



Dryland Training and Schedule, Fall 2023

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** (Please see below details to access Heja) to each dryland training

Sunday Oct. 1, 3:00-5:00 pm

at Cochran's Ski Area
First day of dryland!

Sunday Oct. 8, Dryland 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. Parents are welcome to join in on the fun.

Sunday Oct. 15, 3:00-5:00 pm

at Cochran's Ski Area
Once dryland has started we will have a brief informational **MEETING** with parents to learn more about the program, meet the coaches and answer any questions.

Equipment Fit Day 5:00-6:00 pm – bring your gear to check sizing and condition with your coaches, get organized before Ski Sale!

Sunday Oct. 22, start at 9:00 am

at 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.

Sunday Oct. 29, 3:00-5:00 pm

at Cochran's Ski Area
Parents workday while the kids play!! There will be a range of tasks from ski sale preparation to work preparing the ski area for the upcoming season. More details to follow

November 3-4-5 – SKI SALE WEEKEND!!! (no dryland, everyone is strongly encouraged to volunteer at ski sale)

Sunday Nov. 12, 3:00-5:00 pm

at Cochran's Ski Area
Final Dryland day and family BBQ

***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.

9/27/23