

2nd Annual STACEY COOK DRYLAND CAMP

When- Friday September 30th- Sunday October 2nd

Where- Mammoth Lakes and surrounding areas

What- The camp will introduce you to new ideas and training philosophies by taking my training program and adjusting it to fit your needs and busy life. I will be able to teach much of what I have learned from my 9 years on the US Ski Team, and provide you with the tools and motivation to get ready for a new year on snow!

For- The camp is open to Masters racers who are looking to diversify and strengthen their dry land program. Children and family of camp participants will also be able to participate in some activities.

By- I will be in charge of the schedule and program, assisted by my close friend and training partner Lindsay Barksdale. Lindsay is the Head Development Coach in charge of the 8-12 year old program in Mammoth. She is also the head coach of the Mammoth Sharks Swim Team and teaches spinning and fitness classes at Snowcreek Athletic Club.

Cost- Cost will be \$100/day with Gym membership and rental equipment as extras. Lodging and transportation is on your own. Some meals will be provided. More information on camp cost available later in the summer.

Schedule-

Friday 30 th -	AM- Strength Session	PM- Team Triathlon & Fun Fitness
Saturday 1 st -	AM- Field Session	PM- Bike Fitness
Sunday 2 nd -	AM-Strength Session 2 (Body Weight Strength)	

References- Last year's trial run participants were Eddie Mozen, Ara Papazian, Mark Miviss, and Mike Braun. Go ahead and ask them how fun and productive it is!

Pleas contact Stacey scook8@yahoo.com with any questions, comments and reservations.