

2023 Spring Camp



GET A JUMP ON THE OUTDOOR TRACK AND FIELD SEASON!

April 15-16, 2023 – 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 2023 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 Sessions.
- Camp fee includes: hotel accommodation for one night and meals during camp.

DEADLINE TO REGISTER – March 31, 2023

Saskatchewan Athletics
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Saskatchewan Athletics Track & Field Spring Camp April 15-16, 2023

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 two hours of sport science.

Spring Camp will be held at the Saskatoon Field House and Holiday Inn Express & Suites. The fee includes meals, accommodations, and Saskatchewan Athletics membership (if not a member).



COST

- \$120** -2023 Sask Excellence members
- \$145** -2023 Sask Athletics members
- \$225** -Athletes born (08/09) who are not Sask Athletics members (includes membership)
- \$240** -Athletes born (05/06/07) who are not Sask Athletics members (includes membership)



TENTATIVE ITINERARY

April 15, 2023

9:30 AM - Athletes arrive at Fieldhouse
10:00 AM - 1st Training Session
12:00 PM - Lunch at Marquis Hall
2:00 PM - 2nd Training Session
5:00 PM - Supper at Marquis Hall
6:30 PM - Sport Science Sessions

April 16, 2023

8:30 AM - Breakfast at Holiday Inn
10:00 AM - 3rd Training Session
12:00 PM - Lunch at Marquis Hall
2:00 PM - Final Training Session
4:00 PM - Depart for home

HOW TO REGISTER

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 31, 2023.



QUESTIONS

For more information, please contact:
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