



## 2024-2025 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 is based out of our 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 inhouse gym for weight training and strength.

### **General Schedule Sept 16-Nov 8**

#### Trampoline Sessions \$300

Monday Elementary Tramp 2:45-4:15pm

Monday MS/HS Tramp 6-7:30pm

Tuesday Elementary Tramp 2:45-4:15pm

Tuesday MS Tramp 4:30-6pm

Tuesday MS/HS Tramp 6-7:30pm

Wednesday Elementary Trap 1:15-2:45pm

Wednesday MS Tramp 2:45-4:15pm

Wednesday MS/HS tramp 4:30-6pm

Thursday Elementary Tramp 2:45-4:15pm

Thursday MS Tramp 4:30-6pm

Thursday MS/HS Tramp 6-7:30pm

#### Gym Session \$460

Tue/Thu/Fri Competition Gym Age 13+ 4-5:30pm

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

Equipment: Wear workout gym appropriate clothing (i.e. gym shoes, shorts, etc.).

For 2024-2025 registration forms visit  
[mbsef.org](http://mbsef.org)