



PEAK

TRAINING CLINIC

Daily Schedule



SATURDAY

August 2, 2025

Welcome to PEAK - Day 1

Check-in: 9:45-10:10 am

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

Session 1: 10:10-1:30 pm

(Note: 10:40 am PEAK GROUP PHOTO w/ all in PEAK Tee's)

Warm-ups 10:15 - 10:35 am:

[30 min. rotations on Sat.]

- **Rotation 1** 10:50-11:20 am
- **Rotation 2** 11:25-11:55 pm
- **Rotation 3** 12:00-12:30 pm
- **Rotation 4** 12:35-1:05 pm

OPEN Gym [1 & 2]: 1:05-1:25 pm

Time for practicing your skills you improved on!

Lunch Break 1:30 - 2:15 pm

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

Session 2: 2:20 - 5:45 pm

Fun Quick Warm UP- All Athletes - Gym 1 & 2: 2:20-2:35 pm

- **Rotation 5** 2:45-3:15 pm
- **Rotation 6** 3:20-3:50 pm
- **Rotation 7** 3:55-4:25 pm
- **Rotation 8** 4:30-5:00 pm

Athlete Recognition: 5:05-5:30 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 - AMAZING JOB everyone!

It's BEACH BONFIRE Time [6:00 pm]

Go to www.iflipforCCG.com/peak and scroll down to the bonfire info.

SUNDAY

August 3, 2025

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 floors inside Gym 1 & 2.

Session 1: 9:15-12:30 pm

Warm-ups 9:15 - 9:45 am:

[40 min. rotations on Sun.]

- **Rotation 1** 9:55-10:35 am
- **Rotation 2** 10:40-11:20 am
- **Rotation 3** 11:25-12:05 pm

OPEN Gym [1 & 2]: 12:05-12:25 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 "Build Your Own Sandwich Bar" it is in Gym 1.

Session 2: 1:20 - 4:30 pm

Fun Quick Warm UP- All Athletes - Gym 1 & 2: 1:20-1:40 pm

- **Rotation 4** 1:45-2:25 pm
- **Rotation 5** 2:30-3:10 pm
- **Rotation 6** 3:15-3:55 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 want to Thank Everyone for a truly Amazing PEAK.

THANK YOU!

We cannot wait to see you at the PEAK in 2026!
August 1 & 2, 2026