



## IGNITE Training Schedule 2017/18

FH - Field House

WR - Weight Room

KGTC - Kamloops Gymnastics | Trampoline Centre

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

- Sept 28      Assessments – Strength
- Oct 3        Assessments – Sprint
- Feb 20      Testing
- Feb 22      Testing

Week	Date	Training Focus	Location	Time
1	Sep 26	Orientation Mtg.	TCC TBA	6:45-7:15
1	Sep 26	Gymnastics	KGTC	7:30-8:30
	Sep 28	Assessments	FH & WR	6:30-7:30
2	Oct 3	Assessments	FH & WR	6:30-7:30
	Oct 5	Strength	WR	6:30-7:30
3	Oct 10	Gymnastics	KGTC	7:30-8:30
	Oct 12	Sprint	FH	6:30-7:30
4	Oct 17	Gymnastics	KGTC	7:30-8:30
	Oct 19	Strength	WR	6:30-7:30
5	Oct 24	Gymnastics	KGTC	7:30-8:30
	Oct 26	Sprint	FH	6:30-7:30
6	Oct 31	HALLOWEEN	NO	SESSION
	Nov 2	Strength	WR	6:30-7:30
7	Nov 7	Gymnastics	KGTC	7:30-8:30
	Nov 9	Sprint	FH	6:30-7:30
8	Nov14	Gymnastics	KGTC	7:30-8:30
	Nov16	Strength	WR	6:30-7:30

9	Nov 21	Gymnastics	KGTC	7:30-8:30
	Nov 23	Sprint	FH	6:30-8:00
10	Nov 28	Gymnastics	KGTC	7:30-8:30
	Nov 30	Strength	WR	6:30-7:30
11	Dec 5	Gymnastics	KGTC	7:30-8:30
	Dec 7	Sprint	FH	6:30-7:30
12	Dec 12	Gymnastics	KGTC	7:30-8:30
	Dec 14	Strength	FH	6:30-7:30
<b>Christmas/Holiday Break</b>		<b>December 18 – January 2</b> <b>Merry Christmas &amp; Happy New Year!</b>		

15	Jan 2	Strength	WR	6:30-7:30
	Jan 4	Sprint	FH	6:30-7:30
16	Jan 9	Strength	WR	6:30-7:30
	Jan 11	Sprint	FH	6:30-7:30
17	Jan 16	Strength	WR	6:30-7:30
	Jan 18	Sprint	FH	6:30-7:30
18	Jan 23	Strength	WR	6:30-7:30
	Jan 25	Sprint	FH	6:30-7:30
19	Jan 30	Strength	WR	6:30-7:30
	Feb 1	Sprint	FH	6:30-7:30
20	Feb 6	Strength	WR	6:30-7:30
	Feb 8	Sprint	FH	6:30-7:30
21	Feb 13	Strength	WR	6:30-7:30
	Feb 15	Sprint	FH	6:30-7:30
22	<b>Feb 20</b>	<b>Testing</b>	<b>FH &amp; W.R.</b>	<b>6:30-7:30</b>
	<b>Feb 22</b>	<b>Testing</b>	<b>FH &amp; W.R.</b>	<b>6:30-7:30</b>

## Evaluation Criteria

- Attendance at 80% overall
  - All individual training streams must have attendance above 65%
- Completion of all quarterly evaluation sessions
  - 30 m Sprint
  - Vertical Jump
  - Barbell Push Press
  - Anthropometry Measures
- Completion of in-session monitoring workouts
- Movement Evaluation
  - Walking Lunge
  - Dowling Overhead Squat
  - Push Up
  - Inverted Row
  - Complex Lift Sequence  
(Barbell Deadlift → Hang Clean → Front Squat → Push Jerk)

