

Wear running shoes, work out clothing (shorts/sweatpants), a sweatshirt/light jacket, bring water, snack, sunblock, a cap with a visor.

October 2018 Dryland

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 <i>Welcome Back BBQ</i>	22	23	24 <i>Dryland 3-5 PM Snow Summit Agility drills, Speedball/Ultimate Frisbee</i>	25	26 <i>Dryland 3-5 PM Snow Summit Agility & cardio training Capture the Flag</i>	27
28 <i>Dryland 12-2 PM Fawnskin @ Gray's Peak Trailhead, bring picnic lunch Parents are invited!</i>	29	30 <i>Dryland 3-5 PM Snow Summit Agility training Costumes are okay!</i>	31 <i>Halloween</i>			

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November 2018 Dryland

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Dryland 3-5 PM Golf Course Field Games</i>	2 <i>Coaches travel to Squaw Valley</i>	3 <i>Far West Fall Convention</i>
4 <i>Far West Fall Convention</i>	5	6	7 <i>Dryland 3-5 PM Golf Course Field Games</i>	8	9 <i>Dryland 3-5 PM Golf Course Field Games</i>	10 <i>Community Snow Sports Swap</i>
11 <i>Dryland 12-2 PM Snow Summit Bring your bike! Those without bikes will do other activity</i>	12 <i>Veterans Day Dryland 12-2 PM Fun Hike Parents invited Bring lunch</i>	13	14 <i>Dryland 3-5 PM Golf Course Agility & Cardio Activities Field Games</i>	15	16 <i>Dryland Start US Ski Activities For Fitness Testing More info to come</i>	17
18 <i>Dryland 12-2 PM Golf Course Field Games</i>	19	20	21 <i>Dryland 3-5 PM Golf Course Agility & Cardio Activities Field Games</i>	22 <i>Thanksgiving</i>	23 <i>Thanksgiving</i>	24
25 <i>Dryland 12-2 Golf Course</i>	26	27	28 <i>Dryland 3-5 PM Golf Course</i>	29	30 <i>Dryland US Ski Activities</i>	

December 2018

Dryland

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> <i>D-Team Begins!</i>
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i> <i>Think Snow!</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i>	<i>31</i>					