

# Huskie Sport Camps



## HUSKIE SPORT CAMPS

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SPORT  
CAMPS

Huskie Athletic Sport Camps offer a variety of camps to young athletes that want to learn more about or further develop their skills in a particular sport. Huskie head coaches design the curriculum, hire the coaches and lead the instruction at camps. Participants will receive instruction from coaches who are known and respected throughout the province and the country for their abilities to work with elite athletes. Assistant instructors of the camps include Huskie assistant coaches, current or former Huskie Athletes as well as respected high school/club coaches from around the province. Instruction groups are kept small with a coach to athlete ratio of 10:1 or better. All instruction takes place in a sound educational environment. First aid and sports injury management services are accessible and are provided if necessary.

Huskie Athletics will organize and offer the Huskie Sport Camps from the Physical Activity Complex (PAC). This state of the art facility is the home of Huskie Athletics. Features include a triple gymnasium, a 200 meter walk/jog track, a fabulous Fitness Center, a Climbing Wall, a Sports Medicine Clinic, new locker rooms and a refurbished swimming pool.

### RESIDENCE (OPTIONAL)

For those interested, residence offers accommodation in furnished rooms and nutritious meals. It is a perfect option for athletes from outside Saskatoon and is an excellent way to meet new friends. Those staying in residence will be able to participate in supervised games, movies and other activities during the evenings. Athletes will stay at Sheptytsky Institute, on the corner of Wiggins Avenue and College Drive, across from the University Campus. Roommates, between two and four per room, will be assigned unless otherwise specified on the registration form.

Participants using residence, the check in time is on the Sunday evening before their camp between 8-9 p.m. If you will be unable to get to residence during these times please call 966-1001 and make arrangements before 4:00 p.m. on Friday afternoon prior to the camp.

While staying at the residence, it is the responsibility of all campers to observe the rights, privacy and safety of others. There will be a residence supervisor staying in residence throughout the duration of the camp. The University of Saskatchewan reserves the right to dismiss camp residents, without refund, for inappropriate conduct to any Huskie Staff. Campers will be asked to bring the following: towel, indoor shoes and shower sandals.

**Cost:** \$185  
Meal Plan (optional)

The meal plan is a supervised lunch program, which includes a nutritious meal from Monday through Thursday at the Sheptytsky Institute. Meals are included in the residence fee therefore athletes staying in residence do not have to purchase the Meal Plan.

**Cost:** \$25

## MEN'S BASKETBALL - MAIN CAMP

The Huskies Men's Basketball team is very proud to present the annual summer basketball camps. There are three goals to be reflected in all camp activities:

1. Individual Skill Development
2. Development of Team Concepts through Games and Scrimmages
3. Having Fun while Working Hard

We are committed to these goals and to building upon the success of previous camps by offering a package with high quality instruction, a first rate facility, challenging programs, all at an affordable price. The enthusiasm you bring to the camp will be the final ingredient required ensuring our goals are met together.

### PROGRAM:

The Huskie Basketball Camp Staff share in a wealth of basketball knowledge and experience. All staff have either played or coached at an elite level. The primary objective of the Huskie Basketball Camps is to develop and refine the basic and advanced basketball skills at each age level and position.

### SPECIAL FEATURES:

A basketball for each participant, a reversible Huskie Sport Camp basketball jersey, nutrition education, aerobic conditioning, anaerobic conditioning, and each Camper receives a training program,

<b>Location:</b>	PAC, University of Saskatchewan Campus		
<b>Ages:</b>	12-17		
<b>Date:</b>	July 19-23		
<b>Time:</b>	Sign-in / Information Session:		
	Monday	8:30am - 9:00am	
	Monday - Thursday	9:00am - 12:00 noon & 1:30pm - 4:00pm	
		4:00pm - 5:00pm (optional swim)	
	Friday	9:00am - 11:30am	
<b>Cost:</b>	\$200		
	There is an additional cost for residence (\$185) or meal plan (\$25)		
<b>Instructors:</b>	Current Huskie basketball team members as well as top high school and other Saskatchewan coaches.		
<b>Head Coach:</b>	Greg Jockims, Head Coach, University of Saskatchewan		

## MEN'S BASKETBALL - ELITE CAMPS

The Huskies Men's Basketball program is very proud to again present the annual summer basketball elite camps. There are three goals to be reflected in all camp activities:

1. Individual Skill Development
2. Development of Team Concepts through Games and Scrimmages
3. Having Fun while Working Hard

We are holding two unique camps again this year, each offering a different focus so that you can become a complete player.

