



## STOWE DRYLAND SKI CAMP 2015

Week 1: Sunday July 26 – Saturday August 1

**The Round Hearth at Stowe**

39 Edson Hill Rd. Stowe, VT 05672

Danny Noyes: **Camp Director** (Head Alpine Coach *Colby College*, Waterville ME)  
Christin Lathrop: **Assistant Director: Curriculum** (U16, *Burke Mountain Academy*, East Burke VT)  
Eric Barthold: **Assistant Director: Activities** (U14, *Killington Mountain School*, Killington VT)  
Chris Vigneau: **Director of Operations** *The Round Hearth at Stowe*, Stowe VT)  
Grady Vigneau: **Director of Marketing and Communications** (*The Round Hearth at Stowe*, Stowe VT)

*Featured Coaches:*

**Topher Harlow** (Head Women’s Coach *MMSC*, Stowe VT)      **Matt Maloney** (Former USST Technician)  
**Tom Barbeau** (Head U16 Coach, *WVBTS*, Waterville Valley NH)      **Becca Nadler** (FIS Coach, *Burke Mtn Academy*)  
**Chad Couto** (Fitness Director *Stoweflake Resort*)      **Jerry Murphy** (Ski Racing Technician, *SWIX*)

*Camp Counselors:*

**Switzerland:** **Erin Olejnik** (*Boston College*)      **France:** **Ingrid Klinkenberg** (*CIT*)  
**Norway:** **Sam Coffin** (*Columbia Univ.*)      **Italy:** **Cole Deschamps** (*former camper*)  
**Sweden:** **Alita Rogers** (*St Lawrence Univ.*)      **Germany:** **Weston Muench** (*Colby College*)  
**Austria:** **Caroline Winslow** (*Colby College*)      **United States:** **Max Richard** (*Colby College*)

*Staff:*

**Lindsay Jarrett** (*Colby College*)      **Michael Boardman** (*Colby College*)  
**Morgan Klein** (*Univ. of New Hampshire*)      **Theo Burns** (*Videographer/Photographer*)  
**Dillon Hiland** (*ATC, Bridgton Acad., Bridgton ME*)

### SUNDAY (July 26) – WELCOME TO CAMP

2:00-4:00      Camper Registration  
4:15-5:00      Camper Orientation, Meet Staff, Break into Teams, Introduce Teams

**5:10 Dinner – Switzerland, Norway, Sweden, Austria**

**5:20 Dinner – France, Italy, Germany, United States**

5:45      Counselors Organize Obstacle Course Relays  
6:05      Counselors prepare teams for travel to Top Notch Fields  
6:10      Counselors lead teams to Top Notch Fields

**6:15-8:15 Night Activity: Bike, Swim, Games (Top Notch Fields)**

8:15      Return to the Round Hearth

**8:30 Snack**

9:15      Round Up to Rooms  
9:30      Lights Out  
9:35      Staff Meets  
10:00      Room Check -      All Quiet

## MONDAY (July 27) – Introduction (B-A-S-E)

7:00 Wake Up  
7:15-7:30 Loosen Up/Stretch with Counselors

**7:30 Breakfast - Switzerland, Norway, Sweden, Austria**

**7:40 Breakfast – France, Italy, Germany, United States**

### Switzerland, Norway, Sweden, Austria

8:40 Counselors prepare teams to load Bus  
(skates, gear, water, etc.)  
8:50 Load Bus  
8:55 Transport to Stowe Lot, Gear Up

#### 9:15-11:15

#### Session 1: Intro to Basic Athletic Stance

Feat. Coach **Matt Maloney** (SDSC, USST)

11:20 Gear Down, prepare to load Bus  
11:30 Load Bus  
11:35 Return to Round Hearth (ETA 11:45)

### France, Italy, Germany, United States

8:30 Counselors prepare teams for Alternate Session – Mtn Bike  
(Stowe Paths, Swim, Lackey's)

8:40 Depart from Round Hearth

**8:40-11:15 Mountain Bike: Stowe Paths  
LACKEY'S**

11:15 Begin Return to Round Hearth (ETA 11:45)

**12:00 Lunch - Switzerland, Norway, Sweden, Austria**

**12:15 Lunch – France, Italy, Germany, United States**

### Switzerland, Norway, Sweden, Austria

1:30 Counselors prepare teams for Alternate Session – Mtn Bike  
(Stowe Paths, Swim, Lackey's)

1:40 Depart from Round Hearth

**1:40-4:15 Mountain Bike: Stowe Paths  
LACKEY'S**

4:15 Begin Return to Round Hearth (ETA 4:45)

### France, Italy, Germany, United States

1:40 Counselors prepare teams to load Bus  
(skates, gear, water, etc.)

1:50 Load Bus

1:55 Transport to Stowe Lot, Gear Up

#### 2:15-4:15

#### Session 1: Intro to Basic Athletic Stance

Feat. Coach **Matt Maloney** (SDSC, USST)

4:20 Gear Down, prepare to load Bus

4:30 Load Bus

4:35 Return to Round Hearth (ETA 4:45)

**5:00 Dinner - Switzerland, Norway, Sweden, Austria**

**5:15 Dinner – France, Italy, Germany, United States**

6:00 Counselors Organize Team Building Challenges

6:30 Counselors prepare teams for travel to Top Notch Fields (bikes, helmets, bathing suits, first aid)

6:40 Counselors lead teams to Top Notch Fields

### 6:45-8:15 Night Activity: Team Building Challenges (Top Notch Fields)

8:15 Camp Returns to Round Hearth

### 8:30 Snack

9:15 Round Up to Rooms  
9:30 Lights Out  
9:35 Staff Meets  
10:00 Room Check – All Quiet

## TUESDAY (July 28) – *BALANCE (B-A-S-E)*

7:00 Wake Up  
7:15-7:30 Loosen Up/Stretch with Counselors

**7:30 Breakfast - Switzerland, Norway, Sweden, Austria**

**7:40 Breakfast – France, Italy, Germany, United States**

### Switzerland, Norway, Sweden, Austria

8:40 Counselors meet with Topher Harlow  
Prepare session (equipment, practice plan, etc.)

9:00 Counselors prepare teams for Top Notch Fields  
(water bottles, pinnies)

9:05 Counselors lead teams to Top Notch Fields

**9:15-11:15**

**Session 2: BALANCE**

Feat. Coach **Topher Harlow** (MMSA)

11:30 Counselors prepare teams for return

11:35 Camp Returns to Round Hearth (ETA 11:45)

### France, Italy, Germany, United States

8:20 Counselors prepare teams for Alternate Session - Hike  
(water bottles, snack, first aid, etc.)

8:30 Load bus

8:35 Transport to Stowe Resort, Gondola Lot

**8:40-11:00 Hike:** (Mount Mansfield)

**11:00** Begin to Descend

11:45 Load Bus

11:55 Camp Returns to Round Hearth (ETA 12:05)

**12:00 Lunch - Switzerland, Norway, Sweden, Austria**

**12:15 Lunch – France, Italy, Germany, United States**

### Switzerland, Norway, Sweden, Austria

1:20 Counselors prepare teams for Alternate Session - Hike  
(water bottles, snack, first aid, etc.)

1:30 Load bus

1:35 Transport to Stowe Resort, Gondola Lot

**1:40-4:00 Hike:** (Mount Mansfield)

**3:50** Begin to Descend

4:45 Load Bus

4:55 Camp Returns

### France, Italy, Germany, United States

1:40 Counselors meet with Topher Harlow  
Prepare session (equipment, practice plan, etc.)

2:00 Counselors prepare teams for Top Notch Fields  
(water bottles, pinnies)

2:05 Counselors lead teams to Top Notch Fields

**2:15-4:15**

**Session 2: BALANCE**

Feat. Coach **Topher Harlow** (MMSA)

4:30 Counselors prepare teams for return

4:35 Camp Returns to Round Hearth (ETA 4:45)

**5:00 Dinner - Switzerland, Norway, Sweden, Austria**

**5:15 Dinner – France, Italy, Germany, United States**

6:15 Counselors prepare teams for Activities

**6:30-8:30** *Night Activity: Ski Video, Technique and Tactics... and The Swimming Hole*

**6:30-7:30** **Switzerland, Norway, Sweden, Austria** – Swim / **France, Italy, Germany, United States** – Video

**7:25-7:35** **Change and Load Bus**

**7:30-8:30** **Switzerland, Norway, Sweden, Austria** – Video / **France, Italy, Germany, United States** - Swim

**8:30** *Snack*

9:15 Round Up to Rooms

9:30 Lights Out

9:35 Staff Meets

10:00 Room Check – All Quiet

**WEDNESDAY (July 29) – AGILITY (B-A-S-E)**

7:00 Wake Up  
7:15-7:30 Loosen Up/Stretch with Counselors

**7:30 Breakfast - Switzerland, Norway, Sweden, Austria**

**7:40 Breakfast – France, Italy, Germany, United States**

**Switzerland, Norway, Sweden, Austria**

8:40 Counselors meet with Tom Barbeau  
Prepare session (equipment, practice plan, etc.)

