



# PEAK

TRAINING CLINIC

## Daily Schedule

### SATURDAY

July 20, 2024

**Welcome to PEAK-Day 1**  
**Check-in ~ 8:45-9:15 am**

Check-in, get a name tag, and only athletes go in the gym for warm ups in Gym 2.

**Session 1: 9:15-12:30 pm**

**Warm-ups 9:20 - 9:50 am:**

"Hopping Dance Warm-Ups" w/Coach Casey, Vanessa & Shira  
 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]: 12:10-12:25 pm**

Time for practicing your skills you improved on!

**Lunch Break 12:30-1:15 pm**

Lunch will be outside Gym 1 & Gym 2 on the sidewalk. If you purchased the "Sandwich Bar" it is in Gym 1.

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

**Fun Quick Warm UP-** All Athletes in Gym 2: 1:20-1:30 pm  
 (Note: 1:30-1:40 pm PEAK GROUP PHOTO w/ all in PEAK TEE)

- **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 learned or improved on!

**Athlete Recognition: 4:20-4:40 pm** - Special Athlete Recognition by Clinicians for Day 1 - LINE UP FOR SPECIAL ATHLETE AWARDS given by the PEAK Clinicians - outside Gym 1 on the sidewalk.

**WOW - Great JOB everyone!**

### SUNDAY

July 21, 2024

**Welcome to PEAK-Day 2**  
**Check-in ~ 9:00-9:15 am**

Quick Check-in, due to this being Day 2.  
 Warm ups on the big floor inside Gym 2.

**Session 1: 9:15-12:30 pm**

**Warm-ups 9:20 - 9:50 am:**

"Rocking Warm-Ups" w/Coach Shella, Renee, & Casey  
 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]: 12:10-12:25 pm**

Time for practicing your skills you improved on!

**Lunch Break 12:30-1:15 pm**

Lunch will be outside Gym 1 & Gym 2 on the sidewalk. If you purchased the "Sandwich Bar" it is in Gym 1.

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

**Fun Quick Warm UP-** All Athletes in Gym 2: 1:20-1:30 pm  
 (Note: 1:30-1:40 pm PEAK GROUP PHOTO w/ all in PEAK TEE)

- **Rotation 4** 1:50-2:30 pm
- **Rotation 5** 2:35-3:15 pm
- **Rotation 6** 3:20-4:00 pm

**Athlete Recognition: 4:00-4:30 pm** - Special Athlete Recognition by Clinicians for Day 2 - LINE UP FOR SPECIAL ATHLETE AWARDS given by the PEAK Clinicians - outside Gym 1 on the sidewalk.

**We feel so grateful and hope to see you all in 2025 at The PEAK!**

**THANK YOU!**