



Buffalo Speedskating Club

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2017 Buffalo Masters Summer Training Camp August 18 - 20, 2016

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: A pack lunch should be brought to the rink.
Dinner: Friday: Athletes are expected to have eaten dinner before arriving at the Center
Saturday: Dinner on your own. The University at Buffalo Student Union has a number of restaurants, and is just a ten minute walk from the rink. There are also many restaurants within a 10 minute drive of the rink.

Snacks: Healthy snacks and drinks will be provided throughout the camp.

Schedule:

Friday, August 18

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

Saturday, August 19

8:00am - 9:00am - Warm Up
9:00am - 10:00am - Dryland
10:00am - 11:30am - Ice
12:00am - 1:00pm - Lunch
1:00pm - 3:30pm - Dryland
3:30pm - 6:30pm - Dinner (please be back b 6:30pm to prepare for ice)
6:00pm - 7:00pm - Warm up (optional)
7:00pm - 7:45pm - Ice (large group)
7:45pm - 8:30pm - Ice (individual & small group)

Sunday, August 20

8:00am - 9:00am - Warm Up
9:00am - 10:00am - Dryland
10:00am - 10:45am - Ice (individual & small group)
10:45am - 11:30am - Ice (large group)
12:00pm - 12:45pm - Question & answer period

Saturday, August 26

12:30pm - Combination Junior and Master's camp picnic

Join the junior skaters, family, camp staff, and fellow club members for a well earned picnic lunch.

Location: the Northtown Center



Itinerary subject to change