



**2017 AERIAL TALENT ID CAMP  
LAKE PLACID, NY  
JULY 9-14, 2017**

<b>Sunday July 9<sup>th</sup>:</b>		
10:00am -4:00pm	<b>US Olympic Training Center (OTC)</b> 196 Old Military Road Lake Placid NY 12946 Phone: (518)523-2600	Check-in Please bring Pre-signed waivers & camp fee
4:00pm	<b>Olympic Jumping Complex</b> 5486 Cascade Road Lake Placid, NY 12946 (518)523-8830	Equipment fitting and jump visit
7:00 pm	Olympic Training Center (OTC)	Welcome and Orientation Meeting
<b>Monday July 10<sup>th</sup>:</b>		
9:30am	OTC Gym (Parents Welcome)	Welcome
10:00am	OTC Gym	Warm Up
10:30am-12:00pm	OTC Gym	Testing
12:00pm-1:30pm	OTC	Lunch & Rest
1:45pm	OTC: C-Door	Meet to drive to jumps
2:00pm-4:00pm	Olympic Jumping Complex	Jumping
5:00pm	OTC	Dinner
6:00pm-7:00pm	OTC	Video Review
7:00pm-9:00pm	OTC Gym	Optional Trampoline
<b>Tuesday, July 11<sup>th</sup></b>		
8:00am-9:30am	OTC Gym	Warm Up

9:45am	OTC: C-Door	Meet to drive to jumps
10:00am-12:00pm	Olympic Jumping Complex	Jumping
12:00pm-1:30pm	OTC	Lunch & Rest
1:45pm	OTC: C-Door	Meet to drive to jumps
2:00pm-4:00pm	Olympic Jumping Complex	Jumping
5:00pm	OTC	Dinner
6:00pm-7:00pm	OTC	Video Review
7:00pm-9:00pm	OTC	Optional Trampoline
<b>Wednesday, July 12th</b>		
8:00am-9:30am	OTC Gym	Warm Up
9:45am	OTC: C-Door	Meet to drive to jumps
10:00am-12:00pm	Olympic Jumping Complex	Jumping
12:00pm-1:30pm	OTC	Lunch & Rest
1:45pm	OTC: C-Door	Meet to drive to jumps
2:00pm-4:00pm	Olympic Jumping Complex	Jumping
5:00pm	OTC	Dinner
6:00pm-7:00pm	OTC	Video Review
7:00pm-9:00pm	OTC Gym	Optional Trampoline
<b>Thursday, July 13th</b>		
8:00am-9:30am	OTC Gym	Warm Up

9:45am	OTC: C-Door	Meet to drive to jumps
10:00am-12:00pm	Olympic Jumping Complex	Jumping
12:00pm-1:30pm	OTC	Lunch & Rest
1:45pm	OTC: C-Door	Meet to Drive to jumps
2:00pm-4:00pm	Olympic Jumping Complex	Jumping Competition
5:00pm	OTC	Dinner
6:00pm-8:00pm	OTC Gym	Trampoline Competition
8:15pm-9:30pm	OTC	Parent and Athlete Meeting – Next Steps
Friday July 14 <sup>th</sup> – 8:00am-10:00am - Departure		