



# SATURDAY TRAINING SCHEDULE

August 14, 2021

## Tentative (6/25/2021)

**Check-in 9:00-9:30 am:** Check in Gym 2-Please make sure you purchase your lunch ticket when checking in. Lunch tickets must be purchased in advance online when you register. PEAK tee's will be handed out at check in.

### Session 1: 9:30-12:30 pm

- **Warmups 9:30 -9:55 am:** Hip Hopping Fun Warm up/Gym 2
  - All athletes warm up together in Gym 2
    - **Rotation 1** 10:00-10:40 am
    - **Rotation 2** 10:45-11:25 am
    - **Rotation 3** 11:30-12:10 pm
    - **OPEN Gym 1 & 2** 12:10-12:30 pm
- **Lunch Break 12:30-1:15 pm** Will be Outside Gym 1 sidewalk or Outside Gym 2 sidewalk

### Session 2: 1:20-4:30 pm

- **Afternoon Fun 20-minute Warm up 1:20-1:40**
  - **All Athletes in Gym 2 (PEAK GROUP PHOTO)**
    - **Rotation 4** 1:45-2:25 pm
    - **Rotation 5** 2:30-3:10 pm
    - **Rotation 6** 3:15-3:55 pm
    - **OPEN Training Time** 4:00-4:20 pm – Time for Showing off new skills or ones we improved on!

### ★Special Athlete Recognition for Day 1: 4:20-4:30 pm

- **LINE UP FOR SPECIAL ATHLETE AWARDS** given by the PEAK Clinicians - in Gym 2

**See you all the BEACH Bonfire**

**6:00 – 9:00 pm**

**More details to come!**

## August 15, 2021

### Tentative (6/25/2021)

**Check-in 9:15-9:30 am:** Check in Gym 2-Please make sure you purchase your lunch ticket for Sunday's Sandwich Bar and pick it up at check in.

### Session 3: 9:30-12:30 pm

- **Warmups 9:30 -9:55 am:** Disco Fun Warm up/Gym 2
  - **All athletes warm up together in Gym 2**
    - **Rotation 1** 10:00-10:40 am
    - **Rotation 2** 10:45-11:25 am
    - **Rotation 3** 11:30-12:10 pm
    - **OPEN Gym 1 & 2** 12:10-12:30 pm
- **Lunch Break 12:30-1:15 pm** Will be Outside Gym 1 sidewalk or Outside Gym 2 sidewalk

### Session 4: 1:20-4:30 pm

- **Afternoon Fun 20-minute Warm up 1:20-1:40**
  - **Rotation 4** 1:45-2:25 pm
  - **Rotation 5** 2:30-3:10 pm
  - **Rotation 6** 3:15-3:55 pm
  - **OPEN Training Time** 4:00-4:20 pm- Time for showing off new skills or ones we improved on!

### ★Special Athlete Recognition for Day 2: 4:20-4:30 pm

- **LINE UP FOR SPECIAL ATHLETE AWARDS** given by the PEAK Clinicians - in Gym 2

Thank you all so much for attending the 2021 PEAK Training Clinic. Please fill out a survey if you have time for us before you leave at 4:00 pm. They will be available after lunch during the afternoon training sessions both days. Make sure you take a photo with your favorite coaches and have a great rest of your Sunday!