

SATURDAY

August 2, 2025

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 9:15 - 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 - 4:45 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 improved or learned today!

Athlete Recognition: 4:25-4:45 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 It's BEACH BONFIRE Time!

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 floor inside Gym 2.

Session 1: 9:15-12:30 pm

Warm-ups 9:15 - 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 want to Thank Everyone for a truly Amazing PEAK.



We cannot wait to see you in 2026 at The PEAK!