



Spring 2022 Training Schedule* (Feb 28th-June 27th)

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

Testing/Assessment Dates (mandatory to attend):

- March 7th & 9th, Assessments
- June 22nd & 27th, Assessments

Week	Date	Training Focus	Location	Time
1	March 7 th	Orientation Mtg.	TCC mtg rm	6:00-6:30pm
	March 7 th	Assessments	FH & WR	6:30-8:00pm
	March 9 th	Strength	FH/WR	6:30-8:00pm
2	March 14 th	Gymnastics	KGTC	7:00-8:00pm
	March 16 th	Gymnastics	KGTC	7:00-8:00pm
3	March 21 st	Spring Break	OFF	OFF
	March 23 rd	Spring Break	OFF	OFF
4	March 28 th	Spring Break	OFF	OFF
	March 30 th	Spring Break	OFF	OFF
5	April 4 th	Gymnastics	KGTC	7:00-8:00pm
	April 6 th	Strength	FH/WR	6:30-8:00pm
6	April 11 th	Gymnastics	KGTC	7:00-8:00pm
	April 13 th	Strength	FH/WR	6:30-8:00pm
7	April 18 th	Easter Monday	OFF	OFF
	April 20 th	Gymnastics	KGTC	7:00-8:00pm

Week	Date	Training Focus	Location	Time
8	April 25 th	Pro-D Day	OFF	OFF

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	April 27 th	Gymnastics	KGTC	7:00-8:00pm
9	May 2 nd	Sprint	FH	6:30-8:00pm
	May 4 th	Strength	FH/WR	6:30-8:00pm
10	May 9 th	Sprint	FH	6:30-8:00pm
	May 11 th	Strength	FH/WR	6:30-8:00pm
11	May 16 th	Sprint	FH	6:30-8:00pm
	May 18 th	Strength	FH/WR	6:30-8:00pm
12	May 23 rd	Victoria Day	OFF	OFF
	May 25 th	Strength	FH/WR	6:30-8:00pm
13	May 30 th	Sprint	FH	6:30-8:00pm
	June 1 st	Strength	FH/WR	6:30-8:00pm
14	June 6 th	Sprint	HS (outside track sprint lanes)	6:30-8:00pm
	June 8 th	Strength	HS/WR	6:30-8:00pm
15	June 13 th	Sprint	FH	6:30-8:00pm
	June 15 th	Strength	FH/WR	6:30-8:00pm
16	June 20 th	Sprint	FH	6:30-8:00pm
	June 22 nd	Strength	FH/WR	6:30-8:00pm
17	June 27 th	Assessments and wrap up	FH/WR & meeting room	6:00-8:00pm

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

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- Push Up
- Inverted Row
- Introduction to Complex Lift Sequence
(Barbell Deadlift → Hang Clean→ Front Squat→ Push Jerk)



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