



Dryland Training Schedule, Fall 2024

(dates will be set, activity may change based on weather please check heja)

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, All Club Heja code PV-086620

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

at Cochran's Ski Area

First day of dryland!

Sunday Oct. 6, 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. 13, 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. 20, 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. 27, 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 1-2-3 – SKI SALE WEEKEND!!! (no dryland, everyone is strongly encouraged to volunteer at ski sale)

Sunday Nov. 10, 3:00-5:00 pm

at Cochran's Ski Area

Final Dryland day and family BBQ(weather permitting)

***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 **All Club** code: **PV-086620**. Contact hello@cochranskiclub.com if you need help.

8/28/24