



# Buffalo Speedskating Club

## 2017 Buffalo Junior Summer Training Camp Itinerary

### August 21 - 26, 2017

**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 throughout the day.

#### Schedule:

##### Monday August, 21

8:00am - 8:30am - Check in  
8:30am - 9:00am - Introductions/Orientation  
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)

##### Tuesday August, 22

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, 23

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, 24

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, 25

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, 26

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).