

### Q3 Junior/Pro – Summer 2017

TECHNIQUE – June 19 – June 22 - Terwillegar Arena

Session #1	Pre-Ice Warm Up:	Instruction: On Ice	Description:	Location: Terwillegar
June 19	2:30 – 2:45 pm	3:00 – 4:00 pm	Forward Stride	Arena "C"
June 20	2:30 – 2:45 pm	3:00 – 4:00 pm	Forward Stride, Tips & Tricks	Arena "A"
June 21	2:30 – 2:45 pm	3:00 – 4:00 pm	Backwards Toe-Flick	Arena "A"
June 22	3:15 – 3:30 pm	3:45 – 4:45 pm	Turns and Transitions	Arena "D"

POWER – July 10 – July 13 – Kinsmen Arena - **ICE FIRST THIS WEEK**

Session #2	Pre-Ice Warm Up	Instruction: On Ice	Description:	Instruction: Off-Ice	Location:	Location: Kinsmen
July 10	3:30 – 3:45 pm	4:00 – 5:00 pm	Review and Upper Body	5:15 – 6:15 pm	Dryland Meeting Point	Arena "A"
July 11	3:30 – 3:45 pm	4:00 – 5:00 pm	Lower Body and Plyometrics	5:15 – 6:15 pm	Dryland Meeting Point	Arena "A"
July 12	3:30 – 3:45 pm	4:00 – 5:00 pm	Upper Body and Cardio	5:15 – 6:15 pm	Dryland Meeting Point	Arena "A"
July 13	3:30 – 3:45 pm	4:00 – 5:00 pm	Lower Body and Plyometrics	5:15 – 6:15 pm	Dryland Meeting Point	Arena "A"

SPEED – Aug 8 – Aug 11 – Terwillegar Arena

Session #3	Instruction: Off Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Terwillegar	Instruction: On Ice	Description:	Location: Terwillegar
Aug 8	1:30 – 2:30 pm	Seminar / SPSA	Dryland Meeting Point	2:45 – 3:45 pm	Starts	Arena "D"
Aug 9	1:30 – 2:30 pm	Seminar / SPSA	Dryland Meeting Point	2:45 – 3:45 pm	Pivots and Transitions	Arena "D"
Aug 10	1:30 – 2:30 pm	Seminar / SPSA	Dryland Meeting Point	2:45 – 3:45 pm	Quick Feet, Agility & Reaction Training	Arena "D"
<b>Aug 11</b>	<b>2:15 – 3:15 pm</b>	<b>Seminar / SPSA</b>	<b>Dryland Meeting Point</b>	<b>3:30 – 4:30 pm</b>	<b>Lateral Skating and SPEED!</b>	<b>Arena "D"</b>

**Terwillegar Arena – 2051 Leger Rd. NW, Edmonton, AB, T6R 0R9, 780-442-5311**

**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.