



**Q3 - 2006 & 2007 – (Summer) 2020**

**Technique - June 8 - June 11 - Hollyburn Country Club 950 Cross Creek Road, West Vancouver, BC V7S 2S5**

Session #1	Instruction: Off-Ice	Location: Hollyburn	Description: Skating Performance Skill Acquisition "SPSA"	Instruction: On-Ice	Description:	Location: Hollyburn
June 15	4:15 - 5:15 pm	Dryland Meeting Point	Seminar or SPSA	5:30 - 6:30 pm	Forward Stride	Hollyburn
June 16	4:15 - 5:15 pm	Dryland Meeting Point	Seminar or SPSA	5:30 - 6:30 pm	Forward Stride Tips & Tricks	Hollyburn
June 17	4:15 - 5:15 pm	Dryland Meeting Point	Seminar or SPSA	5:30 - 6:30 pm	Backwards Toe-Flick	Hollyburn
June 18	4:15 - 5:15 pm	Dryland Meeting Point	Seminar or SPSA	5:30 - 6:30 pm	Turns and Transitions	Hollyburn

**\*\*\*Parents are encouraged to participate in a Performance Excellence Seminar\*\***

**Power July 13 - July 16 – Hollyburn Country Club 950 Cross Creek Road, West Vancouver, BC V7S 2S5**

Session #2	Instruction: Pre-Ice Warm-Up	Instruction: On-Ice	Description:	Location: Hollyburn	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Hollyburn
July 13	5:30 - 5:45 pm	6:00 - 7:00 pm	Review and Upper Body	Hollyburn	7:15 - 8:15 pm	Seminar or SPSA	Dryland Meeting Point
July 14	5:30 - 5:45 pm	6:00 - 7:00 pm	Lower Body and Plyometrics	Hollyburn	7:15 - 8:15 pm	Seminar or SPSA	Dryland Meeting Point
July 15	5:30 - 5:45 pm	6:00 - 7:00 pm	Upper Body and Cardio	Hollyburn	7:15 - 8:15 pm	Seminar or SPSA	Dryland Meeting Point
July 16	5:30 - 5:45 pm	6:00 - 7:00 pm	Lower Body and Plyometrics	Hollyburn	7:15 - 8:15 pm	Seminar or SPSA	Dryland Meeting Point

**Speed July 27 - July 30 – Hollyburn Country Club 950 Cross Creek Road, West Vancouver, BC V7S 2S5**

Session #3	Instruction: Off - Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Hollyburn	Instruction: On-Ice	Description:	Location: Hollyburn
July 27	4:45 - 5:45 pm	Seminar or SPSA	Dryland Meeting Point	6:00 - 7: 00 pm	Starts	Hollyburn
July 28	4:45 - 5:45 pm	Seminar or SPSA	Dryland Meeting Point	6:00 - 7: 00 pm	Pivots and Transitions	Hollyburn
July 29	4:45 - 5:45 pm	Seminar or SPSA	Dryland Meeting Point	6:00 - 7: 00 pm	Quick Feet, Agility & Reaction Training	Hollyburn
July 30	4:45 - 5:45 pm	Seminar or SPSA	Dryland Meeting Point	6:00 - 7: 00 pm	Lateral Skating and SPEED!	Hollyburn

\*Dates, Times and Program Content are subject to change by Quantum Speed. Please check the website the week prior to the start date to confirm any changes. 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.

\*Skating Performance Skill Acquisition -"SPSA" Off-Ice Sessions are designed as part of the ice-time and are 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.