

Junior Huskies 2019/20 Programming – Training Times

Phase II Training Sessions

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

On Field Training Sessions – Phase II

35 session in Total (Outdoor)

- Monday's @ U of S Grass Field – 6:30 pm – 8:00 pm
- Wednesdays @ U of S Grass Field – 6:30 pm – 8:00 pm
- *Occasional Friday's @ U of S Grass Field – 6:30 am – 8:00 am*

Note: April Sessions will be at Sasktel Soccer Centre at the usual 6:30 am – 8:00 am timeslot

April (7)– 1, 6, 8, 20, 22, 27, 29

May (10) - 4, 6, 8, 11, 13, 20, 22, 25, 27, 29

June (13) – 1, 3, 7, 8, 10, 12, 15, 17, 21, 22, 24, 26, 29

July (5) - 3, 6, 8, 10, 12

Strength & Conditioning Sessions @ Ignite – Phase II

- Tuesday's 6:00 pm at Ignite Facility. All sessions at Ignite Facility

April (3) - 7, 21, 28

May (4) - 5, 12, 19, 26

June (5) - 2, 9, 16, 23, 30

Fitness Testing Wednesday May 27th in the Evening.

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

On Field Training Sessions – Phase II

40 sessions in total

- Mondays @ U of S Grass Field (5:00 – 6:30 pm)
- Wednesdays @ U of S Grass Field (6:30 pm – 8:00 pm)
- Fridays @ U of S Grass Field (6:30-8:00 am)

Note: March sessions will be at our usual Phase I locations

April Sessions will be at Sasktel Soccer Centre at the usual 6:30 am – 8:00 am timeslot

March (3) 20, 25, 27,

April (9)– 1, 3, 6, 8, 20, 22, 24, 27, 29

May (10) - 4, 6, 8, 11, 13, 20, 22, 25, 27, 29

June (13) – 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29

July (5) - 3, 6, 8, 10, 12

Strength & Conditioning Sessions @ Ignite – Phase II

- **Tuesday's** 7:00 pm at Ignite Facility / **Thursdays** at Ignite (7:00 pm)
Note: All days are at ignite

March (2) - 26, 31

April (5) – 2, 7, 9, 28, 30

May (7) - 5, 7, 12, 14, 21, 26, 28

June (6) - 4, 9, 11, 16, 18, 23,

Fitness Testing Wednesday May 27th in the Evening

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

On Field Training Sessions – Phase II

40 sessions in total

- Mondays @ U of S Grass Field (5:00 – 6:30 pm)
- Wednesdays @ U of S Grass Field (5:00 pm – 6:30 pm)
- Fridays @ U of S Grass Field (6:30-8:00 am)

Note: March sessions will be at our usual Phase I locations

April Sessions will be at Sasktel Soccer Centre at the usual 6:30 am – 8:00 am timeslot

March (3) 20, 25, 27,

April (9)– 1, 3, 6, 8, 20, 22, 24, 27, 29

May (10) - 4, 6, 8, 11, 13, 20, 22, 25, 27, 29

June (13) – 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29

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April (5) – 2, 7, 9, 28, 30

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