

Mt. Bachelor U16 Champs Northern Division Team Schedule

Coaches:

Will Bradford – 802-793-5517

Pete Petry – 970-389-5523

Logan Cook – 406-552-7385

Jeremy Henrichon – 406-570-5417

Emily Danza – 202-280-3516

Athletes:

In Pete's Suburban:

Pete Petry

Jeremy Henrichon

From the airport:

Libby O'Donnell

Alexa Coyle

In BSF sprinter:

Will Bradford

Emily Danza

Jacob Drake

Erin Petitt

Megan Petitt

Ella Delger

Will Strike

3 Missoula Athletes

In Logan's suburban:

Logan Cook

3 Missoula athletes

Flying:

(Getting picked up by Max's Grandfather)

Max Noddings

Hannah Nyquist

Tuesday 17th:

5:00am: Meet the BSF sprinter and Petry's suburban at the BSF office

5:00-5:25am: Load vehicles

5:30am: Depart from the BSF office

8:15am (+/-15min): Bozeman convoy meets Logan's suburban in Missoula

8:15ish-8:45am: Load Missoula athletes' gear

8:45am: Depart from Missoula

Lunch Time: We will find a place to stop for food

6:30pm: Petry's suburban will arrive at the airport to pick up Libby and Alexa.

7:00pm (about): Arrive at the houses outside of Bend

Soon after we arrive: Short and mellow workout/stretch with Jeremy and Emily. This will feel good after sitting for so long and will help you sleep well!

Dinner and unpacking to follow

8:30-8:45pm: Athlete and Parent meeting with the coaches at the houses (We will decide which house when we arrive)

8:45-9:15pm: Athlete meeting with coaches

9:45pm: Get ready for bed

10:15pm: Bed time, lights out

Wednesday 18th:

7:45am: Load vehicles

8:00am: Leave the houses for the hill

9:00am: Load lifts

9:00am: SL Training (maybe there will be room for GS)

We will stop at a grocery store on our way back to the houses so anyone who wants to can buy food and supplies.

When we return to the houses: Short cool down exercise with Jeremy and Emily

Team meeting (time TBD)

Tune/wax/scrape

5:50pm: Will and one other coach go to the team captains meeting in Bend

Dinner at the house

After dinner: tuning/homework time

8:00pm: Coach/Athlete meeting

9:30pm: Get ready for bed

10:00pm: Lights out

Thursday 19th:

7:00am: Pack vehicles.

7:15am: Depart houses for the hill

7:30-8:30: Breakfast for those who signed up

9:00am: Load the lift

Depart from the hill after the training runs are complete.

When we return to the houses: Short cool down exercise with Jeremy and Emily

Team meeting (time TBD)

Tune/wax/scrape

5:00pm: Will and one other coach go to the team captains meeting in Bend

Dinner at the house

After dinner: tuning/homework time

8:00pm: Coach/Athlete meeting

9:30pm: Get ready for bed

10:00pm: Lights out

Friday 20th:

7:00am: Pack vehicles.

7:15am: Depart houses for the hill

7:30-8:30: Breakfast for those who signed up

9:00am: Load the lift

Depart from the hill after the race is complete.

When we return to the houses: Short cool down exercise with Jeremy and Emily

Team meeting (time TBD)
Tune/wax/scrape
5:00pm: Will and one other coach go to the team captains meeting in Bend
Dinner at the house
After dinner: tuning/homework time
8:00pm: Coach/Athlete meeting
9:30pm: Get ready for bed
10:00pm: Lights out

Saturday 21st:

7:00am: Pack vehicles.
7:15am: Depart houses for the hill
7:30-8:30: Breakfast for those who signed up
9:00am: Load the lift
Depart from the hill after the races are complete.
When we return to the houses: Short cool down exercise with Jeremy and Emily
Team meeting (time TBD)
Tune/wax/scrape
5:00pm: Will and one other coach go to the team captains meeting in Bend
5:15pm: Depart house for Banquet
After Banquet: tuning/homework time
Coach/Athlete meeting right after we return from the banquet
9:30pm: Get ready for bed
10:00pm: Lights out

Sunday 22nd:

6:45am: Pack vehicles.
7:15am: Depart houses for the hill
7:30-8:30: Breakfast for those who signed up
9:00am: Load the lift
Depart from the hill after races are complete.
Head for home!