# US Speedskating Next Gen Camp #2

## Tentative Schedule

### Day 1
**Friday 9/25**
- 8:15am - 9:45am MT
  - Dryland Session with Jerebelle Yutangco and the Bay State Speedskating Club

### Day 2
**Saturday 9/26**
- 10:15am - 11:45am MT
  - Dryland Session with Taylor and Mikey Burdekin and the Full Throttle Speedskating Team
- 12:00pm - 1:00pm MT
  - Sports Nutrition Webinar: Fueling for Performance
    - Presenters: Dr. Jennifer Day
- 2:45pm - 3:00pm MT
  - Before dryland: watch the Pre-exercise video and complete the exercises
- 3:00pm - 4:30pm MT
  - Dryland Session with Hongyang Wang and ASE Short Track Speed Skating Team

### Day 3
**Sunday 9/27**
- 5:00 - 6:00pm MT
  - Safesport Webinar
  - Presenters: Sara Bowles and Karen Ocwieja

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**ICE SESSION:**
If you have an ice session, please review the pre-recorded videos and try out the different drills. This can be done anytime during the week!