

**Quantum Speed™  
ATOM HP  
SUBMISSION FORM**

Quantum Speed High Performance Skating Development company is looking for Motivated, Skilled High Performing Atom aged Skaters.

Our Q Crew will be selecting a group of Atom aged players to participate in a Quantum Speed Program. Please complete the information below and email it to [info@quantumspeed.ca](mailto:info@quantumspeed.ca).

Please select which program you would like your skater to participate in:

Spring 2017 - \$787.00 + GST  
April 10, April 11, April 12, April 13 – Terwillegar Arena  
3:45 – 4:45 pm – Off Ice  
5:15 – 6:15 pm – On Ice  
May 2, May 4, May 9, May 11 – Terwillegar Arena  
4:30 – 5:30 pm – On Ice

And / Or

August 2017 - \$547.00 + GST  
Aug 21, Aug 22, Aug 23, Aug 24 – Meadows Arena  
3:45 – 4:45 pm – Off Ice  
5:15 – 6:15 pm – On Ice

Price for both programs \$1,137.00 + GST

Player's name: \_\_\_\_\_

Parent/Guardian name(s): \_\_\_\_\_

Home phone #: \_\_\_\_\_ Cell phone #: \_\_\_\_\_ Work phone #: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Province/State: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_

Player's birth date: \_\_\_\_\_ AHC: \_\_\_\_\_

Last level played: \_\_\_\_\_

Hockey Accomplishments: \_\_\_\_\_

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## Atom HP – Spring 2017

**Apr 10 – 13, May 2, 4, 9, 11 - Terwillegar Arena**

Sessions	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location:	Instruction: On Ice	Description:	Location:
Apr 10	3:45 – 4:45 pm	SPSA – Training Separation – Upper & Lower body	Dryland Meeting Point	5:15 – 6:15 pm	Training Separation – Upper & Lower body	Arena "D"
Apr 11	3:45 – 4:45 pm	SPSA - Training Separation – Left & Right side of body	Dryland Meeting Point	5:15 – 6:15 pm	Training Separation – Left & Right side of Body	Arena "D"
Apr 12	3:45 – 4:45 pm	SPSA - Jump Technique & Pylos	Dryland Meeting Point	5:15 – 6:15 pm	Edge Awareness & Edge Mastery	Arena "D"
Apr 13	3:45 – 4:45 pm	SPSA – Quickness & Reaction based training	Dryland Meeting Point	5:15 – 6:15 pm	Jump Technique	Arena "D"
May 2	3:45 - 4:00 pm	Pre - Ice Warm Up	Dryland Meeting Point	4:30 – 5:30 pm	Jump Technique & First Step	Arena "C"
May 4	3:45 - 4:00 pm	Pre - Ice Warm Up	Dryland Meeting Point	4:30 – 5:30 pm	Quick Feet & Lateral Skating	Arena "C"
May 9	4:30 - 4:45 pm	Pre - Ice Warm Up	Dryland Meeting Point	5:15 – 6:15 pm	Review Skills & Pucks	Arena "C"
May 11	4:30 - 4:45 pm	Pre - Ice Warm Up	Dryland Meeting Point	5:15 – 6:15 pm	Acceleration Day	Arena "C"

**\*\*\*\*Parents are encouraged to participate in a Performance Excellence Seminar on Apr 10<sup>th</sup> during the Off Ice time\*\*\*\***

### **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 the program. 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.

\*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.