HUSKIE  
SPORT  
CAMPS

# Huskie Sport Camps



## ELITE INDIVIDUAL SKILLS CAMP

The ability to score and defend in one-on-one situations is critical to your success on the court as an individual player to help your team. Learn how to improve your individual skills, offensively and defensively, and how to compete one-on-one at this camp. Some of the areas covered will include: Shooting, Passing, Ballhandling, One-on-One play (in post, on perimeter, and full-court), Defending (in post, on perimeter, and full-court), Competing, Strength Training, Conditioning, Nutrition and Sports Psychology Presentations.

## ELITE TEAM SKILLS CAMP

You are only one of five players on the court, and your ability to play with and help your teammates both offensively and defensively is key to your teams' success. Learn how to compete and improve your individual skills through team situations, concepts and drills.

Some of the areas covered include: Competing (2-on-2, 3-on-3, 4-on-4 and 5-on-5), Screening Situations (offense and defense), Moving Without the Ball (penetrations, post-ups, transition), Team Defense (stances, positioning, help situations), Strength Training & Conditioning, Nutrition & Sports Psychology Presentations.

**Location:** PAC, University of Saskatchewan Campus  
**Ages:** Students going into grade 11 or 12  
**Date:** Elite Individual Skills Camp July 12-15  
Elite Team Skills Camp July 19-22  
**Time:** Monday - Thursday: 6:00pm - 8:30pm  
**Cost:** \$200  
**Instructors:** Players from the Huskie basketball team, Huskie coaching staff as well as top high school and other coaches from Saskatchewan  
**Head Coach:** Greg Jockims, Head Coach, University of Saskatchewan

## WOMEN'S BASKETBALL - MAIN CAMP

The Huskie Women's Basketball Camps will be held in the Physical Activity Complex (PAC) on the University of Saskatchewan campus. This state of the art facility has three gymnasiums with which to offer fun and a place for excellent instruction to young athletes.

This camp is designed for athletes interested in developing their skills and overall knowledge of basketball. The camp will be fun but competitive with the goal of improving each participant's knowledge and enjoyment of the game. Participants will be evaluated by their team coach and given a progress report upon conclusion of the camp

Team practice sessions, competitions, special topics and full court traditional drills will augment the daily individual skill stations and team games. Off-court instructional sessions may include core strength and agility exercises, information on nutrition and mental training.

All camp participants will receive a Huskie basketball and reversible Huskie Sport Camp jersey to use throughout the camp and to take home with them. Those staying in residence will be able to participate in supervised games, movies and other activities during the evenings.

**Location:** PAC, University of Saskatchewan Campus  
**Ages:** 12-17  
**Date:** July 5th - 9th  
\*please note that this year all ages will be in the same week, but will be grouped separately according to age and skill level.

**Time:** Sign-in / Information Session: Monday July 5th  
8:30am - 9:00am  
Monday - Thursday: 9:00am - 11:45am  
& 1:15pm - 4:00pm  
4:00pm - 5:00pm (optional swim)  
Friday: 9:00am - 12 noon

**Cost:** \$200  
There is an additional cost for residence (\$185)  
or meal plan (\$25)

**Instructors:** Current Huskie players and top high school coaches.

**Head Coach:** Lisa Thomaidis  
- Head Coach, University of Saskatchewan Women's  
Basketball Team (1998 -present)  
- Assistant Coach, Canadian National Team  
(2001 - Present)  
- Head Coach, Saskatchewan Canada Games Team  
(2001)  
- Head Coach, Saskatchewan Jr. Provincial Team  
(1999 - 2001)

## WOMEN'S BASKETBALL - ELITE CAMP

This camp is designed for the more experienced basketball player who is looking to continue playing the sport beyond high school. Participants should have played for their respective high school senior basketball teams. Position specific instruction, team concepts and physical training principles are emphasized. Participant to instructor ratios are low so participants are sure to receive individual attention. Scrimmages highlight the conclusion of each session.



Each participant will also receive a reversible Huskie Sport Camp Basketball jersey.

