



KICK-OFF THE 2019-2020 SEASON

Parents Meeting / Ski Swap / Dry Land Training

Saturday, November 16th, 2019 • 11:00 AM

Hidden Valley Resort - Meeting held in Lodge

HVRC ANNUAL PRE SEASON MEETING | STARTS AT 11:00 AM

Club Members please join us for annual pre season meeting. **Attendance is highly recommend** for both new members and existing members.

3RD ANNUAL CLUB SKI SWAP | 11:00 AM

Last year's success of club members buying and selling of gear is back and better than ever! Please drop off all equipment that you want to sell by 11:00 AM. We will help organize and price your gear. Gear that you should bring; ski boots, poles, clothing (especial HVRC jackets), ski and boot bags etc.

DRY LAND TRAINING | 11:00 AM

Athletes please bring athletic shoes and ski poles

PARENTS

- Information for upcoming season
- New members introduction to HVRC
- Buy/Sale used equipment
- Equipment Help
- USSA Information
- Q & A Session



ATHLETES

- Run Gates
- Balance Drills
- Hiking

REMINDER

MAKE SURE TO BRING
Athletic Shoes and Ski Poles