

## Schedule for 2019 season:

<b>January 5th</b> A.M. Group skiing & drills P.M. Group skiing & drills	<b>February 2nd</b> *Fun day. Coaches will take kids on whichever adventure they choose, all mountain, jumps, gates...
<b>Jan. 12th</b> A.M. Group skiing & drills P.M. Intro. To Giant Slalom (sectionals with helper gates)	<b>Feb. 9th</b> <b>A.M. Gate skiing. Giant slalom (timed)</b> <b>P.M. All mountain skiing/drills, option to train slalom</b>
<b>Jan. 19th</b> A.M. Gate skiing, Giant Slalom (full length with helper gates) P.M. All mountain skiing with drills	<b>Feb. 16th</b> A.M. Gate skiing, Giant Slalom (timed) P.M. All mountain skiing/drills, option to train slalom
<b>Jan 26th</b> A.M. Gate skiing, Giant Slalom (full length, timed) P.M. All mountain skiing with drills *Potluck dinner and video analysis at Shoshone Lodge	<b>Feb. 23rd</b> End of season race, timed Giant Slalom *Pot luck dinner & awards ceremony following race at Sleeping Giant Lodge

The following is the schedule for every Saturday:

- 10:00 a.m. All athletes will meet at the chapel (west side of lodge). Kids should be ready to ski with all equipment, & lift ticket, **helmets a must.**
- 10:00 a.m.—12:00 p.m. Morning training session
- 12:00 p.m.—1:00 p.m. Lunch (parents please prepare a lunch or provide your child with money to buy lunch at the lodge)
- 1:00 p.m.—3:00 p.m. Afternoon training session, again all athletes meet their group at the chapel on the west side of the lodge

\*\*Lifts open at 9:30 am and close at 4:00 pm. Lunch times might change slightly for some groups depending on how busy the lodge is. Also, the gate training and all mountain skiing may flip flop depending on how much snow the ski area receives. We'll hope for many powder skiing days in the morning!