9:00 Counselors prepare teams for Top Notch Fields  
(water bottles, pinnies)

9:05 Counselors lead teams to Top Notch Fields

**9:15-11:15**

**Session 3: AGILITY**

Feat. Coach **Tom Barbeau** (WVBBTS)

11:30 Counselors prepare teams for return

11:35 Camp Returns to Round Hearth (ETA 11:45)

**France, Italy, Germany, United States**

8:50 Counselors prepare teams to load bus  
(skates, helmets, snack, first aid, etc.)

9:00 Load Bus

9:10 Transport to Johnson Skate Park

**9:50-11:05 Skate– Johnson SKATE PARK**

11:05 Gear Down

11:15 Load Bus, Return to Round Hearth (ETA 11:55)

**12:00 Lunch - Switzerland, Norway, Sweden, Austria**

**12:15 Lunch – France, Italy, Germany, United States**

**Switzerland, Norway, Sweden, Austria**

1:50 Counselors prepare teams to load bus  
(skates, helmets, snack, first aid, etc.)

2:00 Load Bus

2:10 Transport to Johnson Skate Park

**2:50-4:05 Skate – Johnson SKATE PARK**

4:05 Gear Down

4:15 Load Bus, Return to Round Hearth (ETA 4:55)

**France, Italy, Germany, United States**

1:40 Counselors meet with Tom Barbeau  
Prepare session (equipment, practice plan, etc.)

2:00 Counselors prepare teams for Top Notch Fields  
(water bottles, pinnies)

2:05 Counselors lead teams to Top Notch Fields

**2:15-4:15**

**Session 3: AGILITY**

Feat. Coach **Tom Barbeau** (WVBBTS)

4:30 Counselors prepare teams for return

4:35 Camp Returns to Round Hearth (ETA 4:45)

**5:00 Dinner - Switzerland, Norway, Sweden, Austria**

**5:15 Dinner – France, Italy, Germany, United States**

**6:00-6:30 Guest Speaker, Ski Prep: Jerry Murphy (SWIX)**

**6:45-8:00 Night Activity: SKIT NIGHT**

**8:10 Snack - S'Mores by the Camp Fire**

9:15 Round Up to Rooms

9:30 Lights Out

9:35 Staff Meets

10:00 Room Check – All Quiet

**THURSDAY (July 30) – SPEED (B-A-S-E)**

7:00 Wake Up  
7:15-7:30 Loosen Up/Stretch with Counselors

**7:30 Breakfast - Switzerland, Norway, Sweden, Austria**

**7:40 Breakfast – France, Italy, Germany, United States**

**Switzerland, Norway, Sweden, Austria**

**France, Italy, Germany, United States**

8:40 Counselors prepare teams to load Bus  
(skates, gear, water, etc.)  
8:50 Load Bus  
8:55 Transport to Stowe Lot, Gear Up

8:30 Counselors prepare teams for Alternate Session – Mtn Bike  
(Stowe Paths, Swim, Lackey's)

8:40 Depart from Round Hearth

**9:15-11:15**

**Session 4: SPEED**

Feat. Coach **Danny Noyes** (*Colby College*)

**8:40-11:15 Mountain Bike: Stowe Paths  
LACKEY'S**

11:15 Begin Return to Round Hearth (ETA 11:45)

11:20 Gear Down, prepare to load Bus  
11:30 Load Bus  
11:35 Return to Round Hearth (ETA 11:45)

**12:00 Lunch - Switzerland, Norway, Sweden, Austria**

**12:15 Lunch – France, Italy, Germany, United States**

**Switzerland, Norway, Sweden, Austria**

**France, Italy, Germany, United States**

1:30 Counselors prepare teams for Alternate Session – Mtn Bike  
(Stowe Paths, Swim, Lackey's)

1:40 Counselors prepare teams to load Bus  
(skates, gear, water, etc.)

