

Q3i Bantam / Midget – Summer 2017

TECHNIQUE – June 19 – June 22 – Terwillegar Arena

Session #1	Instruction: On Ice	Description: Skating	Location:	Instruction: On Ice	Description: Stickhandling	Location:
June 19	4:15 - 5:45 pm	Deceleration	Arena "C"	4:15 - 5:45 pm	Dangle Basics	Arena "C"
June 20	4:15 - 5:45 pm	Forward Stride, Tips & Tricks	Arena "A"	4:15 - 5:45 pm	Lateral Motion	Arena "A"
June 21	4:15 - 5:45 pm	Backwards Skating, Transitions	Arena "A"	4:15 - 5:45 pm	Introduction to Moves	Arena "A"
June 22	4:15 - 5:45 pm	Speed, Agility and Quickness Training	Arena "C"	4:15 - 5:45 pm	Moves and Fakes	Arena "C"

POWER – July 17 – July 20 – Terwillegar Arena – **ICE FIRST THIS WEEK**

Session #2	Pre Ice Warm Up	Location:	Instruction : On-Ice	Description:	Location:	Instruction: Off Ice	Description: Skating Performance Skill Acquisition
July 17	1:00 - 1:15 pm	Dryland Meeting Point	1:30 - 2:30 pm	Review and Upper	Arena "C"	2:45 - 3:45 pm	Seminar or SPSA
July 18	1:00 - 1:15 pm	Dryland Meeting Point	1:30 - 2:30 pm	Lower Body and	Arena "C"	2:45 - 3:45 pm	Seminar or SPSA
July 19	1:00 - 1:15 pm	Dryland Meeting Point	1:30 - 2:30 pm	Upper Body and	Arena "C"	2:45 - 3:45 pm	Seminar or SPSA
July 20	1:00 - 1:15 pm	Dryland Meeting Point	1:30 - 2:30 pm	Lower Body and	Arena "C"	2:45 - 3:45 pm	Seminar or SPSA

SPEED – August 14 – August 17 – Meadows Arena

Session #3	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location:	Instruction: On Ice	Description:	Location:
Aug 14	1:30 - 2:30 pm	Seminar or SPSA	Dryland Meeting Point	2:45 - 3:45 pm	Starts and First Step	Arena "East"
Aug 15	1:30 - 2:30 pm	Seminar or SPSA	Dryland Meeting Point	2:45 - 3:45 pm	Turns and Transitions	Arena "East"
Aug 16	1:30 - 2:30 pm	Seminar or SPSA	Dryland Meeting Point	2:45 - 3:45 pm	Overspeed and Reaction Training	Arena "East"
Aug 17	1:30 - 2:30 pm	Seminar or SPSA	Dryland Meeting Point	2:45 - 3:45 pm	SPEED!	Arena "East"

Terwillegar Arena – 2051 Leger Rd. NW, Edmonton, AB, T6R 0R9, 780-442-5311

Meadows Arena – 2704 17 St, Edmonton, AB, T6T 1H9, 780-442-5311

*Dates, Times and Program Content are subject to change by Quantum Speed. This outline is designed to give you an overview scope of what is covered in a 12 day Quantum Speed Session. The design and order of skill progressions in Quantum Speed programs may be adjusted based on the performance level of each group.

**"SPSA" Off-Ice Sessions are designed as part of the icetime and not separate from it. They are skating specific and are not optional. They do not conflict with your external dryland training.

*Performance Excellence Seminar topics and leaders are subject to change based on the needs of each group.

*Any injuries must be reported immediately to both on-ice and off-ice Head Instructors.

