

Q3 Midget / Junior Prep - Summer 2017

TECHNIQUE – May 8 – May 11 – Terwillegar Arena

Session #1	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition “SPSA”	Location:	Instruction: On Ice	Description:	Location:
May 8	5:30 – 6:30pm	Seminar or SPSA	Dryland Meeting Point	6:45 – 7:45 pm	Forward Stride	Arena “C”
May 9	5:15 – 6:15 pm	Seminar or SPSA	Dryland Meeting Point	6:30 – 7:30 pm	Forward Stride, Tips & Tricks	Arena “C”
May 10	5:15 – 6:15 pm	Seminar or SPSA	Dryland Meeting Point	6:30 – 7:30 pm	Backwards Toe-Flick	Arena “C”
May 11	5:15 – 6:15 pm	Seminar or SPSA	Dryland Meeting Point	6:30 – 7:30 pm	Turns and Transitions	Arena “C”

POWER – July 10 – July 13 – Kinsmen Arena - Please note: ON ICE FIRST THIS WEEK

Session #2	Pre Ice Warm Up	Location:	Instruction: On Ice	Description:	Location:	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition “SPSA”
July 10	4:45 – 5:00 pm	Dryland Meeting Point	5:15 – 6:15 pm	Review and Upper Body	Arena “A”	6:30 – 7:30 pm	Seminar or SPSA
July 11	4:45 – 5:00 pm	Dryland Meeting Point	5:15 – 6:15 pm	Lower Body and Plyometrics	Arena “A”	6:30 – 7:30 pm	Seminar or SPSA
July 12	4:45 – 5:00 pm	Dryland Meeting Point	5:15 – 6:15 pm	Upper Body and Cardio	Arena “A”	6:30 – 7:30 pm	Seminar or SPSA
July 13	4:45 – 5:00 pm	Dryland Meeting Point	5:15 – 6:15 pm	Lower Body and Plyometrics	Arena “A”	6:30 – 7:30 pm	Seminar or SPSA

SPEED – Aug 7 – Aug 10 – Terwillegar Arena

Session #3	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition “SPSA”	Location:	Instruction: On Ice	Description:	Location:
Aug 8	2:45 - 3:45 pm	Seminar or SPSA	Dryland Meeting Point	4:00 - 5:00 pm	Starts	Arena “D”
Aug 9	2:45 - 3:45 pm	Seminar or SPSA	Dryland Meeting Point	4:00 - 5:00 pm	Pivots and Transitions	Arena “D”
Aug 10	2:45 - 3:45 pm	Seminar or SPSA	Dryland Meeting Point	4:00 - 5:00 pm	Quick Feet, Agility & Reaction Training	Arena “D”
Aug 11	3:30 – 4:30 pm	Seminar or SPSA	Dryland Meeting Point	4:45 - 5:45 pm	Lateral Skating and SPEED!	Arena “D”

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

Kinsmen Twin Arenas – 1979 111 St., NW, Edmonton, AB, T6J 7C6, 780-434-9332

*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.