



Create. Inspire. Deliver.

High Intensity & Quality (HIQ) training program

Spring 2024 April to June

HIQ training targets holistic development for committed athletes. Each session is part of a larger 8-week program, that combine activities in the gym and bio-mechanical & technical (skill) development activities on the field. The sessions are **high** in **intensity** and **quality**, creating the optimum environment for development. The HIQ training is customized to the athlete's needs and designed to complement regular team/club sessions.

Soccer-specific 8-week program

Weeks 1 & 8 = Performance Testing

Weeks 2 & 3 = The B's Balance & Ball Mastery

Weeks 4 & 5 = The R's Resistance & Receiving

Weeks 6 & 7 = The P's Power & Passing

session format



warm-up & roll-out (5-10mins)



gym circuit (20-25mins)



on field training (20-25mins)



cool-down & stretch (5-10mins)

Location

(hosted by RMSC)

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

Registration

- Fees for 8-week program
 - \$200 / player (includes performance report & complementary program shirt)
 - Email Craig at cidsport@shaw.ca to receive registration code
- Open to all players, regardless of club affiliation
 - RMSC players can sign-up through their [member accounts](#)
 - Player 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 days / times (2 options)

2014 to 2012 born players

Option 1 = Weds 6-7pm

or

Option 2 = Thurs 6-7pm

2011 to 2007 born players

Option 1 = Weds 7-8pm

or

Option 2 = Thurs 7-8pm

One training session per week for 8 weeks

Weds sessions - Apr 17, 24, May 1, 8, 15, 22, 29, June 5

Thurs sessions - Apr 18, 25, May 2, 9, 16, 23, 30, June 6