



Buffalo Speedskating Club

2022 Buffalo Junior Summer Training Camp Itinerary

August 15 - 20, 2022



Rink: The Northtown Center at Amherst - 1615 Amherst Manor Drive, Williamsville, NY 14221

- All training activities will take place at the Northtown Center or at The University at Buffalo (UB).
- Meals: **Breakfast:** Athletes are expected to have eaten breakfast before arriving at the Center.
Lunch: A pack lunch should be brought to the rink. (host families will provide a pack lunch).
Dinner: The camp ends at 5:30pm (except Wednesday and Saturday), dinner will not be held at the camp.
Snacks: Healthy snacks and drinks will be provided during the afternoon break.

Schedule:

Monday, August 15

8:00am - 8:30am - Check in
8:30am - 9:15am - Introductions/Orientation
9:15am - 9:40am - Warm up
10:00am - 11:30am - Ice
12:00pm - 1:00pm - Lunch
1:00pm - 2:00pm - Dryland
2:00pm - 2:30pm - Break
2:30pm - 3:30pm - Dryland
3:30pm - 4:00pm - Get ready for ice
4:00pm - 5:30pm - Ice
Skaters picked up by 6:00pm

Tuesday, August 16

9:00am - 10:00am - Warm Up/get ready for ice
10:00am - 11:30am - Ice
12:00pm - 1:00pm - Lunch
1:00pm - 2:00pm - Dryland
2:00pm - 2:30pm - Break
2:30pm - 3:30pm - Dryland
3:30pm - 4:00pm - Get ready for ice
4:00pm - 5:30pm - Ice
Skaters picked up by 6:00pm

Wednesday, August 17

9:00am - 10:00am - Warm up/get ready for ice
10:00am - 11:30am - Ice
12:00pm - 1:00pm - Lunch
Afternoon and evening activities to be determined
Skaters picked up by 7:00pm at designated location

Thursday, August 18

9:00am - 10:00am - Warm Up/get ready for ice
10:00am - 11:30am - Ice
12:00pm - 1:00pm - Lunch
1:00pm - 2:00pm - Dryland
2:00pm - 2:30pm - Break
2:30pm - 3:30pm - Dryland
3:30pm - 4:00pm - Get ready for ice
4:00pm - 5:30pm - Ice
Skaters picked up by 6:00pm

Friday, August 19

9:00am - 10:00am - Warm Up/get ready for ice
10:00am - 11:30am - Ice
12:00pm - 1:00pm - Lunch
1:00pm - 2:00pm - Dryland
2:00pm - 2:30pm - Break
2:30pm - 3:30pm - Dryland
3:30pm - 4:00pm - Get ready for ice
4:00pm - 5:30pm - Ice
Skaters picked up by 6:00pm

Saturday, August 20

9:00am - 10:00am - Warm Up/get ready for ice
10:00am - 11:30am - Ice
11:30am - 12:30pm - Traditional End of Camp Dryland
Challenge.
12:30pm - Picnic Lunch (family, friends, hosts families and club members are invited).