



Dryland Training and Schedule, Fall 2021

Cochran's Ski Club Dryland Training is open to all ages, regardless of membership

- Print and sign a **Waiver** and **Good Health and Safe Practices** form, and bring it to your first dryland, or sign one on site (available on cochranskiclub.com or by request)
- Please **RSVP** on **HEJA*** to each dryland training

Sunday Oct. 3, 3:00-5:00 pm

at Cochran's Ski Area

First day of dryland!

- Ski club fall meeting!! Details to follow

Sunday Oct. 10, Dryland 3:00-5:00 pm

at Cochran's Ski Area

Sunday Oct. 17, start at 9:00 am

Camel's Hump Hike – meet at Burrows trailhead (Huntington side)

Rain or shine – or snow!

- All kids should have a parent or designated adult with them on the hike. Depending on numbers we may have staggered start times to spread the crowd out.

Sunday Oct. 24, 3:00-5:00 pm

at Cochran's Ski Area

Bring your bikes and helmets! Let us know if you need a bike to borrow.

- Equipment Fit Day 5:00-6:00 pm – bring your ski racing gear to check sizing and condition with your coaches, get organized before Ski Sale!
- Parents, help will be needed during dryland on Ski Sale, activities TBA

Sunday Oct. 31, 10:00-12:00 pm - TENTATIVE

Workday at Cochran's Ski Area. The ski area does so much for us throughout the winter, let's give back and help Jimmy and crew out for a couple hours.

Bring work gloves and other work attire. Parents are welcome.

More details to follow.

Sunday Nov. 7, 3:00-5:00 pm

at Cochran's Ski Area

Sunday Nov. 14, 3:00-5:00 pm

at Cochran's Ski Area

Cochran's Ski & Ride Sale – TBD

***Cochran's Ski Club uses a free app called HEJA for scheduled activities.** HEJA is available for iOS (Apple) and Android phones. Download the app, <https://heja.io/download/>, launch, click on "Join Team" and enter the **Dryland team** code: **UH-779628**. Contact hello@cochranskiclub.com if you need help.