



## Fall 2023 Training Schedule\* (Oct 12th-Feb 15th)

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

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

- Oct 12th Assessments
- Feb 15<sup>th</sup> Assessments

Date	Training Focus	Location	Time
Oct 12th	Orientation Mtg and Assessments	TCC mtg rm FH/WR	6:00pm-8:00pm <i>*no fieldhouse available due to TRU convocation</i>
Oct 16 <sup>th</sup>	Sprint	FH	6:30-8:00pm
Oct 19 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
Oct 23 <sup>rd</sup>	Gymnastics	KGTC	7:00-8:00pm
Oct 26 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
Oct 30 <sup>th</sup>	Sprint	FH	6:30-8:00pm
Nov 2 <sup>nd</sup>	Strength	FH/WR	6:30-8:00pm
Nov 6 <sup>th</sup>	Gymnastics	KGTC	7:00-8:00pm
Nov 7 <sup>th</sup>	Pathways to Sport Excellence Speaker Series	TCC meeting rooms	5:00-7:30pm <i>*Optional, but recommended</i>
Nov 9 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
Nov 13 <sup>th</sup>	Gymnastics	KGTC	7:00-8:00pm
Nov 7 <sup>th</sup>	Pathways to Sport Excellence Speaker Series	TCC meeting rooms	5:00-7:30pm <i>*Optional, but recommended</i>
Nov 16 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
Nov 20 <sup>th</sup>	Gymnastics	KGTC	7:00-8:00pm
Nov 23 <sup>rd</sup>	Strength	FH/WR	6:30-8:00pm
Nov 27 <sup>th</sup>	Sprint	FH	6:30-8:00pm
Nov 30	Strength	FH/WR	6:30-8:00pm

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

Dec 4 <sup>th</sup>	Pro-D Day	OFF	OFF
Dec 7 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
Dec 11 <sup>th</sup>	Sprint	FH	6:30-8:00pm
Dec 14 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
Dec 18 <sup>th</sup>	Gymnastics	KGTC	7:00-8:00pm
Dec 21 <sup>st</sup>	Strength	WR	6:30-8:00pm *no fieldhouse available due to Fulton Cup
Christmas & New Year Break	OFF	OFF	OFF
Jan 8 <sup>th</sup>	Sprint	FH	6:30-8:00pm
Jan 11 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
Jan 15 <sup>th</sup>	Gymnastics	KGTC	7:00-8:00pm
Jan 18 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
Jan 22 <sup>nd</sup>	Sprint	FH	6:30-8:00pm
Jan 25 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
Jan 29 <sup>th</sup>	Sprint	FH	6:30-8:00pm
Feb 1 <sup>st</sup>	Strength	FH/WR	6:30-8:00pm
Feb 5 <sup>th</sup>	Sprint	FH	6:30-8:00pm
Feb 8 <sup>th</sup>	Strength	FH/WR	6:30-8:00pm
Feb 12 <sup>th</sup>	Sprint	FH	6:30-8:00pm
Feb 15 <sup>th</sup>	Assessments and wrap up	FH/WR and TCC mtg rm	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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