



Fall 2024/2025 Training Schedule* (Sept. 25th-Feb.5th)

FH - Field House | **WR** - Weight Room | **KGTC** - Kamloops Gymnastics & Trampoline Centre |
HS - Hillside Stadium

Testing/Assessment Dates (mandatory to attend):

- Sept. 25th Assessments
- Feb. 3rd Assessments

Date	Training Focus	Location	Time
Sept.25 th	Orientation and Assessments	TCC mtg rm FH/WR	6:30pm-8:00pm
Oct. 2 nd	Strength	WR/FH	6:30-8:00pm
Oct. 7 th	Sprint	FH	6:30-8:00pm
Oct. 9 th	Strength	WR/FH	6:30-8:00pm
Oct. 14 th	Thanksgiving	OFF	OFF
Oct. 16 th	Strength	WR/FH	6:30-8:00pm
Oct. 21 st	Gymnastics	KGTC	7:00-8:00pm
Oct. 23 rd	Strength	WR/FH	6:30-8:00pm
Oct. 28 th	Sprint	FH	6:30-8:00pm
Oct. 30 th	Strength	WR/FH	6:30-8:00pm
Nov. 4 th	Gymnastics	KGTC	7:00-8:00pm
Nov. 6 th	Strength	WR/FH	6:30-8:00pm
Nov. 11 th	Remembrance Day	OFF	OFF
Nov. 13 th	Strength	WR/FH	6:30-8:00pm
Nov. 18 th	Sprint	FH	6:30-8:00pm
Nov. 20 th	Strength	WR/FH	6:30-8:00pm
Nov. 25 th	Gymnastics	KGTC	7:00-8:00pm
Nov. 27 th	Strength	WR/FH	6:30-8:00pm
Dec. 2 nd	Sprint	FH	6:30-8:00pm
Dec. 4 th	Strength	WR/FH	6:30-8:00pm
Dec. 9 th	Gymnastics	KGTC	7:00-8:00pm

*Schedule is subject to change due to unexpected cancellations at the KGTC or TCC venues

Dec. 11 th	Strength	WR/FH	6:30-8:00pm
Dec. 16 th	Sprint	FH	6:30-8:00pm
Dec. 18 th	Strength	WR/FH	6:30-8:00pm
Jan. 6 th	Gymnastics	KGTC	7:00-8:00pm
Jan. 8 th	Strength	WR/FH	6:30-8:00pm
Jan. 13 th	Sprint	FH	6:30-8:00pm
Jan. 15 th	Strength	WR/FH	6:30-8:00pm
Jan. 20 th	Gymnastics	KGTC	7:00-8:00pm
Jan. 22 nd	Strength	WR/FH	6:30-8:00pm
Jan. 27 th	Sprint	FH	6:30-8:00pm
Jan. 29 th	Strength	WR/FH	6:30-8:00pm
Feb. 3 rd	Gymnastics	KGTC	7:00-8:00pm
Feb. 5 th	Assessments and wrap up	FH/WR and TCC mtg rm	6:30-8:00pm

Evaluation Criteria

- Attendance at 75% overall
 - All individual training streams aim for attendance above 65%
- Completion of all quarterly evaluation sessions
 - 30 m Sprint
 - Vertical Jump
 - Barbell Push Press
- Completion of in-session monitoring workouts
- Movement Evaluation
 - Walking Lunge
 - Dowling Overhead Squat
 - Push Up
 - Inverted Row
 - Introduction to Complex Lift Sequence
(Barbell Deadlift → Hang Clean → Front Squat → Push Jerk)

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