

PeeWee Technique & Conditioning Program – July 24 - 27, 2017

| Sessions | Instruction: Off-Ice | Description: Skating Performance Skill Acquisition "SPSA" | Location: | Instruction: On Ice | Description: | Location: |
|---------------|-------------------------|---|----------------------|------------------------|---------------------------------|------------------------|
| Jul 24 | 3:30 – 4:30 pm | Seminar | Meeting Point | 5:00 – 6:00 pm | Stopping & Stride Technique | Terwillegar "C" |
| Jul 25 | 3:30 – 4:30 pm | Stride Technique | Meeting Point | 5:00 – 6:00 pm | Backwards Skating | Terwillegar "C" |
| Jul 26 | 4:30 – 5:30 pm | Power & Conditioning | Meeting Point | 6:00 -7:00 pm | Power & Conditioning | Terwillegar "C" |
| Jul 27 | 3:30 – 4:30 pm | Speed | Meeting Point | 5:00 -6:00 pm | Conditioning & Speed | Terwillegar "D" |

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 4 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.