

Colby Alpine: Dryland Camp 2026!

Prepare to Crush!

Join Colby Alpine for an enriching and energetic dryland conditioning camp.

Pillars of Success!

Learn what matters and why:

- Agility
- Balance
- Cardio
- Core
- Power

Featuring:

Classroom Session: Technique + Tactics

Q&A: Athletes and Parents at 3p

Learn from the Best!

Colby Alpine will take you through the stations and a classroom session.

Come see our Facilities!

Use the same facilities Colby Alpine uses to prepare for the season including the HAARC and our amazing field complex.

Open to U8 – U18!

Sign Up Now!

Questions?

epharlow@colby.edu

(put Dryland 2026 in title!)

Make a Connection!

Get to know Colby Alpine on a personal level as they motivate you to push hard!

Schedule:

9:30	Registration Opens
10-10:20	Welcome
10:30-11	Station 1
11:10-11:40	Station 2
11:50-12:20	Lunch
12:30-1	Classroom Session
1-1:30	Station 3
1:40-2:10	Station 4
2:20-2:50	Station 5
3:00	Q&A: Parents too!

Sunday, November 8th: 10a – 3p at Colby College