

# U14/ U16 JULY Dryland Camp #2

17th-21st July Whistler

**Bring MTB every Day**

	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st
Meeting Time/Place Session 1	9:00AM Meet Base 2 Lot 7 Parking	9:00AM Meet Base 2 Lot 7 Parking	WMSC 9:00AM Meet WMSC Ride to Cheakamus	Blackcomb 9:30am Warm-up and Movement prep	Blackcomb 9:30am Warm-up and Movement prep
Session 2	Water Ramp Session 9:00am-12:pm	Water Ramp Session 9:00am-12:pm	Crater Rim Hike	Water Ramp Session 9:00am-12:pm	Water Ramp Session 9:00am-12:pm
Lunch Break	Lunch 12:00-1:30pm	Lunch 12:00-1:30pm	Lunch 12:00-1:30pm Loggers Lake	Lunch 12:00-1:30pm	Lunch 12:00-1:30pm
Meeting Time/Place	Lost Lake MTB  1:30-3:00pm   Pick Up at Lot 2 Skatepark	Lost Lake Disc Golf  1:30-3:00pm   Pick Up KOA Campground	Swim at Lake   2:30pm ride to WMSC  Meantal Training WMSC  Pickup WMSC	Lost Lake MTB 1:30-3:00PM    Pickup KOA Campground	Mertyll Phillip fild sports 1:30-3:00pm    4pm BBQ of Champions at WMSC
	Day debrief finish at 3:00pm	Day debrief finish at 3:00pm	Day debrief finish at 3:00pm	Day debrief finish at 3:00pm	Day debrief finish at 5:00pm
	<b>What to Bring :</b> Appropriate work out shoes Water bottle Hat / Sunscreen Bike/Helmet/Appropriate shoes/Bike Lock/Bike Pump				
	Daily Lunch/Snacks Swimming attire/ Bathers/Towel Other: Foam Roller/ Yoga Mat Backpack Workout Clothing				
	Coaches:	Zack, Katie, Jess			