**Location:** PAC, University of Saskatchewan Campus  
**Ages:** Students going into Grade 11 and 12  
**Date:** July 5th -8th  
**Time:** Monday to Thursday 6:00-8:30 pm  
**Cost:** \$200  
**Instructors:** Huskie Women's Basketball coaching staff.  
**Head Coach:** Lisa Thomaidis  
- Head Coach, University of Saskatchewan Women's  
Basketball Team (1998 -present)  
- Assistant Coach, Canadian National Team  
(2001 - Present)  
- Head Coach, Saskatchewan Canada Games Team  
(2001)  
- Head Coach, Saskatchewan Jr. Provincial Team  
(1999 - 2001)

## VOLLEYBALL - MAIN CAMPS - MEN & WOMEN

The Huskie Athletic Volleyball camps will be held in our outstanding Physical Activity Complex (PAC) on the University of Saskatchewan campus. This state of the art facility has three gymnasiums with which to offer fun and a place for excellent instruction to young athletes.

The Huskie Volleyball camps are designed to teach the fundamentals skills and concepts of the game of volleyball. Participants are grouped according to skill and then by age (if necessary) to ensure that campers of all skill levels will be able to develop and strengthen both individual and team concept skills.

The week long camp culminates with a camp tournament. Off-court instructional sessions may include the analyzing of game film, learning of team concepts and strength and conditioning exercises.

Each player will receive a Huskie Sport Camp T-shirt and a Huskie Volleyball to take home. Those staying in residence will be able to participate in supervised games, movies and other activities during the evenings.

HUSKIE  
SPORT  
CAMPS

# Huskie Sport Camps



**Location:** PAC and Education Gym  
University of Saskatchewan Campus

**Ages:** 12-17

**Date:** Men's August 16-20  
Women's July 26 - 30  
August 2 - 6  
(camp will run on Sask. Day, Aug. 2)  
August 9 - 13  
August 16 - 20

**Time:** Sign-in / Information Session: Monday  
8:30am - 9:00am  
Monday - Thursday 9:00am - 12:00 noon  
& 1:30pm - 4:00pm  
4:00pm - 5:00pm (optional swim)  
Friday 9:00am - 12:00 noon

**Cost:** \$200  
There is an additional cost for residence (\$185) or meal plan (\$25)

**Instructors:** Huskie coaches and players.

**Coaches:** Brian Gavlas  
- Men's Huskie Volleyball Head Coach ('92 - present)  
Leslie Irie  
- Women's Huskie Volleyball Head Coach ('97 - present)

## VOLLEYBALL - WOMEN'S ADVANCED SKILLS CAMP

The summer of 2010 will see the Huskie women's volleyball program host a camp to further advance the skill level for female volleyball players. If you want to take your skills to the next level,

this is the camp for you! Learn the game of volleyball and physical preparation that will give you the edge over your competition.

The camp is restricted to senior high school players, provincial team members or top level club member. Each participant will receive Mizuno knee pads and a t-shirt.

**Location:** PAC  
University of Saskatchewan Campus

**Ages:** 12-17

**Date:** August 16 - 19 6:30 - 9:30pm

**Cost:** \$200

**Instructors:** Leslie Irie, Huskie Women's Head Coach and upper year Huskie athletes will share their Volleyball knowledge and experience.

## HUSKIE CONTACT FOOTBALL

Football players learn and improve the techniques and fundamentals of tackle football. This camp is coached by a select group of Huskie Football players under the guidance of members of the Huskie Football Staff. It takes place in an enjoyable safe environment. Players are grouped and will participate against other campers of like size, ability and age.

All participants are provided with position specific skill instruction. The progression from the position instruction to team concepts all culminate with the immensely popular annual green and white scrimmage that takes place during the Friday morning session. Parents and family are welcome to come and watch the game! Camp participants will also learn about speed and strength training in the development of a complete football player.

Each camper will receive our official Football Camp practice jersey.

**Equipment:** If possible, players should borrow protective equipment from their present team. Participants unable to supply their own equipment will be outfitted on a first-come first-serve basis. At the time of registration please specify whether or not you need equipment and the approximate size of the participant. In addition, each participant is expected to bring socks, shorts, athletic support, t-shirts, football shoes, and a mouth guard. Come prepared and ready to have fun!

This camp may fill by July 1 so register early.

- Location:** Potash Corp Field  
University of Saskatchewan Campus
- Ages:** Players going in to grades 8-10  
(Players grouped on basis of size, age, and skill level)
- Date:** August 2 - 6 (Camp will run on Monday, August 2nd - Saskatchewan Day)
- Time:** Sign-in / Information session: Monday August 2nd  
8:30am - 9:00am  
Monday - Thursday 9:00am - 12:00 noon  
& 1:30pm - 4:00pm  
Friday 9:00am - 12:00 noon
- Cost:** \$230  
There is an additional cost for residence (\$185) or meal plan (\$25)
- Instructors:** Huskie players, top high school and provincial coaches
- Head Coach:** Brian Towriss  
- Head Coach Huskie Football Team (1984-present)

## HUSKIE ELITE CONTACT FOOTBALL

This camp is offered for advanced football players looking for a more competitive camp. The camp will cap the numbers by position to ensure a workable player coach ratio. It is coached by members of the Huskie Football Staff along with some of the veteran players.

