

## Q3i Junior / Pro - 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	1:00 – 2:30 pm	Dangle Basics	Arena "C"	Deceleration	1:00 – 2:30 pm	Arena "C"
July 5	1:00 – 2:30 pm	Lateral Motion	Arena "C"	Forward Stride, Tips & Tricks	1:00 – 2:30 pm	Arena "C"
July 6	1:00 – 2:30 pm	Introduction to Moves	Arena "C"	Backwards Skating, Transitions	1:00 – 2:30 pm	Arena "C"
July 7	4:15 – 5:45 pm	Moves and Fakes	Arena "C"	Speed, Agility and Quickness Training	4:15 – 5:45 pm	Arena "C"

### POWER – July 10 – July 13 – Kinsmen Arena

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

### SPEED – August 8 – August 11 – Terwillegar Arenad

Session #3	Pre Ice Warm Up	Location:	Instruction: On Ice	Description:	Location:	Seminar MPRB
Aug 8	10:30 – 10:45 am	Dryland Meeting Point	11:00 – 12:00 pm	Starts and First Step	Arena "D"	
Aug 9	10:30 – 10:45 am	Dryland Meeting Point	11:00 – 12:00 pm	Turns and Transitions	Arena "D"	
Aug 10	10:30 – 10:45 am	Dryland Meeting Point	11:00 – 12:00 pm	Overspeed and Reaction Training	Arena "D"	
Aug 11	10:30 – 10:45 am	Dryland Meeting Point	11:00 – 12:15 pm	SPEED!	Arena "D"	<b>12:45 – 1:45</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.

