

## Atom HP – Technique + Conditioning

Aug 21, 22, 23, 24 - Meadows Arena

Sessions	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Meadows	Instruction: On Ice	Description:	Location: Meadows
Aug 21	1:15 – 2:15 pm	Deceleration & ATX Position	Dryland Meeting Point	2:45 – 3:45 pm	Stopping + Knee Bend + Conditioning	East
Aug 22	1:15 – 2:15 pm	Stride Length, Stride Frequency	Dryland Meeting Point	2:45 – 3:45 pm	Stride Length + Stride Frequency + Backwards Mobility + Conditioning	East
Aug 23	1:15 – 2:15 pm	Body Symmetry, Separation Training	Dryland Meeting Point	2:45 – 3:45 pm	Turns + Transitions + Conditioning	East
Aug 24	1:15 – 2:15 pm	Acceleration	Dryland Meeting Point	2:45 – 3:45 pm	Acceleration + Conditioning	East

**\*\*\*\*Parents are encouraged to participate in a Performance Excellence Seminar on Aug 21<sup>st</sup> during the Off Ice time\*\*\*\***

**Meadow Arena – 2704 17 Street NW, 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 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.