

NLS Practice Schedule

***For this week's practice, you will need at least 3 people together in order to work on spinal removals. Feel free to come in more than once with different people.*

*It is your responsibility to practice and study, as there is not a lot of class time free for review. If you have any questions or concerns throughout the week, do not hesitate to contact me. I prefer email at joel@sutcliffe.ca or if urgent by cell phone at 604-626-1414.
GOOD LUCK!*

Week 8

WET

- q 50m head-up sprint
- q DNS carries
- q The Brick
- q 6x shallow spinal rollovers
- q 6x lumbar/femur procedure
- q Review walking-talking spinal procedure
- q Review what to do in simulations

DRY

- q Project
 - q Next week in class, you will be expected to share with the class what you did for your project and a few things that you learned from it.
 - q If you have a video to show, or a game to play, or anything that will take some class-time to do; please let me know right at the beginning of class.
- q Review
 - q Start reviewing your notes, and preparing for the written test in two weeks

Sign here when you have completed all of the listed items, and hand this paper to me at the beginning of class #9.

Candidate Signature _____
Candidate Name (print) _____

Please list any other students that you worked with:
