

WRF HOMECOMING WEEKEND!

OCTOBER 12TH & 13TH, 2019

SATURDAY, OCTOBER 12TH

ELITEAM Dryland Clinic with Olympians Doug Lewis and Tommy Biesemeyer! Below is the tentative schedule of events for the clinic:

8:30-9:00 AM | Athlete registration in the lower parking lot by the Spa—\$35 cash only per athlete includes clinic and lunch.

9:00 AM | Welcome speech

9:10 AM | Morning dryland session—stretching, circuits, agility, and strength.

11:30 AM to 12:15 PM | Lunch (included)

12:15 PM | Sport Psychology with Doug and Tommy

12:45 PM | Afternoon dryland session—agility, obstacle course, quick feet SL, and hike.

3:45 PM | Closing remarks

4:00-4:30 PM | Parent session with Doug and Tommy, athlete obstacle course

About ELITEAM | *ELITEAM Conditioning Camps are designed to make young athletes stronger, faster, healthier and more confident- all while having fun! ELITEAM's unique approach teaches these young athletes not only about Sports Physiology, but also the often overlooked, yet very important concepts of Sport Psychology and Sports Nutrition. ELITEAM's goal is simple- to develop healthy, confident, "complete" athletes. For more information, visit their website: www.eliteam.com*

5:00-6:00 PM | Potluck Dinner and WRF Social, location TBD

6:00 PM | Windham Mountain Sports, Race Night! This is your chance to fulfill all your equipment needs at the best prices for the coming season! (see page 2 for full details)

SUNDAY, OCTOBER 13TH

10:00 AM | **WRF Community Hike!** Athletes, parents, relatives, and friends are all welcome to join us on a hike from the base to the top of the mountain!



19 Resort Drive
Windham, NY 12496

516-734-4300 x1125
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WRF 2019 RACE NIGHT at WINDHAM MOUNTAIN SPORTS

OCTOBER 12TH, 2019 | 6:00 PM

Don't miss the opportunity to satisfy all of your equipment needs for the 2019/20 season at the best possible prices! Windham Mountain Sports will be hosting company reps to help you with sizing recommendations and more. Windham Race Factory coaches will be on hand to assist with any questions you might have in your equipment selection process. Reps and product will be available from Atomic, Volkl, Rossi, Fischer, Stockli, Head, Lange, Kastle, Blizzard, Tecnica, POC, Leki and more! If you are unable to make it on October 12th but are still interested in purchasing equipment at the Race Night prices, please **contact Kate Cohane before October 12th:** kcohane@windhammountain.com

BOOT FITTING

Marc Stewart's boot fitting calendar is filling up quickly! If you are looking for an appointment you should reach out to him ASAP to get on his busy schedule: mstewart@windhammountain.com



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