

2025 Spring Camp



GET A JUMP ON THE OUTDOOR TRACK AND FIELD SEASON!

April 12-13, 2025 – 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 2025 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: hotel accommodation for one night and meals during camp.

DEADLINE TO REGISTER – March 26, 2025

Saskatchewan Athletics
2020 College Drive | Saskatoon, SK | S7N 2W4
Email: programs@saskathletics.ca

Saskatchewan Athletics Track & Field Spring Camp April 12-13, 2025

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 Holiday Inn Express & Suites. The fee includes meals and accommodations. All athletes must have a valid 2025 Saskatchewan Athletics membership.



COST

- **\$165** -Athletes with a valid 2025 Saskatchewan Athletics Membership
- **Saskatchewan Athletics membership is required to attend Spring Camp. If you do not have a current membership, you can purchase a membership when registering for Spring Camp.**



TENTATIVE ITINERARY

April 12, 2025

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 13, 2025

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

Register online at

<https://athleticsreg.ca/#!/events/spring-camp-2025>

The last day to register is March 26, 2025.



QUESTION?

For more information, please contact:
Jared Welsh - Program Coordinator at Saskatchewan Athletics.

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Phone: (306) 664-6744