All participants are provided with position specific skill instruction. The progression from the position instruction to team concepts will culminate with a scrimmage that takes place during the Friday morning session. Parents and family are welcome to come and watch the game! Classroom sessions may be used in some positions to more fully develop concepts. Camp participants will also learn about speed and strength training in the development of a complete football player.

Each camper will receive our official University of Saskatchewan Huskie practice jersey. Those staying in residence will be able to participate in supervised games, movies and other activities during the evenings.

**Equipment:** Players should borrow protective equipment from their present team. In addition, each participant is expected to bring socks, shorts, athletic support, t-shirts, football shoes, and a mouth guard. Come prepared and ready to have fun!

This camp may fill by July 1 so register early.

- Location:** Potash Corp Field  
University of Saskatchewan Campus
- Ages:** Players going in to grades 10 - 12  
(Players grouped on basis of size, age, and skill level)
- Date:** August 9 - 13
- Time:** Sign-in / Information session: Monday August 9th  
8:30am - 9:00am  
Monday - Thursday 9:00am - 12:00 noon  
& 1:30pm - 4:00pm  
Friday 9:00am - 12:00 noon  
Monday, Tuesday & Thursday 7:00pm - 9:00pm
- Cost:** \$280  
There is an additional cost for residence (\$185) or meal plan (\$25)
- Instructors:** Huskie Football Staff, veteran Huskie Players
- Head Coach:** Brian Towriss  
- Head Coach Huskie Football Team (1984-present)



HUSKIE  
SPORT  
CAMPS

# Huskie Sport Camps

## HUSKIE CHEERLEADING - CO-ED CAMP

The Huskie Cheerleading Camp is a great opportunity for both beginner and experienced athletes to improve their cheerleading skills. Although it is not necessary, athletes are encouraged to attend the camp with their training group or partners to best meet the skills they need for the upcoming year.

The camp is a safe progressive format working on both group and individual skills. Campers will come away with new techniques, conditioning exercises and interesting routine ideas to bring back to their team. The camp will focus on stunting and competition skills including some gymnastic skills concluding with an opportunity to perform many of the skills they have learned. Lastly this camp will push athletes to do their best while having a lot of fun. Each participant will receive a Huskie Sport Camp T-shirt.

- Location:** Physical Activity Complex (PAC),  
University of Saskatchewan Campus
- Ages:** 12 - 17
- Date:** August 9 - 13
- Time:** Sign-in / Information Session: Monday August 9th,  
8:30am - 9:00am  
Monday - Thursday 9:00am - 12:00 noon  
& 1:30pm - 4:00pm  
4:00pm - 5:00pm (optional swim)  
Friday 9:00am - 12:00 noon
- Cost:** \$150  
This is an additional cost for residence (\$185)  
or meal plan (\$25)
- Instructors:** Huskie Coaches and Cheerleading Team



## ATHLETICS WRESTLING - MAIN CAMP - CO-ED

The Huskie Wrestling Camp is an ideal training camp for beginners to advanced wrestlers. It focuses mainly on high percentage wrestling techniques ranging from the basics to world class execution. The camp will follow the philosophical direction of the Huskie Wrestling Head Coach, Todd Hinds, who is excited to share the working success of his Huskie Wrestling Program. During the Wrestling Camp the athletes will experience the supplemental training that goes along with a wrestler's regular routine including, strength training, conditioning, flexibility and the psychological edge.

Each participant receives a Huskie Sport Camp T-shirt to take home. Those staying in residence will be able to participate in supervised games, movies and other activities during the evenings.

- Location:** Education Playroom  
University of Saskatchewan Campus
- Age:** 12-17
- Date:** July 5 - 9
- Time:** Monday - Thursday 1:00pm - 4:00pm  
4:00pm - 5:00pm (optional swim)  
Friday 9:00am - 12:00 noon
- Cost:** \$150  
There is an additional cost for residence (\$185)  
or meal plan (\$25)
- Instructors:** Huskie Head Coach and Huskie athletes.
- Head Coach:** Todd Hinds, Huskie Wrestling Team Head Coach  
(1996 - present)