



Saturday Oct 24th, 2026

ELITEAM



ELITEAM Dryland Clinic RETURNS to Pats Peak!

For young ski racers, ages 7-17, ready to DIG DEEP! The day will be filled with a variety of ski specific workouts, sports nutrition training, and lots of fun with 2-time Olympian and ELITEAM Director Doug Lewis.

ELITEAM is coming back to the Pats Peak Ski Club for another fun and informative dryland ski clinic that will energize your young ski racers to push their limits!

This *ELITEAM* clinic will focus on ski specific exercises that will give our young racers the tools to perform better from start to finish. Olympian Doug Lewis will also lead a Mental Skills Workshop and the athletes will fill out their own Mental Skills playbook for use all Winter.

New this year will be a SANDPIT SLALOM dual course! Going to be great action in the dunes!

Don't miss this special event! Go to the Link above and/or contact Stacy Vachon for information. Hope to see you there!

Dates: Sat Oct 24, 2026

Ages: 8-17 years-olds

All Clubs Welcome!

Location: Pats Peak Ski Area

Info & Sign-up:

<https://www.skireg.com/dryland-training-camp-ppst>

Schedule:

8:30-9 Registration

9:00 Welcome speech

Warm-up, Circuits, Strength
& Obstacle Courses

11:30 Lunch (Bring your Own)

12:00 Agility, Team Challenges

1:30 Sandpit Slalom Racing!

3:00 End Program

