player looking to experience a unique soccer environment with players of their ability. During this camp players will continue to work on their skills focused around the following development pillars; Technique, Tactical, Psychological and Physical. These skills will be developed in a number of different ways, true skill execution, observing university players, video, small sided games and under pressure in a daily skills competition.

Women's Development Soccer

(Field 3 & 4 at Potash Corp Park, PAC classroom)

This camp is designed for the young player looking for additional training on top of his or her community or club programs. The University of Saskatchewan soccer programs are taking the lead role in encouraging, igniting the passion, teaching and nurturing the talented players of tomorrow. The foundation of this age is the continuing with the skill set of a player in an environment that teaches and challenges the individual in game like situations.

Women's Advanced Soccer

(Field 3 & 4 at Potash Corp Park, PAC classroom, Ed. Tennis Courts)

This camp is designed for both the advanced player looking to experience a unique soccer environment with players of their ability. During this camp players will continue to work on their skills and their ability to read the game by focusing around the five pillars of

development: Technical, Tactical, Psychological, Physical & Emotional. These skills will be developed in a number of different ways, through technical & tactical exercises, small-sided possession & positional games, match play games, video analysis breakdown and growth classroom sessions. This camp will provide new exciting environments to learn and compete by using futsal and soccer tennis as additional set-ups that enhance your ability as a soccer player.

Women's Soccer – Keeper

(Field 3 & 4 at Potash Corp Park, PAC classroom, Ed. Tennis Courts)

All keepers that are looking at improving their game this is the camp for you! All keepers will be divided into ability appropriate groups so that each player has a comfortable learning environment. Keepers will work on the fundamentals of goalkeeping; footwork, ball at their feet, distribution both from feet and hands, position and receiving from all ranges - crosses, shot stopping in the air and on the ground.