



Buffalo Speedskating Club

2022 Buffalo Masters Summer Training Camp Itinerary

August 18 - 20, 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 on Sat. and Sun.
Lunch: Saturday & Sunday: A pack lunch should be brought to the rink.
Dinner: Friday: Athletes are expected to have eaten dinner before arriving at the Center
Saturday: The camp ends at 5:30pm, dinner on your own.
Snacks: Healthy snacks and drinks will be provided on Saturday during the break.

Schedule:

Friday, August 18

6:00pm - 6:30pm - Check in
6:30pm - 7:15pm - Introductions/Orientation
7:15pm - 7:40pm - Warm Up
8:00pm - 9:30pm - Ice

Saturday, 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

Sunday, August 20

8:00am - 10:00am - Warm Up/dryland/get ready for ice
10:00am - 11:30am - Ice
12:00pm - 12:45pm - Question & answer period/lunch



Itinerary subject to change