

Junior Huskies 2019/20 Programming – Training Times

September Trials Weekend (September 14th & 15th) – University Grass Field

- September 14th (10:00 am – 11:30 am) – U15 Age Group
- September 14th (10:00 am – 11:30 am) – U17 Age group
- September 15th (11:30 am – 1:00 pm) – U19 Age Group

Phase I Training Sessions

U15 Age Group (05, 06 & Select 07s)

On Field Training Sessions – Phase I

35 session in Total

- Monday's @ PAC Gym (6:30 am – 8:00 am)
- Wednesdays @ Sasktel Soccer Centre (6:30 am – 8:00 am)

Note:

- September – Mid October sessions will be on Saturday's at University Grass field (10:00 am – 11:30 am) – Indicated in Green

September (3): 14, 21, 28

October (4) : 5, 19, 23, 30

November (7) : 4, 6, 13, 18, 20, 25, 27,

December (4): 2, 4, 9, 11

January (7): 8, 13, 15, 20, 22, 27, 29

February (5): 3, 5, 10, 12, 26

March (): 2, 4, 9, 11, 16

Strength & Conditioning Sessions @ Ignite – Phase I

10 sessions at Ignite / 3 Aerobic Conditioning

- o Thursday's 6:00 pm at Ignite Facility

October (1): 31

November (4): 7, 14, 21, 28

December (1): 5

January (3): 16, 23, 30
February (1): 6, 13,
March (2): 5, 12

Note: Red sessions are at MBP Facility

U17 Age Group (03, 04 & Select 05's)

On Field Training Sessions – Phase I

40 sessions in total

- Mondays @ PAC Gym (6:30-8:00 am)
- Wednesdays @ PAC Gym (6:30-8:00 am)
- Fridays @ Sasktel Soccer Centre (6:30-8:00 am)

- **Note:** September – Mid October sessions will be on Saturday's at University Grass field (11:30 am – 1:00 pm) – Indicated in Green

September (3): 14, 21, 28

October (3) : 5, 19, 25

November (10) : 1, 6, 8, 13, 15, 18, 20, 25, 27, 29

December (6): 2, 4, 6, 9, 11, 13

January (9): 8, 10, 13, 15, 17, 22, 24, 27, 31

February (6): 5, 7, 12, 14, 26, 28

March (3): 2, 4, 6

Strength & Conditioning Sessions @ Ignite – Phase I

- **Tuesday's** 6:00 pm at Ignite Facility / **Thursdays** at Ignite (7:00 pm)

Note: All days are at ignite

November (6): 5, 12, 19, 21, 26, 28

December (3): 3, 5, 10

January (7): 9, 14, 16, 21, 23, 30

February (4): 4, 6, 11, 13

U19 Age Group (01, 02, Select 03's)

On Field Training Sessions – Phase I

40 sessions in total

- Mondays @ Education Gym (6:30-8:00 am)
- Wednesdays @ Sasktel Soccer Centre (6:30-8:00 am)
- Thursdays @ PAC Gym (6:30-8:00 am)

- **Note:** September – Mid October sessions will be on Sundays at University Grass field (11:30 am – 1:00 pm) – Indicated in Green
 - Sessions in red are at Sasktel Soccer Centre instead of Education Gym due to Final exams

September (3): 15, 22, 29

October (4) : 6, 20, 23, 30

November (9) : 6, 13, 14, 18, 20, 21, 25, 27, 28,

December (5): 2, 4, 5, 9, 11,

January (9): 8, 9, 13, 15, 16, 20, 22, 23, 27,

February (8): 3, 5, 6, 10, 12, 13, 26, 27,

March (2): 4, 6

Strength & Conditioning Sessions @ Ignite – Phase I

- **Tuesday's** 7:00 pm at Ignite Facility / **Thursdays** at Ignite (7:00 pm)

Note: All sessions at Ignite.

November (6): 5, 12, 19, 21, 26, 28

December (3): 3, 5, 10

January (7): 9, 14, 16, 21, 23, 30

February (4): 4, 6, 11, 13