



School PD Day!!!
Monday, March 12, 2018



Presents:
Female Athlete Day
for
Grades 3-8 Girls

Cost for this great day is \$75.00

Location:

SaskTel Sports Centre
150 Nelson Road, Saskatoon

Register at:

saskatoonminorfootball.com

For info call/text (306)220-9619 or
 email: saskatoonvalkyries@gmail.com

CAMP ITINERARY

8:00-9:45am – Flag Football Skills and Drills – Led by Coach Matt Yausie Former Hilltops Player and Coach

9:45-10:00am – Nutrition Break (snacks provided)

10:00-11:00am – Sports Nutrition Session by Registered Dietitian Heather Hynes

11:00-12:30pm – Basketball Skills and Drills – Led by Coach Katie Miyazaki – Former CIS All Canadian/Huskie Basketball and Valkyries Player

12:30-1:00pm – Lunch Break (participants bring your own lunch)

1:00-2:30pm – Flag Football Modified Games/Scrimmages with Saskatchewan Roughriders Jorgen Hus

2:30-2:45pm – Nutrition Break (snacks provided)

2:45-3:45pm – Speed/Agility/Core Training – Led by Ignite Conditioning

3:45-4:30pm – Body Recovery (Stretching/Muscle Release/Injury Prevention) – Led by Ignite Conditioning



Brought to you by:



SASKATOON
Motor Products



IGNITE
 ATHLETIC CONDITIONING