

SATURDAY TRAINING SCHEDULE

August 14, 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 or at the check in table where you will please pay with cash \$10 each. PEAK tee's will be handed out at check in. If we have any extra's they will be on Sale at check in only.

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
- **Lunch Break 12:30-1:15 pm** Will be Outside Gym 1 sidewalk or Outside Gym 2 sidewalk

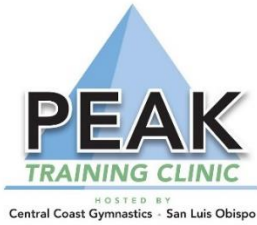
Session 2: 1:20-4:30 pm

- **All Athletes in Gym 2 (PEAK 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 - 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



SUNDAY TRAINING SCHEDULE

August 15, 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. Must have lunch ticket in advance to receive the Sandwich Lunch Bar.

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
- **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
 - **OPEN Training Time** 3:15-4:00 pm- Time for showing off new skills or ones we improved on!
- **Athlete Recognition:** 4:05-4:30 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 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 4:30 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!



**We wish everyone the BEST in 2021-2022
and we will see you for the
5th Annual 2022 PEAK Training Clinic- Date TBA!**