

## **Strength & Conditioning: Regina – Level 10 Fitness (Regina Region Athletes)**

Hello parents, athletes & coaches,

Judo Saskatchewan has made arrangements with the Sport Saskatchewan Sport Science and Medicine Council to have young athletes work with strength and conditioning coach 2 times a month. The location of the training will be Level 10.

**THERE IS NO COST TO THE ATHLETES TO ATTEND THESE SESSIONS!**

**Level 10 Fitness Address:** 2124 Grant Road, Regina, Saskatchewan, S4S-5C8  
<http://www.level10regina.com/>

### ***2 session a month (Saturday)***

<b>Month</b>	<b>Date</b>	<b>Date</b>	<b>Date</b>
September	17		
October	1	8	29
November	5	26	
December	10		
January	7	14	28
February	11	25	
March	4	18	
April	1	15	22
May	6		

**Time: 9:00AM**

Here are the members of the training group at Level 10 Fitness (2 times a month) from the Regina area/region:

### **Group Athletes:**

Maxx Karaim, Regina YMCA  
Jack Karaim, Regina YMCA  
Alex Li, Regina YMCA  
Nicholas Skaf, Regina YMCA  
Tyler Kostron, Avonhurst  
Maria Martin, Pense  
Kyle McKay, Pense  
Justin McKay, Pense  
Sara Wiens, Moose Jaw  
Elysia Kehrig, Pense  
Paige Copeland, Pense  
Damien Wiens, Moose Jaw  
Vladislav Sheshnev, Regina YMCA  
Stas Sheshnev, Regina YMCA  
Justin Wiens, Moose Jaw  
Trystin Reder, Vibank

Note: There will be a judo training following these sessions at the Regina YMCA. Having 2 group judo sessions a month combined with the strength and conditioning sessions is a step in the right direction of achieving excellence on the judo mats.

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Hello parents, athletes & coaches,

Judo Saskatchewan has made arrangements with the Sport Saskatchewan Sport Science and Medicine Council to have young athletes work with strength and conditioning coach 2 times a month. The location of the training will be Craven Sport Services.

THERE IS NO COST TO THE ATHLETES TO ATTEND THESE SESSIONS!

**Strength & Conditioning: Saskatoon (Craven Sport Services)**

**Craven Sport Services Address:**

#3-630 2nd Ave North  
Saskatoon, SK  
S7K 2C8

**Craven Sport Services Website:** <http://www.cravensportservices.ca/>

**2 session a month (Saturday)**

Month	Date	Date	Date
September	17		
October	1	15	29
November	5	26	
December	10		
January	7	14	28
February	11	25	
March	4	18	
April	1	15	22
May	6		

**Time:** 10:30-11:30

Here are the members of the training group at Craven Sport's:

**Athletes:**

Max Litzenberger, Saskatoon YMCA/ South Corman Park  
Euan Litzenberger, Saskatoon YMCA/ South Corman Park  
Chad Litzenberger, Saskatoon YMCA/ South Corman Park  
Daniel Bagnell, Saskatoon YMCA  
Brenna Bagnell, Saskatoon YMCA  
Bill Bagnell Saskatoon YMCA  
Sasha Chilibeck Saskatoon YMCA  
Scott Mills Saskatoon YMCA  
Kelly Mills, Saskatoon YMCA  
Travis Mills, Saskatoon YMCA  
Ryan Finn, Saskatoon YMCA  
Chris Hodgson, Saskatoon YMCA  
Miranda Bellise Saskatoon YMCA  
Taryn Montgomery Saskatoon YMCA

Grace Burton, Battleford Judo Club  
Nate Burton, Battleford Judo Club

**Note:** There is a Judo Trainings in Saskatoon on the Saturday's before the Craven Sport Service Session  
Judo training at 9 am.