

Q3i Midget / Junior Group 2 - Summer 2017



TECHNIQUE – TUESDAY July 4 – FRIDAY July 7 – Terwillegar Arena

Session #1	Instruction: On Ice	Description: Stickhandling	Location:	Description: Skating	Instruction: On Ice	Location:
July 4	11:15 – 12:45 pm	Dangle Basics	Arena "C"	Deceleration	11:15 – 12:45 pm	Arena "C"
July 5	11:15 – 12:45 pm	Lateral Motion	Arena "C"	Forward Stride, Tips & Tricks	11:15 – 12:45 pm	Arena "C"
July 6	11:15 – 12:45 pm	Introduction to Moves	Arena "C"	Backwards Skating, Transitions	11:15 – 12:45 pm	Arena "C"
July 7	2:30 – 4:00 pm	Moves and Fakes	Arena "C"	Speed, Agility and Quickness Training	2:30 – 4:00 pm	Arena "c"

POWER – July 10 – July 13 – Kinsmen Arena

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

SPEED – August 8 – August 11 – Terwillegar Arena

Session #3	Pre Ice Warm Up	Location:	Instruction: On Ice	Description:	Location:	Seminar MRPB
Aug 8	11:45 – 12:00 pm	Dryland Meeting Point	12:15 – 1:15 pm	Starts and First Step	Arena "D"	
Aug 9	11:45 – 12:00 pm	Dryland Meeting Point	12:15 – 1:15 pm	Turns and Transitions	Arena "D"	
Aug 10	11:45 – 12:00 pm	Dryland Meeting Point	12:15 – 1:15 pm	Overspeed and Reaction Training	Arena "D"	
	Dry - Land					
Aug 11	2:15 – 3:15 om	MPRB Seminar	12:30 – 1:45 pm	SPEED!	Arena "D"	2:15 – 3:15

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.

