

### Q3 Bantam Returning - Summer 2017

TECHNIQUE – TUESDAY May 23 – FRIDAY May 26 - Meadows Arena



Session #1	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Meadows	Instruction: On Ice	Description:	Location: Meadows
<b>May 23</b>	<b>4:15 – 5:15 pm</b>	<b>Seminar or SPSA</b>	<b>Dryland Meeting Point</b>	<b>5:30 – 6:30 pm</b>	<b>Forward Stride</b>	<b>Arena "East"</b>
May 24	4:00 – 5:00 pm	Seminar or SPSA	Dryland Meeting Point	5:15 – 6:15 pm	Forward Stride, Tips & Tricks	Arena "East"
May 25	4:00 – 5:00 pm	Seminar or SPSA	Dryland Meeting Point	5:15 – 6:15 pm	Backwards Toe-Flick	Arena "East"
May 26	4:00 – 5:00 pm	Seminar or SPSA	Dryland Meeting Point	5:15 – 6:15 pm	Turns and Transitions	Arena "East"

POWER – TUESDAY Jul 4 – Jul 7 – Terwillegar Arena– 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"
July 4	3:30 – 3:45 pm	Dryland Meeting Point	4:00 – 5:00 pm	Review and Upper Body	Arena "C"	5:15 – 6:15 pm	Seminar or SPSA
July 5	3:30 – 3:45 pm	Dryland Meeting Point	4:00 – 5:00 pm	Lower Body and Plyometrics	Arena "C"	5:15 – 6:15 pm	Seminar or SPSA
July 6	3:30 – 3:45 pm	Dryland Meeting Point	4:00 – 5:00 pm	Upper Body and Cardio	Arena "C"	5:15 – 6:15 pm	Seminar or SPSA
<b>July 7</b>	<b>1:00 – 1:15 pm</b>	<b>Dryland Meeting Point</b>	<b>1:30 – 2:30 pm</b>	<b>Lower Body and Plyometrics</b>	<b>Arena "D"</b>	<b>2:45 – 3:45 pm</b>	<b>Seminar or SPSA</b>

SPEED – August 14 – August 17 – Meadows Arena

Session #3	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Meadows	Instruction: On Ice	Description:	Location: Meadows
<b>Aug 14</b>	<b>2:45 – 3:45 pm</b>	<b>Seminar or SPSA</b>	<b>Dryland Meeting Point</b>	<b>1:30 – 2:30 pm</b>	<b>Starts</b>	<b>Arena "EAST"</b>
Aug 15	12:15 – 1:15 pm	Seminar or SPSA	Dryland Meeting Point	1:30 – 2:30 pm	Pivots and Transitions	Arena "EAST"
Aug 16	12:15 – 1:15 pm	Seminar or SPSA	Dryland Meeting Point	1:30 – 2:30 pm	Quick Feet, Agility & Reaction Training	Arena "EAST"
Aug 17	12:15 – 1:15 pm	Seminar or SPSA	Dryland Meeting Point	1:30 – 2:30 pm	Lateral Skating and SPEED!	Arena "EAST"

**Terwillegar Arena – 2051 Leger Rd. NW, Edmonton, AB, T6R 0R9, 780-442-531**

**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.