



MRST SL CAMP ANNOUNCEMENT

Dates: July 22nd – 25th, 2025

(Arrive afternoon of the 21st, depart 25th following training)

Location: Timberline, Mt. Hood OR.

Camp Summary: 4-day SL progression with an emphasis on fundamental skills/drill work that will incorporate varied SL courses and constraints.

Estimated Cost: \$1600

Includes: Lodging, meals, transportation, on-hill expenses (tickets, salt), and coaching expenses.

Eligibility: Athletes U14 and older.

Registration: [Camps](#)

Timberline Waiver: <https://tinyurl.com/3myvuebm>

Packing List: SL Equipment, gym clothes including laced athletic shoes, hiking shoes/boots, journal, water bottle, sunscreen, daypack for on-hill, goggles (dark, medium, clear lenses), raincoat/poncho, 2+ pairs of gloves)

Itinerary:

21st – Arrive in Government Camp by 5pm

22nd – SL Training AM, Video Review, Dryland Activity PM

23rd - SL Training AM, Video Review, Dryland Activity PM

24th - SL Training AM, Video Review, Dryland Activity PM

25th - SL Training AM, Depart from Government Camp around noon.

Questions: contact Roger Taggart roger@mrst.us or Carson Ruud carson@mrst.us
[Camps \(mrst.us\)](#)