

Junior Huskies Winter 2024-25 Programming

U16 & 19 Age Group

Cost: \$930

On Field Training Sessions – Winter Phase

28 sessions in Total (Classroom sessions will be part of this phase)

November 15, 2024 – March 21, 2025

- Mondays & Fridays – 6:30 am – 8:00 am (PAC Gym)
- Wednesdays – 6:30 am – 8:00 am (SaskTel Sports Centre – Indoor Turf)

November (6): **15**, 18, 20, **22**, 25, 27

December (5): **2**, 4, 6, 11, 13

January (8): 6, 8, **13**, 15, 17, 27, 29, 31

February (6): 5, 7, 10, 12, 24, 26

March (7): 5, 7, 10, 12, **17**, 19, **21**

Some of the dates in bold may be cancelled

Strength and Conditioning Sessions via HPC @ Merlis Belsher Place or Education Gym

10 Sessions on Thursday evenings

Note:

- Please provide a valid email address during registration so that you can be added to the TeamLinkt account for communication.
- New Registrants to the program must purchase Training Kit (Socks, Shorts, Shirt)
 - Returning participants can order individual items but will be reimbursed for the difference at the end of the phase, please contact juniorhuskiesoccer@gmail.com
- Some of these sessions will include Tactical Classroom Sessions or Guest speakers.