



IGNITE Athlete Development Program 2021/2022

- Program takes place at the Tournament Capital Centre (910 McGill Rd)
- It is expected that athletes are able to make at least 80% of sessions

Schedule

Sept 15th 6:30-8:00pm sprint lanes, training lab, meeting room – initial testing

Sept 20th 7:00pm-8:00pm Gymnastics KGTC

Sept 22nd 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Sept 27th no session- Pro-D day

Sept 29th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Oct 4th 7:00pm-8:00pm Gymnastics KGTC

Oct 6th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Oct 11th no session – Thanksgiving

Oct 13th 7:00pm-8:00pm Gymnastics KGTC

Oct 18th 7:00pm-8:00pm Gymnastics KGTC

Oct 20th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Oct 25th 7:00pm-8:00pm Gymnastics KGTC

Oct 27th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Nov 1st 7:00pm-8:00pm Gymnastics KGTC

Nov 3rd 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Nov 8th 7:00pm-8:00pm Gymnastics KGTC

Nov 10th Dave Freeze Workshop 7:15pm-8:45pm West Highlands Community Centre

Nov 15th 7:00pm-8:00pm Gymnastics KGTC

Nov 17th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Nov 22nd 7:00pm-8:00pm Gymnastics KGTC

Nov 24th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Nov 29th 6:30pm-8:00pm, Sprint: sprint lanes

Dec 1st 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Dec 6th 6:30pm-8:00pm sprint lanes

Dec 8th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Dec 13th 6:30pm-8:00pm, Sprint: sprint lanes

Dec 15th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Dec 20th 6:30pm-8:00pm, Sprint: sprint lanes

Jan 3rd No training – New Years

Jan 5th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Jan 10th 6:30pm-8:00pm, Sprint: sprint lanes

Jan 12th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Jan 17th 6:30pm-8:00pm, Sprint: sprint lanes

Jan 19th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Jan 24th 6:30pm-8:00pm, Sprint: sprint lanes

Jan 26th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Jan 31st 6:30pm-8:00pm, Sprint: sprint lanes

Feb 2nd 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Feb 7th 6:30pm-8:00pm, Sprint: sprint lanes

Feb 9th 6:30-8:00pm, Strength: training lab, 6:30-7:00pm a couple sprint lanes to warm up

Feb 14th assessments: 6:30-8:00pm training lab, 6:30pm-8:00pm sprint lanes

Feb 16th Final wrap up and assessments: 6:00-7:30pm training lab, 6:00-7:30pm a couple sprint lanes,
6:00-8:00pm meeting room