



Dryland Training Schedule, Fall 2025

(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

- If not registered for the 2025-26 season please print and sign a **Waiver** and bring it to your first dryland
- Please **RSVP** on **HEJA** (Please see below details to access Heja) to each dryland training, All Club Heja code PV-086620

Sunday Sept. 28, 3:00-5:00 pm, Cochran's Ski Area

First day of dryland!

Sunday Oct. 5, Dryland 3:00-5:00 pm, Cochran's Ski Area

Strength, Agility, and Ski Specific injury prevention training for each age group.

Sunday Oct. 12, 3:00-5:00 pm, 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.

After Dryland **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. 19, start at 9:00 am, Camel's Hump Burrows Trailhead, Huntington – 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. 26, 3:00-5:00 pm, 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 2, 3:00-5:00

Training will begin after a brief informative discussion about **off-trail skiing safety** and communication. We encourage our athletes to explore and enjoy the mountain beyond the race trail. At each venue this comes with different terrain and challenges and we want to give our skiers and families the tools and knowledge to do this safely.

November 7-8-9 – SKI SALE WEEKEND!!! (no dryland, everyone is strongly encouraged to volunteer at ski sale)

Sunday Nov. 16, 3:00-5:00 pm

at Cochran's Ski Area

Final Dryland day and PIZZA Party(weather permitting)

***Cochran's Ski Club uses the HEJA app 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.

9/17/25