

### Q3x - 2004 to 2007 – (Summer) 2020

#### July 6 - July 9 - Kinsmen Twin Arenas 1979 111 St NW, Edmonton, AB T6J 7C6

Session	Instruction: Pre-Ice Warm-Up	Instruction: On-Ice	Description:	Location: Kinsmen Twin Arenas	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Kinsmen Twin Arenas
July 6	11:45 - 12:00 pm	12:15 - 1:15 pm	Deceleration & Forward Stride	Kinsmen B		Seminar or SPSA	Dryland Meeting Point
July 7	11:45 - 12:00 pm	12:15 - 1:15 pm	Forward Stride Tips & Tricks	Kinsmen B		Seminar or SPSA	Dryland Meeting Point
July 8	11:45 - 12:00 pm	12:15 - 1:15 pm	Backwards Toe Flick	Kinsmen B		Seminar or SPSA	Dryland Meeting Point
July 9	11:45 - 12:00 pm	12:15 - 1:15 pm	Turns & Transitions	Kinsmen B		Seminar or SPSA	Dryland Meeting Point

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

Session	Instruction: Pre-Ice Warm-Up	Instruction: On-Ice	Description:	Location: Kinsmen Twin Arenas	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Kinsmen Twin Arenas
July 6		1:30 - 2:30 pm	Review & Upper Body	Kinsmen B	2:45 – 3:45 pm	Seminar or SPSA	Dryland Meeting Point
July 7		1:30 - 2:30 pm	Lower Body & Plyometrics	Kinsmen B	2:45 – 3:45 pm	Seminar or SPSA	Dryland Meeting Point
July 8		1:30 - 2:30 pm	Upper Body & Cardio	Kinsmen B	2:45 – 3:45 pm	Seminar or SPSA	Dryland Meeting Point
July 9		1:30 - 2:30 pm	Lower Body & Plyometrics	Kinsmen B	2:45 – 3:45 pm	Seminar or SPSA	Dryland Meeting Point

#### July 13 - July 16 – Kinsmen Twin Arenas 1979 111 St NW, Edmonton, AB T6J 7C6

Session	Instruction: Pre-Ice Warm-Up	Instruction: On-Ice	Description:	Location: Kinsmen Twin Arenas	Instruction: Off-Ice	Description: Skating Performance Skill Acquisition "SPSA"	Location: Kinsmen Twin Arenas
July 13		12:15 - 1:15 pm	Starts	Kinsmen A	11:00 – 12:00 pm	Seminar or SPSA	Dryland Meeting Point
July 14		12:15 - 1:15 pm	Pivots & Transitions	Kinsmen B	11:00 – 12:00 pm	Seminar or SPSA	Dryland Meeting Point
July 15		12:15 - 1:15 pm	Quick Feet, Agility & Reaction Training	Kinsmen A	11:00 – 12:00 pm	Seminar or SPSA	Dryland Meeting Point
July 16		12:15 - 1:15 pm	Lateral Skating & SPEED!	Kinsmen B	11:00 – 12:00 pm	Seminar or SPSA	Dryland Meeting Point

\*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.