



Spring 2025 Training Schedule* (Feb.26th -June 18th)

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

Testing/Assessment Dates (mandatory to attend):

- Feb 26th Assessments
- June 18th Assessments

Date	Training Focus	Location	Time
Feb. 26 th	Orientation and Assessments	TCC mtg rm FH/WR	6:30pm-8:00pm
Mar. 3 rd	Sprint	FH	6:30-8:00pm
Mar. 5 th	Strength	WR/FH	6:30-8:00pm
Mar. 10 th	Gymnastics	KGTC	6:30-8:00pm
Mar. 12 th	Strength	WR/FH	6:30-8:00pm
Mar.17 th - 28 th	Spring Break	OFF	OFF
Mar. 31 st	Sprint	KGTC	7:00-8:00pm
April. 2nd	Strength	WR/FH	6:30-8:00pm
April. 7 th	Gymnastics	FH	6:30-8:00pm
April. 9 th	Strength	WR/FH	6:30-8:00pm
April. 14 th	Sprint	KGTC	7:00-8:00pm
April. 16 th	Strength	WR/FH	6:30-8:00pm
April. 21 st	Easter Monday	OFF	OFF
April. 23 rd	Strength	WR/FH	6:30-8:00pm
April. 28 th	Sprint	FH	6:30-8:00pm
April. 30 th	Strength	WR/FH	6:30-8:00pm
May. 5 th	Gymnastics	KGTC	7:00-8:00pm
May. 7 th	Strength	WR/FH	6:30-8:00pm
May. 12 th	Sprint	FH	6:30-8:00pm
May. 14 th	Strength	WR/FH	6:30-8:00pm

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

May. 19 th	May Long Weekend	OFF	OFF
May. 21 st	Strength	WR/FH	6:30-8:00pm
May. 26 th	Sprint	FH	6:30-8:00pm
May. 28 th	Strength	WR/FH	6:30-8:00pm
June. 2 nd	Gymnastics	KGTC	7:00-8:00pm
June. 4 th	Strength	WR/FH	6:30-8:00pm
June. 9 th	Sprint	FH	6:30-8:00pm
June. 11 th	Strength	WR/FH	6:30-8:00pm
June. 16 th	Gymnastics	KGTC	7:00-8:00pm
June.18 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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