



Buffalo Speedskating Club

2020 Buffalo Junior Summer Training Camp Itinerary

August 17 - 22, 2020



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: Athletes will be escorted across the street to the University at Buffalo Student Union where there are a number of restaurants. The cost of dinner is the responsibility of the skater.
Snacks: Healthy snacks and drinks will be provided.

Schedule:

Monday, August 17

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 (large group)
2:00pm - 2:30pm - Break
2:30pm - 3:30pm - Dryland (individual & small group)
4:00pm - 5:30pm - Dinner
5:30pm - 6:00pm - Warm up
6:00pm - 6:45pm - Ice (large group)
6:45pm - 7:30pm - Ice (individual & small group)

Tuesday, August 18

9:00am - 10:00am - Warm Up
10:00am - 11:30am - Ice
12:00pm - 1:00pm - Lunch
1:00pm - 2:00pm - Dryland (large group)
2:00pm - 2:30pm - Break
2:30pm - 3:30pm - Dryland (Individual & small group)
4:00pm - 5:30pm - Dinner
5:30pm - 6:00pm - Warm up
6:00pm - 6:45pm - Ice (large group)
6:45pm - 7:30pm - Ice (individual & small group)

Wednesday, August 19

9:00am - 10:00am - Warm Up
10:00am - 11:30am - Ice
12:00pm - 1:00pm - Lunch
1:00pm - 2:00pm - Dryland (large group)
2:00pm - 2:30pm - Break
2:30pm - 3:30pm - Dryland (individual & small group)
4:00pm - 7:00pm LASERTRON

Thursday, August 20

9:00am - 10:00am - Warm Up
10:00am - 10:45am - Ice (individual & small group)
10:45am - 11:30am - Ice (large group)
12:00pm - 1:00pm - Lunch
1:00pm - 2:00pm - Dryland (large group)
2:00pm - 2:30pm - Break
2:30pm - 3:30pm - Dryland (individual & small group)
4:00pm - 5:30pm - Dinner
5:30pm - 6:00pm - Warm up
6:00pm - 6:45pm - Ice (individual & small group)
6:45pm - 7:30pm - Ice (large group)

Friday, August 21

9:00am - 10:00am - Warm Up
10:00am - 10:45am - Ice (individual & small group)
10:45am - 11:30am - Ice (large group)
12:00pm - 1:00pm - Lunch
1:00pm - 2:00pm - Dryland (large group)
2:00pm - 2:30pm - Break
2:30pm - 3:30pm - Dryland (individual & small group)
4:00pm - 5:30pm - Dinner
5:30pm - 6:00pm - Warm up
6:00pm - 6:45pm - Ice (individual & small group)
6:45pm - 7:30pm - Ice (large group)

Saturday, August 22

9:00am - 10:00am - Warm Up
10:00am - 10:45am - Ice (individual & small group)
10:45am - 11:30am - Ice (large group)
11:30am - 12:30pm - Traditional End of Camp Suicide Dryland
12:30pm - Picnic Lunch (family, friends, hosts families and club members are invited).