



Adirondack

Masters Summer Training Camp

August 16 - 18, 2024

Rink: The Olympic Center - 1932 Jack Shea Arena

- All training activities will take place at the Olympic Center or the Sheffield Speed Skating Oval.
- Meals: **Breakfast:** Athletes are expected to have eaten breakfast before arriving at the Center on Sat. and Sun.
Lunch: Saturday: Lunch is on your own. There are numerous restaurants nearby.
Sunday: Lunch at Roamers Café & Bar in the Olympic Center during the Q&A Meeting. The cost of lunch is not included in the camp.
Dinner: Friday: Athletes are expected to have eaten dinner before arriving at the Center
Saturday: The camp ends at 6:00pm, dinner is on your own. There are numerous restaurants Nearby.

Itinerary:

Friday, August 16

6:00pm - 6:30pm - Check in (Olympic Center's Empire Room)
6:30pm - 7:00pm - Introductions/Orientation (Olympic Center's Empire Room)
7:15pm - 8:10pm - Dress for Ice (1932 Jack Shea Arena)
8:15pm - 9:45pm - Ice (1932 Jack Shea Arena)

Saturday, August 17

9:00am - 9:30am - Warm Up (Sheffield Speed Skating Oval)
9:30am - 10:30am - Off Ice Work (Sheffield Speed Skating Oval)
10:40am - 11:00am - Dress for Ice (1932 Jack Shea Arena)
11:00am - 12:30pm - Ice (1932 Jack Shea Arena)
12:30pm - 1:30pm - Lunch (on your own)
1:30pm - 2:30pm - Off Ice Work (Sheffield Speed Skating Oval)
2:30pm - 2:50pm - Dress for Ice (1932 Jack Shea Arena)
3:00pm - 4:30pm - Ice (1932 Jack Shea Arena)
4:30pm - 5:00pm - Dress for Off Ice Work (1932 Jack Shea Arena)
5:00pm - 6:00pm - Off Ice Work (Sheffield Speed Skating Oval)
6:00pm - End of Camp Day - Dinner on your own.

Sunday, August 18

8:00am - 8:30am - Warm Up (Sheffield Speed Skating Oval)
8:30am - 10:00am - Off Ice Work (Sheffield Speed Skating Oval)
10:00am - 10:30am - Stretch (Sheffield Speed Skating Oval)
10:30am - 11:00am - Dress for Ice (1932 Jack Shea Arena)
11:00am - 12:30pm - Ice (1932 Jack Shea Arena)
12:45pm - 1:30pm - Lunch/Q&A Meeting (Roamers Café & Bar in the Olympic Center)

Itinerary subject to change