

## Q3r Ringette – Summer 2017

TECHNIQUE & POWER – July 17 – July 20 – Terwillegar Arena

Session #1	Instruction: On Ice	Description:	Location:	Instruction: Off Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location:
Jul 17	4:00 – 5:00 pm	Forward Stride & Review, Tips & Tricks	Arena "C"	5:15 – 6:15 pm	Seminar or SPSA	Dryland Meeting Point
Jul 18	4:00 – 5:00 pm	Backwards Toe-Flick, Turns & Transitions	Arena "C"	5:15 – 6:15 pm	Seminar or SPSA	Dryland Meeting Point
Jul 19	4:00 – 5:00 pm	Review & Upper Body, Lower Body & Plyometrics	Arena "C"	5:15 – 6:15 pm	Seminar or SPSA	Dryland Meeting Point
Jul 20	4:00 – 5:00 pm	Upper Body & Cardio & Lower Body & Plyometrics	Arena "C"	5:15 – 6:15 pm	Seminar or SPSA	Dryland Meeting Point

SPEED – July 17 – July 20 – Terwillegar Arena

Session #3	Instruction: On Ice	Description:	Location:
July 17	6:30 – 7:30 pm	Starts	Arena "C"
July 18	6:30 – 7:30 pm	Pivots and Transitions	Arena "C"
July 19	6:30 – 7:30 pm	Dynamic Agility Training	Arena "C"
July 20	6:30 – 7:30 pm	High Speed Turns & Changes of Direction	Arena "C"

**Terwillegar Arena – 2051 Leger Rd NW, Edmonton, AB, T6R 0R9, 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.