

2024 PEAK Training Schedule:

Saturday [Day 1]

Welcome to Check-in 9:00-9:30 am: Check in will be in CCG's Gym 2

Session 1: 9:30-12:30 pm

Warm-ups 9:30 -9:50 am: Fun Warm up/Gym 2

Split into Groups 9:50 am

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

All Athletes in Gym 2 (PEAK-Day 1 GROUP PHOTO) 1:20 pm- Fun & Quick Warm UP!

Rotation 4 1:45-2:25 pm

Rotation 5 2:30-3:10 pm

Rotation 6 3:15-3:55 pm

OPEN Gym 1 & 2 3:55-4:15 pm - Time for Showing off new skills or ones you improved on!

Athlete Recognition: 4:20-4:30 pm

Special Athlete Recognition by Clinicians for Day 1-LINE UP FOR SPECIAL

ATHLETE AWARDS given by the PEAK Clinicians - Outside Gym 1

See you all the **BEACH Bonfire** 6:30 – 9:30 pm

Sunday [Day 2]

Welcome to Check-in 9:15-9:30 am: Check in will be in CCG's Gym 2

Session 1: 9:30-12:30 pm

Warm-ups 9:30 -9:50 am: Fun Warm up/Gym 2

Split into Groups 9:50 am

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

All Athletes in Gym 2 (PEAK-Day 2 GROUP PHOTO) 1:20 pm- Fun & Quick Warm UP!

Rotation 4 1:45-2:25 pm

Rotation 5 2:30-3:10 pm

Rotation 6 3:15-3:55 pm

OPEN Gym 1 & 2 3:55-4:15 pm - Time for Showing off new skills or ones you improved on!

Athlete Recognition: 4:20-4:30 pm

Special Athlete Recognition by Clinicians for Day 2-LINE UP FOR SPECIAL

ATHLETE AWARDS given by the PEAK Clinicians - Outside Gym 1

Thank you to everyone, make sure to get your selfie with your favorite PEAK STAFF!

And we will see you all **Next Year** at the 8th Annual 2025 PEAK Training Clinic!