

SCHEDULE

- Training will be held on Tuesdays and Thursdays from June 5th through October 25th starting at 5:00 p.m. for the 46m and 6:00 p.m. for the 20m (subject to change depending on weather)
 - Tuesday – Jumping and nutrition/conditioning
 - Thursday – Jumping and physical training
 - Saturdays are reserved for out-of-town camps and competitions unless we can work it in
- Parent and prospective coaches will meet with Brian between warm-up and on-hill jumping for goals for that session
- Highlighted dates are out-of-town events

June

Focus: balance, nutrition, and conditioning

Tues, 6/5 jumping 20/46

Thurs, 6/7 jumping 20/46

Fri/Sat/Sun 6/8-10 Ishpeming Camp

Tues, 6/12 jumping 20/46

Thurs, 6/14 jumping 20/46

Sat/Sun 6/16-17 Coleraine Camp 70m

Sat/Sun 6/16-17 Iola Camp

(Brian gone 6/19-20)

Tues, 6/19 jumping 20 only, 46 off

Thurs, 6/21 jumping 20 only, 46 off

Sat/Sun 6/23-24 Blackhawk Camp

Tues, 6/26 jumping 20/46

Thurs, 6/28 jumping 20/46

July

Focus: balance, nutrition, conditioning, and plyometrics

July 2-6 off (July 4th holiday)

Sun/Mon/Tues/Wed 7/1-4 Steamboat Springs Camp/Tournament

Tues, 7/10 jumping 20/46

Thurs, 7/12 jumping 20/46

Tues, 7/17 jumping 20/46

Thurs, 7/19 jumping 20/46

Sun-Sun 7/22-29 Springer Tournee Park City

Tues, 7/31 jumping 20/46

August

Focus: balance, nutrition, conditioning, plyometrics, and weight training techniques

Thurs, 8/2 jumping 20/46

Tues, 8/7 jumping 20/46

Thurs, 8/9 jumping 20/46

Sat/Sun 8/11-12 Ishpeming Camp

(Brian gone 8/12-19)

Tues, 8/14 jumping 20 only, 46 off

Thurs, 8/16 jumping 20 only, 46 off

Tues, 8/21 jumping 20/46

Thurs, 8/23 jumping 20/46

Sat/Sun, 8/25-26 St Paul Camp

Tues, 8/28 jumping 20/46

Thurs, 8/30 jumping 20/46

September

Focus: balance, nutrition, conditioning, plyometrics, and weight training techniques

Tues, 9/4 jumping 20/46

Thurs, 9/6 jumping 20/46

Tues, 9/11 jumping 20/46

Thurs, 9/13 jumping 20/46

Tues, 9/18 jumping 20/46

Thurs, 9/20 jumping 20/46

Sat/Sun 9/22-23 Norge Camp (Alt N/JC)

Tues, 9/25 jumping 20/46

Thurs, 9/27 jumping 20/46

Sat, 9/29-30 Blackhawk Bash

October

Overview: balance, nutrition, conditioning, plyometrics, and weight training techniques

Mon-Sun, 10/2-7 Flaming Leaves Lake Placid (Brian in LP – tentative)

Tues, 10/4 jumping 20, 46 off

Thurs, 10/6 jumping 20, 46 off

Tues, 10/11 jumping 20/46

Thurs, 10/13 jumping 20/46

Sat, 10/13 Eau Claire Comp

Sun, 10/14 Tri-Norse Comp

Tues, 10-18 off (MEA)

Thurs, 10/20 jumping 20/46

Sat-Sun, 10/20-21 Minneapolis Comp

Tues, 10/23 jumping 20/46

Thurs, 10/25, jumping 20/46

Sat/Sun, 10/27-28 Blackhawk Pumpkin Jump