

## U16 JULY Mount Hood 2023

	08-07-2023	08-08-2023	08-09-2023	08-10-2023	08-11-2023	08-12-2023	08-13-2023
Meeting Time/Place	WMSD 7:00am	Van 7:00am	Van 7:00am	Van 7:00am	Van 7:00am	Van 7:00am	Van 9:00am
Session 1	Load Vans Drive to Mt Hood	SL Turnshap Drills	Panelled SL	GS Turnshape	GS Training	GS Training	Hood River Trip
Session 2		SL Turn Shape Drills	Panelled SL	GS Turnshape	GS Training	GS Training	
Lunch Break	Lunch at Huckleberry 12:00pm						
Meeting Time/Place		Van 1:30pm	Van 1:30pm	Van 1:30pm	Van 1:30pm	Van 1:30pm	Van 1:30pm
PM Session	Arrive Mt Hood 5:00pm	MTB Ride 1:30-3:30	Rollerblade 1:30pm- 3:00pm	MTB Ride 1:30-3:30	Rollerblade 1:30pm- 3:00pm	MTB Ride 1:30-3:30	Hike and Waterfall Swim
		Yoga/ Mobility 3:30pm- 4:30pm	Agility/ Games	Yoga/ Mobility 3:30pm- 4:30pm	Agility/ Games	Yoga/ Mobility 3:30pm- 4:30pm	
Dinner	Dinner 6:00pm	Dinner 6:00pm	Dinner 6:00pm	Dinner 6:00pm	Dinner 6:00pm	Dinner 6:00pm	Dinner 6:00pm
	Prep skis	Prep skis	Prep skis	Prep skis	Prep skis	Prep skis	Prep skis
	Team meeting 8:00pm	Team meeting 8:00pm	Team meeting 8:00pm	Team meeting 8:00pm	Team meeting 8:00pm	Team meeting 8:00pm	Team meeting 8:00pm

	08-14-2023	08-15-2023	08-16-2023	08-17-2023	08-18-2023	08-19-2023
Meeting Time/Place	Van 7:00am	Van 7:00am	Van 7:00am	Van 7:00am	Van 7:00am	Van 7:00am
Session 1	GS Training	GS Training	SL Training	SL Training	SL Training	Return to Whistler
Session 2	GS Training	GS Training	SL Training	SL Training	SL Training	
Lunch Break	Lunch at Huckleberry 12:00pm	Lunch at Huckleberry 12:00pm	Lunch at Huckleberry 12:00pm	Lunch at Huckleberry 12:00pm	Lunch at Huckleberry 12:00pm	
Meeting Time/Place	Van 1:30pm	Van 1:30pm	Van 1:30pm	Van 1:30pm	Van 1:30pm	
PM Session	Rollerblade 1:30pm- 3:00pm	MTB Ride 1:30-3:30	Rollerblade 1:30pm- 3:00pm	MTB Ride 1:30-3:30	Hike	Arrive Whistler 5:00pm
	Agility/ Games	Yoga/ Mobility 3:30pm- 4:30pm	Agility/ Games	Yoga/ Mobility 3:30pm- 4:30pm	Pack	
Dinner	Dinner 6:00pm	Dinner 6:00pm	Dinner 6:00pm	Dinner 6:00pm	Dinner 6:00pm	
	Prep skis	Prep skis	Prep skis	Prep skis	Prep skis	
	Team meeting 8:00pm	Team meeting 8:00pm	Team meeting 8:00pm	Team meeting 8:00pm	Team meeting 8:00pm	