



## 2022-2023 Freeride Fall Dryland Training

Dryland training is strongly encouraged for Freeride Competition Ski Team and Freeride Competition Snowboard Team riders age 8 and up. Younger athletes must have coach approval for participation. Freestyle ski and snowboarding requires exceptional core strength, agility, and muscle tone throughout the body. Better physical tone, flexibility, and cardiovascular condition means a greater resistance to injury while being able to ride harder and longer.

Fall Dryland Training will now all be based out of our new Bill Healy Training Center at 2765 NW Lolo Drive, utilizing our inhouse gym and 14' x 14' SuperQuad trampoline. This is a great way for Freeride athletes to prepare for the season. Trampoline training will increase your air awareness, core strength and maximize trick progression.

Tuesdays, Thursdays and Fridays training for athletes age 13+ is for dedicated Freeride Full Time and Competition athletes that are focused on personal fitness. We will be utilizing MBSEF's new inhouse gym for weight training and strength.

### **General Schedule Sept 18-Nov 18**

#### Development Athletes Age 8-14

Fall Dryland Training 1 Day Mon	\$250
Three athletes minimum per session, five athletes maximum per session	
Groups Age 8-10, 10-12, 13+, Times TBD	

#### Full Time and Comp Team Athletes Age 8+

Fall Dryland Training 1 Day Mon (mountain bike 4-5:30pm)	\$200
Fall Dryland Training 1 Day Wed (trampoline times tbd)	\$250
Fall Dryland Training 2 day Mon/Wed	\$350
Fall Dryland Training 3 Day Tue/Thu/Fri age 14+(time tbd)	\$375
Fall Dryland Training 5 Day Mon-Fri	\$500

Meet at MBSEF 2765 NW Lolo Drive.

Times and locations subject to change according to group requirements, weather, school hours, etc.

Equipment: Wear workout gym/field appropriate clothing (i.e. gym shoes, shorts, etc.). Bring a water bottle and snack each day.

For 2022-2023 registration forms visit  
[mbsef.org](http://mbsef.org)