

High Intensity & Quality (HIQ) Training Programs

Winter 3-day Camps

HIQ training targets holistic development for committed athletes. Each session combines activities in the gym and bio-mechanical & technical (skill) development activities on the field. The sessions are **High** in **Intensity** and **Quality**, are designed with age and stage specific considerations, and create an optimum environment for development. The HIQ training is customized to the athlete's needs and designed to complement regular team/club sessions.

Session #1

Core/balance (gym) & ball mastery

Session #2

Strength (gym) & receiving / turning

Session #3

Power (gym) & passing

session format



warm-up & roll-out (5mins)



gym circuit (20mins)



on field training with ball (20mins)



cool-down & stretch (5mins)

Location

Hosted by RMSC @ Indoor Training Centre (11435 201a St (unit 2), Maple Ridge)

Registration

- Fees for 3-day program = \$90 / player (\$180 / player for both camps)
 - This is a small group training format (places are limited to 16 athletes / group with 2 instructors)
- Open to all players, regardless of club affiliation
 - RMSC players can sign-up through their [member accounts](#)
 - Players from outside RMSC, you will need to create a Power Up account to register.
 - View this [job aid](#) to see how to create a Power Up account.



Craig Dalrymple – Program Director

- Bachelor of Science (Kinesiology)
- Former collegiate and professional athlete
- Holds highest coaching license in 4 countries
 - England, France, Canada & USA
- 15+ years coaching in professional club academies



Josh Smith – Lead instructor

- Kinesiology major at SFU
- Former collegiate athlete
- Canadian A License holder
- 5+ years coaching at collegiate level
- 15+ years coaching at elite youth level



Bethany Hitchman – Lead instructor

- Human Kinetics concentration at TWU
- Youth athlete at Langley FC
- Provincial C License
- 5+ years coaching in the competitive youth environment

Training dates

Training camp #1 = Dec 27th, 28th, & 29th

Training camp #2 = Jan 3rd, 4th, & 5th

Training groups & times

Age (year)	Time
U16 (2008) & older	11-11:55am
U14 (2010) & U15 (2009)	12-12:55pm
U13 (2011)	1-1:55pm
U12 (2012)	2:30-3:25pm
U10 (2014) & U11 (2013)	3:30-4:25pm

www.cidsport.ca

For more info contact cidsport@shaw.ca