

DEC.-J4 TRAINING PLAN

	FRI	SAT	SUN	MON
WEEK 1		17 AM MTING W/ALL & SKI PM SKIING & EVALUATIONS	18 AM SKIING EVALUATIONS PM SKIING & EVALUATION	
WEEK 2		24 AM SI SKI & DRILLS PM SL SKI & DRILLS	25 CHRISTMAS DAY ???	RACE CAMP 12/27-12/30
WEEK 3	RACE CAMP 12/27-12/30	31 AM SL SKING PM SL DRILLS	1 AM SL SKI & DRILLS PM SL GATES	
WEEK 4				
WEEK 5				

NOTES: SCHEDULE SUBJECT TO CHANGE DEPEND-
ING ON CONDITIONS, HILL SPACE ETC.

JAN.-J4 TRAINING PLAN

	FRI	SAT	SUN	MON
WEEK 1		7 HOVEY@WF AM-GS S&D PM-GS GATES	8 AM-GS SKI & DRILLS PM- GS GATES	
WEEK 2		14 J4 GS @ BELLEAYRE	15 AM-SL SKI & DRILLS PM-SL GATES	
WEEK 3		21 AM-SL SKI & DRILLS PM-SL GATES	22 TALL POLE SL @ HUNTER MT.	
WEEK 4		28 SG CAMP @ GORE AM-GS S&D PM-GS GATES	29 SG CAMP @ GORE AM- GS S&D PM- GATES	NOTE: DOT NE- BEL CLOSED SUN. FOR J3 RACE.
WEEK 5				

NOTES: SCHEDULE SUBJECT TO CHANGE DEPENDING ON CONDITIONS, HILL SPACE ETC.

FEB.-J4 TRAINING PLAN

	FRI	SAT	SUN	MON
WEEK 1		4 AM- GS TOP OF DOT 8:30- 10:00 AM PM- GS SKI & DRILLS	5 GS@ WIND- HAM MT.	
WEEK 2		11 AM- GS SKI & DRILLS PM- GS GATES	12 STUBBY SL SKI & DRILLS PM- STUBBY SL GATES	
WEEK 3		18 DOT CLOSED-ASRA AM & PM STUBBY SL GATES/ DRILLS	19 SUBBY SL HOLIDAY MT.	
WEEK 4		25 AM- SL SKI & DRILLS PM- SL GATES	26 AM- GS SKI & DRILLS PM- GS GATES	
WEEK 5				

NOTES: SCHEDULE SUBJECT TO CHANGE DEPENDING ON CONDITIONS, HILL SPACE ETC.

MAR.-J4 TRAINING PLAN

	FRI	SAT	SUN	MON
WEEK 1		4 KANDAHAR OPEN GS/GS AM&PM - SL SKI & GATES	5 KANDAHAR OPEN GS/GS AM-GS TOP DOT PM- GS KI & GATES	SUN OPTION? RVW STATES TRAINING @ WINDHAM
WEEK 2	10 J4 STATES TRAINING DAY @ WINDHAM??	11 J4 STATES @ WINDHAM STUBBY SL?/ SL	12 J4 STATES @ WINDHAM GS/GS KANDAHAR CHAMPS	
WEEK 3		18	19	
WEEK 4		25	26	
WEEK 5				

NOTES: SCHEDULE SUBJECT TO CHANGE DEPENDING ON
CONDITIONS, HILL SPACE ETC.
COACHES SLALOM TBA: APRIL 1ST???