

## **PeeWee Technique & Conditioning Program #2 – August 21 – August 24**

Sessions	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location:	Instruction: On Ice	Description:	Location:
Aug 21	5:00 – 6:00 pm	Seminar	Meeting Point	6:30 - 7:30 pm	Stopping & Stride Technique	Meadows "EAST"
Aug 22	5:00 – 6:00 pm	Stride Technique	Meeting Point	6:30 -7:30 pm	Backwards Skating	Meadows "EAST"
Aug 23	5:00 – 6:00 pm	Power & Conditioning	Meeting Point	6:30 - 7:30 pm	Power & Conditioning	Meadows "EAST"
Aug 24	5:00 – 6:00 pm	Speed	Meeting Point	6:30 – 7:30 pm	Conditioning & Speed	Meadows "EAST"

### **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 4 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.