

2018 Spring Camp



GET A JUMP ON THE OUTDOOR TRACK & FIELD SEASON!

April 7-8, 2018 - Saskatoon, SK

- Geared towards rural high school athletes (Gr. 9-12). Urban high school athletes welcome to attend.
- A chance for athletes to prepare for the 2018 high school and provincial outdoor track & field season, meet other athletes and gain new ideas for training.
- Involves eight hours of technical instruction and training.
- Involves Sport Science Session.
- Camp fee includes: transportation between training venue and hotel, hotel accommodation for one night and meals during camp.

DEADLINE TO REGISTER – MARCH 29

Saskatchewan Athletics
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Saskatchewan Athletics Track & Field Spring Camp April 7-8, 2018

Saskatchewan Athletics Spring Camp is designed to provide rural high school athletes the opportunity to practice and train in an indoor facility. Spring camp is an excellent opportunity for athletes to prepare for the upcoming high school and provincial outdoor season. Athletes will also get the chance to learn from other coaches and athletes. The camp involves eight hours of event specific training and one hour of sport science.

Spring Camp will be held at the Saskatoon Field House and the Parktown Hotel. Transportation is provided between the venues for the duration of the camp. Camp fee includes meals, accommodations, transportation between venues and Saskatchewan Athletics membership (if not a member).



COST

- **\$110** -2018 Sask Excellence members
- **\$135** -2018 Sask Athletics members
- **\$205** -Athletes born (03/04) who are not Sask Athletics members (includes membership)
- **\$220** -Athletes born (00/01/02) who are not Sask Athletics members (includes membership)



TENTATIVE ITINERARY

April 7, 2018

9:00 AM -Campers arrive at Fieldhouse
10:00 AM -1st Training Session
12:00 PM -Lunch at Parktown Hotel
2:00 PM -2nd Training Session
5:00 PM - Supper at Parktown Hotel
7:00 PM -Sport Science Session

April 8, 2018

8:30 AM -Breakfast at Parktown Hotel
10:00 AM -3rd Training Session
12:00 PM -Lunch at Parktown Hotel
2:00 PM -Final Training Session
4:00 PM -Depart for home

HOW TO REGISTER

Registration will open February 15, 2018. Registration forms and information will be posted on the Saskatchewan Athletics website (www.saskathletics.ca). Full payment is required at the time of registration. The deadline to register is March 29, 2018.



QUESTIONS

For more information, please contact:
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