

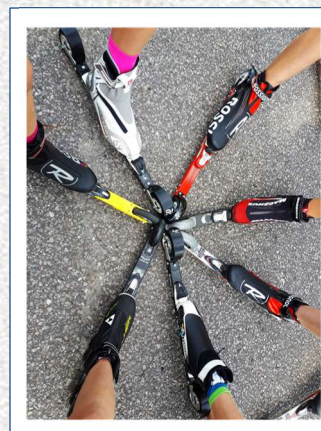


# Open **Fall** Dry-Land Training Camp

**OCTOBER 19-21**  
**ORILLIA**

*"Practice like a champion!"*

Age group: 11-15 year old



Register on [www.zone4.ca](http://www.zone4.ca) till October 18, 2018

**Registration Fee: \$75.00**

Free for members of Lifeski Academy Ski Club  
Food and accommodation not included

**Club coaches are expected to participate**

SCHEDULE:

*FRI p.m.* - Horseshoe Resort: Run, Gen. Strength, Stretching

*SAT a.m.* - Twin Lakes HS, Orillia: Testing: Strength, Speed, & Flexibility

*p.m.* - TBD: Roller Ski - Drills, Balance, Agility, Distance

*SUN a.m.* - Moonstone: Run, Hill Ski Walking Intervals

*p.m.* - Games, Distance Run/Halloween Hustle 5 km Run, Wrap-Up

Katerina & Petr, Coaches

For more info e-mail to: [lifeski.academy@gmail.com](mailto:lifeski.academy@gmail.com) or text to 249-385-5727

