



## **OMS “Shred the Gnar” Snowboard Camp 2020**

### **Daily Schedule (Monday 1/27– Wednesday 1/29)**

7:30am Meet at Okemo Mountain School  
7:30am-8am: Strength and Conditioning  
8am: Head to mountain, change and get ready to load lift  
8:30am-11:30 On-snow training  
11:40am Transport to OMS in OMS vehicles  
11:45am-12:20pm Lunch at OMS (campers must bring their own lunch)  
12:20pm-1:40pm Dryland  
1:45pm-4pm Study Hall  
4pm Pickup at OMS

### **Daily Schedule (Thursday 1/30-Friday 1/31)**

7:30am Meet at Okemo Mountain School  
7:30am-8am: Strength and Conditioning  
8am Head to Mountain, change into shred gear and get ready to load lift  
8:30am-11:30 On-snow training \*11:45am-12:30pm Lunch at the Mountain (campers must bring their own lunch or lunch money)  
12:30pm-2pm On-snow training  
2:30pm-3:30pm Dryland/Tramping  
4pm pickup at OMS

### **Friday 1/31 (For ALL BX campers and OMS athletes)**

7:30am depart for Stratton to train BX for USASA 2/1-2/2 BX Comps)  
9am-11am Train BX  
11am-11:30am Lunch  
12pm-2pm Train BX  
2pm Depart for OMS  
2:45-4pm dryland  
4pm pickup at OMS