

Junior Huskies Winter 2022-23 Programming

U16 Age Group (2007/2008/2009 Born)

Cost: \$850

On Field Training Sessions – Phase I

32 sessions in Total

November 21st - March 27th

- **Monday's** - 6:30 am – 8:00 am @ PAC Gym on Campus
- **Wednesday's** – 6:30 am – 8:00 am @ Saskatoon Soccer Centre
- **Friday's** – 6:30 am – 8:00 am @ PAC Gym on Campus

Nov (4) - 21, 23, 28, 30

Dec (5) - 2, 5, 7, 12, 14,

Jan - (8) - 11, 13, 16, 20, 23, 25, 27, 30

Feb (6)- 1, 3, 6, 8, 13, 15,

Mar (9)- 1, 3, 6, 8, 13, 15, 20, 22, 27

Note: Dates in Red are the sessions to be held at Saskatoon Soccer Centre (Turf)

Strength & Conditioning Sessions @ Merlis Belsher Place

12 Sessions

- Thursday's - 7:00 pm @ Merlis Belsher Place

Nov - 24

Dec - 1, 8,

Jan - 12, 19, 26

Feb - 2, 9, 16

Mar- 2, 9, 16