1:40 Depart from Round Hearth

1:50 Load Bus

1:55 Transport to Stowe Lot, Gear Up

**1:40-4:15 Mountain Bike: Stowe Paths  
LACKEY'S**

**2:15-4:15**

**Session 4: SPEED**

Feat. Coach **Danny Noyes** (*Colby College*)

4:15 Begin Return to Round Hearth (ETA 4:45)

4:20 Gear Down, prepare to load Bus

4:30 Load Bus

4:35 Return to Round Hearth (ETA 4:45)

**5:00 Dinner - Switzerland, Norway, Sweden, Austria**

**5:15 Dinner – France, Italy, Germany, United States**

**6:30-7:30 Guest Speaker, Nutrition and Using Energy: *Chad Couto* (Stowe/Flake Inn)**

**7:45-9:30 Night Activity: OUTDOOR MOVIE and Popcorn**

9:15 Round Up to Rooms  
9:30 Lights Out  
9:35 Staff Meets  
10:00 Room Check – All Quiet

## FRIDAY (July 31) – *EXPLOSION (B-A-S-E)*

7:00 Wake Up  
7:15-7:30 Loosen Up/Stretch with Counselors

**7:30 Breakfast - Switzerland, Norway, Sweden, Austria**

**7:40 Breakfast – France, Italy, Germany, United States**

### Switzerland, Norway, Sweden, Austria

### France, Italy, Germany, United States

8:40 Counselors meet with Christin Lathrop  
Prepare session (equipment, practice plan, etc.)

9:00 Counselors prepare teams for Top Notch Fields  
(water bottles, pinnies)

9:05 Counselors lead teams to Top Notch Fields

### 9:15-11:15

#### Session 5: EXPLOSION

Feat. Coach **Christin Lathrop (BMA)**

11:30 Counselors prepare teams for return

11:35 Camp Returns to Round Hearth (ETA 11:45)

9:15 Counselors prepare for alternate session – Hike, Swim

9:25 Load Bus

9:35 Transport to Bingham Falls

9:45 Hike In

### 9:55-11:10 Hike/Swim – Bingham Falls

11:20 Hike Out

11:35 Load Bus

11:45 Return to Round Hearth (ETA 11:55)

**12:00 Lunch - Switzerland, Norway, Sweden, Austria**

**12:15 Lunch – France, Italy, Germany, United States**

### Switzerland, Norway, Sweden, Austria

### France, Italy, Germany, United States

2:15 Counselors prepare for alternate session – Hike, Swim

2:25 Load Bus

2:35 Transport to Bingham Falls

2:45 Hike In

### 2:55-4:10 Hike/Swim – Bingham Falls

4:20 Hike Out

4:35 Load Bus

4:45 Return to Round Hearth (ETA 4:55)

1:40 Counselors meet with Christin Lathrop  
Prepare session (equipment, practice plan, etc.)

2:00 Counselors prepare teams for Top Notch Fields  
(water bottles, pinnies)

2:05 Counselors lead teams to Top Notch Fields

### 2:15-4:15

#### Session 5: EXPLOSION

Feat. Coach **Christin Lathrop (BMA)**

4:30 Counselors prepare teams for return

4:35 Camp Returns to Round Hearth (ETA 4:45)

## 5:15 *COOKOUT / INFLATABLES / GAMES*

**8:15-9:15 Campers Clean and Pack**

### 8:30 *Snack*

9:15 Round Up to Rooms  
9:30 Lights Out  
9:35 Staff Meets  
10:00 Room Check – All Quiet

## SATURDAY (Aug 1) – Last Day

7:00 Wake Up

### **7:30 Breakfast**

8:00-8:30 Finish Packing

8:00 Campers get *Stowe Dryland Ski Camp* tee shirts from counselors, finish packing

8:30 ROOM CHECK

### **8:40 CAMP PICTURE**

8:45 Counselors prepare teams for walk to Top Notch Fields (water bottles)

8:50 Counselors lead teams to Top Notch Fields

### **9:00-10:45 RELAYS CAPTURE the FOX/SPEEDBALL CAMP versus the COUNSELORS**

10:45 Counselors prepare teams for return

10:50 Camp Returns to Round Hearth (ETA 11:00)

### **11:00 Closing Ceremonies, Awards, Slideshow Coach's Comments, Thank you**

12:00 End of Camp, See you next time