



# Buffalo Speedskating Club

## 2023 Buffalo Junior Summer Training Camp Itinerary

### August 21 - 26, 2023



**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 21

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 22

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 23

9:00am - 10:00am - 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  
4:00pm - 7:00pm - Miniature golf (outdoor pizza and wings dinner)

##### Thursday, August 24

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 25

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 26

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).