



## Spring 2023 Training Schedule\* (March 6<sup>th</sup>-June 28<sup>th</sup>)

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

### Testing/Assessment Dates (mandatory to attend):

- March 6<sup>th</sup> Assessments
- June 22<sup>nd</sup> & 27<sup>th</sup>, Assessments

Week	Date	Training Focus	Location	Time
1	March 6 <sup>th</sup>	Orientation Mtg.	TCC mtg rm	6:00-6:30pm
	March 6 <sup>th</sup>	Assessments	FH & WR	6:30-8:00pm
	March 8 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
2	March 13 <sup>th</sup>	Gymnastics	KGTC	7:00-8:00pm
	March 15 <sup>th</sup>	Gymnastics	KGTC	7:00-8:00pm
3	March 20 <sup>th</sup>	Spring Break	OFF	OFF
	March 22 <sup>nd</sup>	Spring Break	OFF	OFF
4	March 27 <sup>th</sup>	Spring Break	OFF	OFF
	March 29 <sup>th</sup>	Spring Break	OFF	OFF
5	April 3 <sup>rd</sup>	Gymnastics	KGTC	7:00-8:00pm
	April 5 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
6	April 10 <sup>th</sup>	Easter Monday	OFF	OFF
	April 12 <sup>th</sup>	Gymnastics	FH/WR	6:30-8:00pm
7	April 17 <sup>th</sup>	Gymnastics	KGTC	7:00-8:00pm
	April 19 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm

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

Week	Date	Training Focus	Location	Time
8	April 24 <sup>th</sup>	Pro-D Day	OFF	OFF
	April 26 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
9	May 1 <sup>st</sup>	Sprint	FH	6:30-8:00pm
	May 3 <sup>rd</sup>	Strength	FH/WR	6:30-8:00pm
10	May 8 <sup>th</sup>	Sprint	FH	6:30-8:00pm
	May 10 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
11	May 15 <sup>th</sup>	Sprint	FH	6:30-8:00pm
	May 17 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
12	May 22 <sup>nd</sup>	Victoria Day	OFF	OFF
	May 24 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
13	May 29 <sup>th</sup>	Sprint	FH	6:30-8:00pm
	May 31 <sup>st</sup>	Strength	HS/WR	6:30-8:00pm
14	June 5 <sup>th</sup>	Sprint	FH	6:30-8:00pm
	June 7 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
15	June 12 <sup>th</sup>	Sprint	FH	6:30-8:00pm
	June 14 <sup>nd</sup>	Strength	FH/WR	6:30-8:00pm
16	June 19 <sup>th</sup>	Sprint	FH	6:30-8:00pm
	June 21 <sup>st</sup>	Strength	FH/WR	6:30-8:00pm
17	June 26 <sup>th</sup>	Sprint	FH	6:30-8:00pm
	June 28 <sup>th</sup>	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

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- 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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