



STOWE DRYLAND SKI CAMP 2014
Week 2: Sunday August 2 – Saturday August 8

The Round Hearth at Stowe
 39 Edson Hill Rd. Stowe, VT 05672

Danny Noyes: **Camp Director** (Head Alpine Coach *Colby College*, Waterville ME)
 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:

Julia Ford (US Ski Team) **Jaime Wylie** (Head Women’s Coach, *Stratton Mtn Sch.*)
Tony DiGangi (Gunstock, *Stratton Mtn Sch., Midd.*) **Becca Nadler** (FIS Coach, *Burke Mtn Academy*)

Counselors and staff:

Dillon Hiland (ATC, *Bridgton Acad.*, Bridgton ME) **Erin Olejnik** (*Boston College*)
Ingrid Klinkenberg (*CIT, MMSC*) **Cole Deschamps** (*former camper*)
Caroline Winslow (*Colby College*) **Max Richard** (*Colby College*)
Michael Boardman (*Colby College*) **Weston Muench** (*Colby College*)
Moriah Wilson (*BMA, Dartmouth*) **Theo Burns** (Videographer/Photographer)

SUNDAY (August 2) – WELCOME TO CAMP

Teams: FRANCE (youngest) **ITALY** **GERMANY** **USA** (oldest)

2:00-4:00 Camper Registration
 4:00-5:00 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 (August 3) – Introduction (B-A-S-E)

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

7:30 Breakfast

8:40 Counselors meet with Julia Ford, prepare session
(equipment, practice plan, etc.)
9:00 Counselors prepare teams for walk to Top Notch Fields (water bottles)
9:05 Counselors lead teams to Top Notch Fields

9:15-11:15 Session 2: Featured Coach Julia Ford (US Ski Team) (Top Notch Fields)

11:30 Counselors prepare teams for return
11:35 Camp Returns to Round Hearth (ETA 11:45)

12:15 Lunch

1:30 Counselors prepare teams for Bike Adventure
(bikes, helmets, water bottles, snack, first aid, etc.)
1:40 Depart from Round Hearth

1:40-4:15 Alternate Session, Mountain Biking (Stowe Paths)

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

5:15 Dinner

6:10 Counselors prepare teams for Activities
6:20 Counselors lead teams to Top Notch Fields

6:25-8:15 Activity Time: Night Swim / Percy Corn Maze (Rec Path Swimming Hole)

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 (August 4) – BALANCE (B-A-S-E)

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

7:30 Breakfast

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: Feat. Coach Danny Noyes (Colby College) Athletic Stance, Ski Drills (full camp, Stowe Lot)

11:15 Gear Down, prepare to load Bus
11:20 **Load Bus**
11:25 Camp Returns to Round Hearth (ETA 11:35)

12:15 Lunch

1:50 Counselors prepare teams to load bus
2:00 Load Bus
2:05 Transport to Waterbury Center State Park (Waterbury Center, VT)

2:25-4:00 Swim/Games – Waterbury Center State Park

4:00 Dry Off
4:10 Load Bus
4:20 Return to Round Hearth (ETA 4:40)

5:15 Dinner

6:05 Counselors prepare teams to load bus (bathing suits, towels, water bottles, etc.)
6:15 Load Bus
6:20 Transport to *The Swimming Hole*

6:30-8:00 Activity Time – The SWIMMING HOLE

8:00 Change
8:15 Load Bus
8:20 Return to Round Hearth (ETA 8:25)

8:30 Snack

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

WEDNESDAY (August 5) – AGILITY (B-A-S-E)

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

7:30 Breakfast

8:40 Counselors meet with Tony DiGangi, prepare session
(equipment, practice plan, etc.)
9:00 Counselors prepare teams for walk to Top Notch Fields (water bottles)
9:05 Counselors lead teams to Top Notch Fields

9:15-11:15 Session 2: Featured Coach Tony DiGangi (Gunstock, SMS, Midd.) (Top Notch Fields)

11:30 Counselors prepare teams for return
11:35 Camp Returns to Round Hearth (ETA 11:45)

12:00 Lunch

1:30 Counselors prepare teams to load bus (skates, helmets, snack, first aid, etc.)
1:40 Load Bus
1:45 Transport to Johnson Skate Park

2:20-4:10 Skate Session – Johnson SKATE PARK

4:10 Gear Down
4:20 Load Bus
4:25 Return to Round Hearth (ETA 4:55)

5:15 Dinner

6:00 Restful Evening

“Rest when you’re weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work.” *Ralph Marston*

“There is more to life than *increasing* its speed.” *Gandhi*

“Rest: The sweet sauce of Labor.” *Plutarch*

7:15-9:00 Activity: MOVIE + Popcorn

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

THURSDAY (August 6) – SPEED (B-A-S-E)

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

7:30 Breakfast

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

9:15-11:15 Session 3: Feat. Coach Danny Noyes (Colby College) Parallel Position (full camp, Stowe Lot)

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

12:00 Lunch

1:15 Counselors prepare teams to load bus
(water bottles, snack, first aid, etc.)
1:25 Load bus
1:30 Transport to Stowe Resort, Mount Mansfield Peak (route 108)

1:45-4:40 Hike Adventure (Mount Mansfield)

3:30 Begin to Descend (*France*)
3:40 Begin to Descend (*Italy, Germany, USA*)
4:40 Load Bus
4:50 Camp Returns to Round Hearth (ETA 5:00)

5:15 Dinner

6:20 Counselors prepare teams for Activities (Bikes, helmets, bathing suits, water, etc.)
6:25 Counselors lead teams to Top Notch Fields (Bikes)

6:30-8:15 Activity Time: SCAVENGER HUNT (Swimming and Field)

8:15 Camp Returns to Round Hearth

8:30 – S'mores by the fire

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

FRIDAY (August 7) – EXPLOSION (B-A-S-E)

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

7:30 Breakfast

8:40 Counselors meet with Jaime Wylie, prepare session
(equipment, practice plan, etc.)
9:00 Counselors prepare teams for walk to Top Notch Fields (water bottles)
9:05 Counselors lead teams to Top Notch Fields

9:15-11:15 Session 2: Featured Coach Jaime Wylie (Stratton Mountain School) (Top Notch Fields)

11:30 Counselors prepare teams for return
11:35 Camp Returns to Round Hearth (ETA 11:45)

12:15 Lunch

1:55 Counselors prepare teams to load bus
2:05 Load Bus
2:15 Transport to Bingham Falls
2:25 Hike In

2:35-3:50 Swim – Bingham Falls

4:00 Hike Out
4:15 Load Bus
4:25 Return to Round Hearth (ETA 4:35)

5:15 COOKOUT INFLATABLES GAMES

7:30 Ice Cream

8:15-9:15 Campers Clean and Pack

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

SATURDAY (August 8) – *Last Day*

7:00 Wake Up

7:30 Breakfast

8:00-8:30 Finish Packing

8:00 Campers get *Stowe Dryland Ski Camp* t-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