

Weekly Training Schedule April 12-18

		J3		J1/J2/Mids		
Day	Time		Event	Notes	Event	Notes
Mon	AM		Champs			
12	PM					
Tue	AM		Off		Off	
13	PM	1:30 4:00	SG		1:30 4:00	SG
Wed	AM					
14	PM	1:30 5:00	SG		1:30 5:00	SG
Thu	AM					
15	PM	1:30 4:00	DH		1:30 4:00	DH
Fri	AM					
16	PM	1:30 4:00	SG		1:30 4:00	SG
Sat	AM	8:00 10:30			8:00 10:30	
17	PM	11:30 1:30	SG		11:30 1:30	SG
Sun	AM	8:00 10:30			8:00 10:30	
18	PM	11:30 1:30	SG		11:30 1:30	SG

Coaches Comments

Schedule may change so always check the white board.

Make sure all skis are race ready before we leave for Champs. We need to be hot scraping and waxing every day.

Weekly Training Schedule April 12-18

J4/J5

Day	Time		Event	Notes
Mon	AM		OFF	
12	PM			
Tue	AM			
13	PM	OFF		
Wed	AM			
14	PM	1:30 4:00	TBD	SPRING CHALLENGE
Thu	AM			
15	PM	1:30 4:00	TBD	SPRING CHALLENGE
Fri	AM			
16	PM	1:30 4:00	TBD	SPRING CHALLENGE
Sat	AM	8:00 10:30	TBD	SPRING CHALLENGE
17	PM	11:30 1:30	TBD	SPRING CHALLENGE
Sun	AM	8:00 10:30	TBD	SPRING CHALLENGE
18	PM	11:30 1:30	TBD	SPRING CHALLENGE

Coaches Comments

Remember helmets are required, bring water and a packed lunch for the weekends. On days that training goes until 5:00, be prepared for dryland and have the appropriate work-out clothing.