



Adirondack

Junior Summer Training Camp

August 18 - 24, 2024

Itinerary:

Sunday, August 18

3:00pm - 4:00pm - Check in at the USOTC
4:30pm - 5:30pm - Introductions/Orientation
5:45pm - 7:00pm - Dinner
7:30pm - 9:00pm - Evening Group Activity
9:00pm - USOTC skaters in their rooms. All others picked up.

Monday, August 19

7:00am - USOTC skaters wake up and get ready for the day. All others to be dropped off by 7:30am.
7:30am - 8:30am Breakfast
8:40am - Meet with all your gear
8:50am - Warmup jog to the rink
9:30am - Dress for Ice (1932 Jack Shea Arena)
9:45am - 11:15am - Ice (1932 Jack Shea Arena)
11:30am - Meet at rink athlete entrance
12:30pm -1:30pm - Lunch
1:45pm - Meet in Lobby
1:55pm - Leave for dry land
2:30pm - 3:30pm off ice workout
3:30pm - 3:45pm - Go to locker rooms
3:45pm - 4:10pm - Change for Ice
4:15pm - 5:45pm - Ice (1932 Jack Shea Arena)
6:00pm - Meet in Lobby, transported back for dinner.
6:30pm - 7:30pm - Dinner
8:00pm - 9:00pm - Evening Group Activity
9:00pm - USOTC skaters in their rooms. All others picked up.

Tuesday, August 20

7:00am - USOTC skaters wake up and get ready for the day. All others to be dropped off by 7:30am.
7:30am - 8:30am Breakfast
8:40am - Meet with all your gear
8:50am - Warmup jog to the rink
9:30am - Dress for Ice (1932 Jack Shea Arena)
9:45am - 11:15am - Ice (1932 Jack Shea Arena)
11:30am - Meet at rink athlete entrance
12:30pm -1:30pm - Lunch
1:45pm - Meet in Lobby
1:55pm - Leave for dry land
2:30pm - 3:30pm off ice workout
3:30pm - 3:45pm - Go to locker rooms
3:45pm - 4:10pm - Change for Ice
4:15pm - 5:45pm - Ice (1932 Jack Shea Arena)
6:00pm - Meet in lobby, transported back for dinner.
6:15pm - 7:30pm - Dinner
8:00pm - 9:00pm - Evening Group Activity
9:00pm - USOTC skaters in their rooms. All others picked up.

Wednesday, August 21

7:00am - USOTC skaters wake up and get ready for the day. All others to be dropped off by 7:30am.
7:30am - 8:30am Breakfast
8:40am - Meet with all your gear
8:50am - Warmup jog to the rink
9:30am - Dress for Ice (1932 Jack Shea Arena)
9:45am - 11:15am - Ice (1932 Jack Shea Arena)
11:30am - Meet at rink athlete entrance
12:30pm -1:30pm - Lunch
1:45pm - Meet in Lobby
1:55pm - Leave for dry land
2:30pm - 4:30pm off ice workout
4:30pm - Return to OTC
5:00pm - 6:00pm - Dinner at OTC
6:10pm - Meet in Lobby
6:15pm - Leave for Mini Golf
6:30pm -7:30pm Mini Golf
8:00pm - 9:00pm Pizza and Wing Party
9:00pm - Transported back to the USOTC
9:15pm - USOTC skaters in their rooms. All others picked up.

Thursday, August 22

7:00am - USOTC skaters wake up and get ready for the day. All others to be dropped off by 7:30am.
7:30am - 8:30am Breakfast
8:40am - Meet with all your gear
8:50am - Warmup jog to the rink
9:30am - Dress for Ice (1932 Jack Shea Arena)
9:45am - 11:15am - Ice (1932 Jack Shea Arena)
11:30am - Meet at rink athlete entrance
12:30pm -1:30pm - Lunch
1:45pm - Meet in Lobby
1:55pm - Leave for dry land
2:30pm - 3:30pm off ice workout
3:30pm - 3:45pm - Go to locker rooms
3:45pm - 4:10pm - Change for Ice
4:15pm - 5:45pm - Ice (1932 Jack Shea Arena)
6:00pm - Meet in lobby, transported back for dinner.
6:15pm - 7:30pm - Dinner
8:00pm - 9:00pm - Evening Group Activity
9:00pm - USOTC skaters in their rooms. All others picked up.



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Itinerary:

Friday, August 23

7:00am - USOTC skaters wake up and get ready for the day. All others to be dropped off by 7:30am
7:30am - 8:30am Breakfast
8:40am - Meet with all your gear
8:50am - Warmup jog to the rink
9:30am - Dress for Ice (1932 Jack Shea Arena)
9:45am - 11:15am - Ice (1932 Jack Shea Arena)
11:30am - Meet at rink athlete entrance
12:30pm - 1:30pm - Lunch
1:45pm - Meet in Lobby
1:55pm - Leave for dry land
2:30pm - 3:30pm off ice workout
3:30pm - 3:45pm - Go to locker rooms
3:45pm - 4:10pm - Change for Ice
4:15pm - 5:45pm - Ice (1932 Jack Shea Arena)
6:00pm - Meet in Lobby, transported back for dinner.
6:15pm - 7:30pm - Dinner
8:00pm - 9:00pm - Evening Group Activity
9:00pm - USOTC skaters in their rooms. All others picked up.

Saturday, August 24

6:00am - USOTC skaters wake up, pack, and get ready for the day. All others to be dropped off by 7:00am
7:00am - 7:30am Breakfast
7:35am - Meet with all your gear
7:40am - Leave for the rink
7:45am - Dress for Ice (1932 Jack Shea Arena)
8:00am - 9:30am - Ice (1932 Jack Shea Arena)
9:50am - Meet in Lobby, transported back to the USOTC
10:00am - get back to USOTC
10:45am - Traditional end of camp dry land challenge
11:45pm - End of camp Lunch
1:00pm - All campers are to be picked up

Itinerary subject to change / page 2 of 2