



PEAK

SATURDAY TRAINING SCHEDULE

July 9, 2022

(There maybe a few changes to the schedule, check-in will remain the same and all times shown)

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

- There will be separate check in lines for each group.
- **Sandwich Bar lunch reminder:** Please make sure you purchase a sandwich bar lunch ticket when checking in **if you have not done so already** (and your child is planning on eating lunch at the sandwich bar). Lunch tickets for both days will be given to you when they check- in on Saturday. These tickets were purchased when you registered, or you can call in before this Saturday and pay for them now. We are trying to avoid selling them at the check in tables, you will have to have cash at that point.
- **PEAK tee's** will be handed out at check in if you receive a **FREE PEAK tee for registering early**. If we have any extra's they will be **on sale for \$15 plus tax** at the check-in table on Saturday only after all athletes have checked in. Please wait till all athletes are checked in before asking to buy a PEAK Tee. We only have a few extras available.

Session 1: 9:30-12:30 pm

- **Warmups 9:30 -9:50 am:** Hip Hopping Fun Warm up/Gym 2
 - **All athletes warm up together in 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- **Time for Showing off new skills you improved on!**
- **Lunch Break 12:30-1:15 pm** Will be Outside Gym 1 and Outside Gym 2 on the sidewalk

Session 2: 1:20-4:30 pm

- **All Athletes in Gym 2 (PEAK 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 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 - in Gym 1

See you all the BEACH Bonfire

6:30 – 9:30 pm

All the details are posted on the PEAK Clinic webpage: www.iflipforCCG.com

PEAK

SUNDAY TRAINING SCHEDULE

July 10, 2022

Check-in 9:15-9:30 am:

Check-in will be in CCG's Gym 2 on Sunday morning.

- If it's your athletes first day attending PEAK-you will need to do a full check-in.
- **Sandwich Bar lunch reminder:** Please make sure you pick up your athletes prepurchase Sandwich Bar lunch ticket for Sunday's Sandwich Bar. They must have a lunch ticket in advance to receive the Sandwich Lunch Bar. Please call our office now to purchase one in advance.
- **PEAK tee's** will be handed out at check in if you receive a **FREE PEAK tee for registering early**. If we have any extra's they will be **on sale for \$15 plus tax** at the check-in table only after all athletes have checked in. Please wait till all athletes are checked in before asking to buy a PEAK Tee. We only have a few extras available.

Session 3: 9:30-12:30 pm

- **Warmups 9:30-9:50 am:** Disco Fun Warm up/Gym 2
 - **All athletes warm up together in Gym 2**
 - **Split into Groups 9:50 am**
 - **Rotation 1** 9:55-10:35 am
 - **Rotation 2** 10:40-11:20 am
 - **Rotation 3** 11:25-12:05 pm
 - **Open Training Time** 12:10-12:30 pm -**Time for Showing off new skills you improved on!**
- **Lunch Break 12:30-1:15 pm** Will be Outside Gym 1 and Outside Gym 2 on the sidewalk

Session 4: 1:20-4:30 pm

- **Afternoon Fun 25-minute Warm up 1:20-1:45**
 - **Rotation 4** 1:50-2:30 pm
 - **Rotation 5** 2:35-3:15 pm
 - **OPEN Training Time** 3:20-3:50 pm--**Time for Showing off new skills you improved on!**
 - **Athlete Recognition:** 4:00-4:30 pm (say goodbyes, get pictures!)

★ **Special Athlete Recognition by Clinicians for Day 2**-*LINE UP FOR SPECIAL ATHLETE AWARDS given by the PEAK Clinicians - in Gym 1*

Thank you all so much for attending the 2022 PEAK Training Clinic.

Please fill out a survey if you have time for us before you leave at 4:30 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!