

Q3 Midget / Junior - Spring 2017

TECHNIQUE – May 1 – May 4 – Terwillegar Arena

Session #1	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition “SPSA”	Location:	Instruction: On Ice	Description:	Location:
May 1	5:45 – 6:45 pm	Seminar or SPSA	Dryland Meeting Point	7:00 – 8:00 pm	Forward Stride	Arena “C”
May 2	5:45 – 6:45 pm	Seminar or SPSA	Dryland Meeting Point	7:00 – 8:00 pm	Forward Stride, Tips & Tricks	Arena “C”
May 3	5:45 – 6:45 pm	Seminar or SPSA	Dryland Meeting Point	7:00 – 8:00 pm	Backwards Toe-Flick	Arena “C”
May 4	5:45 – 6:45 pm	Seminar or SPSA	Dryland Meeting Point	7:00 – 8:00 pm	Turns and Transitions	Arena “C”

POWER – May 15 – May 18 – Terwillegar Arena – Please note: ON ICE FIRST THIS WEEK

Session #2	Pre Ice Warm Up	Location: Terwillegar	Instruction: On Ice	Description:	Location: Terwillegar	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition “SPSA”
May 15	6:00 – 6:15 pm	Dryland Meeting Point	6:30 -7:30 pm	Review and Upper Body	Arena “C”	7:45 – 8:45 pm	Seminar or SPSA
May 16	6:00 – 6:15 pm	Dryland Meeting Point	6:30 -7:30 pm	Lower Body and Plyometrics	Arena “C”	7:45 – 8:45 pm	Seminar or SPSA
May 17	6:00 – 6:15 pm	Dryland Meeting Point	6:30 -7:30 pm	Upper Body and Cardio	Arena “C”	7:45 – 8:45 pm	Seminar or SPSA
May 18	6:00 – 6:15 pm	Dryland Meeting Point	6:30 -7:30 pm	Lower Body and Plyometrics	Arena “C”	7:45 – 8:45 pm	Seminar or SPSA

SPEED – June 5 – June 8 – Terwillegar Arena

Session #3	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition “SPSA”	Location: Terwillegar	Instruction: On Ice	Description:	Location: Terwillegar
June 5	6:30 -7:30 pm	Seminar or SPSA	Dryland Meeting Point	7:45 – 8:45 pm	Starts	Arena “C”
June 6	6:30 -7:30 pm	Seminar or SPSA	Dryland Meeting Point	7:45 – 8:45 pm	Pivots and Transitions	Arena “C”
June 7	6:30 -7:30 pm	Seminar or SPSA	Dryland Meeting Point	7:45 – 8:45 pm	Quick Feet, Agility & Reaction Training	Arena “C”
June 8	6:30 -7:30 pm	Seminar or SPSA	Dryland Meeting Point	7:45 – 8:45 pm	Lateral Skating and SPEED!	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.