



2022 Strength and Conditioning Sessions (in person)

Sessions are intended for Saskatchewan Athletics members only (Coaches, and Athletes). Coaches will be credited with 1 Professional Development point if they attend. All facility COVID-19 rules will apply.

These sessions are catered towards athletes that are in the U16, U18, and U20 age group that are wanting to learn about, or start a strength and conditioning program (Following the Long Term Athlete Development model we will not allow athletes in the U14 or younger age groups to register for this session). These sessions will be an introduction on how to properly start to incorporate a strength and conditioning program into your regular training program, proper form will also be emphasized (coaches are welcome to register to learn more about strength and conditioning).

PRINCE ALBERT: Thursday March 24- 5pm until 6pm

- Will be hosted by PA Athletics
- Registration will be mainly for PA Athletics club members, however if you are not a member of this club please contact hpcoach@saskathletics.ca and we will try to accommodate you.

REGINA: Saturday April 9- 10am until 11am.

- Facilitated by Level 10 Fitness
- Limited to 20 participants
- Registration link (closes Wednesday, April 6 at 9pm or when registration has reached 20 participants)
 - <https://forms.gle/DpUHJMV42igptNqq6>

MOOSE JAW: Saturday April 30- 10am until 11am.

- Will be hosted by Moose Jaw Rotary Track Club
- Registration will be mainly for Moose Jaw Rotary Track Club members, however if you are not a member of this club please contact hpcoach@saskathletics.ca and we will try to accommodate you.

SASKATOON: Saturday April 30- 5pm until 6pm

- Facilitated by Craven SPORT Services
- Limited to 24 participants
- Registration link (closes Wednesday, April 27 at 9pm or when registration has reached 24 participants)
 - <https://forms.gle/EckZKrNx9TszJc3i6>