

2nd Annual Stacey Cook Dryland Camp

When- Friday, September 30 - Sunday, October 2, 2011

Where- Mammoth Lakes and surrounding areas

What- The camp will introduce you to new ideas and training philosophies by taking my US Ski Team 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 dryland 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 training partner and close friend 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 for the camp will be \$250. Lodging will be on your own, some meals will be provided. Includes a take home book with all your workouts. Additional costs are as follows;

- Non Snowcreek Athletic Club members- add \$13
- Road Bike Rental- add \$50
- Kayak or SUP Rental- add \$35

Schedule-

Friday 30 th -	AM- Strength Session 1	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 Mirviss, and Mike Braun. Go ahead and ask them how fun and productive it is!

Reserve a spot- Please send the attached reservation form and \$50 non-refundable deposit to;

Stacey Cook, PO Box 8626, Mammoth Lakes CA 93546.

Stacey Cook Dryland Camp

Camp Registration

Camper Name _____

Phone # _____ email- _____

Age _____

Spouse's Name (if participating in camp) _____

Spouse's Age _____

Children will be able to participate in the following activities for an additional \$50 per child

- Team Triathlon and Fun Fitness at the Lakes Basin
- Field Session
- Strength Session 2 (Body Weight Strength)
- Meals

Children's Name and Age (if participating in camp) _____

Are you a Snowcreek Athletic Club Member? Yes No
Do you have your own road bike? Yes No
Do you have your own Kayak or SUP board? Yes No

Short Questionnaire to assist with group assignment

Circle the sentence that best describes you;

-I am in this camp to show that I am the best and everyone else will eat my dust.

-I am pretty strong and can probably keep up with "*eat my dust, man*" but will let him win to keep his pride intact.

-I am an avid exerciser and outdoor enthusiast but not the fastest out there.

-From couch to camp. My campaign to get in shape starts now.

-I am showing up just to support the camp and will be captain of social hour.

Have you been medically cleared by a doctor to participate in physical activity? Yes No

Please list any injuries on the back of this paper that may prevent you from participating in certain activities.

Is your \$50/camper camp deposit attached? Yes No