



Q3 - 2005 & Older – (Summer) 2020

Technique - June 15 - June 18 - Terwillegar Arena, 2051 Leger Rd. NW, Edmonton, AB, T6R 0R9, 780-442-5311

Session	Instruction: Pre-Ice Warm-Up	Instruction: On-Ice	Description:	Location: Terwillegar	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Terwillegar
June 15	6:00 - 6:15 pm	6:30 - 7:30 pm	Forward Stride	Terwillegar C	7:45 - 8:45 pm	Seminar or SPSA	Dryland Meeting Point
June 16	6:00 - 6:15 pm	6:30 - 7:30 pm	Forward Stride Tips & Tricks	Terwillegar C	7:45 - 8:45 pm	Seminar or SPSA	Dryland Meeting Point
June 17	6:00 - 6:15 pm	6:30 - 7:30 pm	Backwards Toe-Flick	Terwillegar C	7:45 - 8:45 pm	Seminar or SPSA	Dryland Meeting Point
June 18	6:00 - 6:15 pm	6:30 - 7:30 pm	Turns and Transitions	Terwillegar C	7:45 - 8:45 pm	Seminar or SPSA	Dryland Meeting Point

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

Power July 20 - July 23 – Callingwood Arena – 17740 69 Ave, Edmonton, AB T5T 6X3, 780-442-4546

Session	Instruction: Pre-Ice Warm-Up	Instruction: On-Ice	Description:	Location: Callingwood	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Callingwood
July 20	5:45 - 6:00 pm	6:15 - 7:15 pm	Review and Upper Body	Callingwood B	7:30 - 8:30 pm	Seminar or SPSA	Dryland Meeting Point
July 21	5:45 - 6:00 pm	6:15 - 7:15 pm	Lower Body and Plyometrics	Callingwood B	7:30 - 8:30 pm	Seminar or SPSA	Dryland Meeting Point
July 22	5:45 - 6:00 pm	6:15 - 7:15 pm	Upper Body and Cardio	Callingwood B	7:30 - 8:30 pm	Seminar or SPSA	Dryland Meeting Point
July 23	5:45 - 6:00 pm	6:15 - 7:15 pm	Lower Body and Plyometrics	Callingwood B	7:30 - 8:30 pm	Seminar or SPSA	Dryland Meeting Point

Speed August 4 - August 7 – Terwillegar Arena, 2051 Leger Rd. NW, Edmonton, AB, T6R 0R9, 780-442-5311

Session	Instruction: Off - Ice	Description:	Location: Terwillegar	Instruction: On-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Terwillegar
August 4	2:45 - 3:45 pm	Seminar or SPSA	Dryland Meeting Point	4:00 - 5: 00 pm	Starts	Terwillegar D
August 5	2:45 - 3:45 pm	Seminar or SPSA	Dryland Meeting Point	4:00 - 5: 00 pm	Pivots and Transitions	Terwillegar D
August 6	2:45 - 3:45 pm	Seminar or SPSA	Dryland Meeting Point	4:00 - 5: 00 pm	Quick Feet, Agility & Reaction Training	Terwillegar D
August 7	2:45 - 3:45 pm	Seminar or SPSA	Dryland Meeting Point	4:00 - 5: 00 pm	Lateral Skating and SPEED!	Terwillegar D

*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.