

Training Schedules 09-10

Date	Start tme	Age	Event	Races	Start time	Age	Event	Races	Start time	Age	Event	Races
5-Dec	8:30-3:30	J3	DFS	Fund	8:30-3:30	J4	DFS	Fund	8:30-3:30	J5/6	DFS	Fund
6-Dec	8:30-3:30	J3	DFS	Fund	8:30-3:30	J4	DFS	Fund	8:30-3:30	J5/6	DFS	Fund
12-Dec	8:30-3:30	J3	DFS	Fund/SL Prog	8:30-3:30	J4	DFS	Fund	8:30-3:30	J5/6	DFS	Fund
13-Dec	8:30-3:30	J3	DFS	Fund/SL Prog	8:30-3:30	J4	DFS	Fund	8:30-3:30	J5/6	DFS	Fund
19-Dec	8:30-3:30	J3	DFS	Fund/SL Prog	8:30-3:30	J4	DFS	Fund/SL Prog	8:30-3:30	J5/6	DFS	Fund
20-Dec	8:30-3:30	J3	SL	DC	8:30-3:30	J4	SL	DC	8:30-3:30	J5/6	DFS	Fund
21-Dec	8:30-12:30	J3	SL	Sections	8:30-12:30	J4	SL	Sections	8:30-12:30	J5/6	DFS	Fund
22-Dec	8:30-3:30	J3	SL	S to F	8:30-3:30	J4	SL	S to F	8:30-3:30	J5/6	DFS	Fund
23-Dec	8:30-3:30	J3	DFS	GS Prog	8:30-3:30	J4	DFS	GS Prog	8:30-3:30	J5/6	DFS	GS Prog
24-Dec	8:30-12:30	J3	DFS	GS Prog	8:30-12:30	J4	DFS	GS Prog	8:30-12:30	J5/6	DFS	GS Prog
25-Dec	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF
26-Dec	8:30-3:30	J3	DFS	GS Prog	8:30-3:30	J4	DFS	GS Prog	8:30-3:30	J5/6	GS	Sections
27-Dec	8:30-3:30	J3	GS	Sections	8:30-3:30	J4	GS	Sections	8:30-3:30	J5/6	GS	Sections
28-Dec	8:30-12:30	J3	GS	Sections	8:30-12:30	J4	GS	Sections	8:30-12:30	J5/6	GS	Sections
29-Dec	8:30-3:30	J3	SL	S to F	8:30-3:30	J4	SL	S to F	8:30-3:30	J5/6	DFS	SL Prog
30-Dec	8:30-3:30	J3	SL	S to F	8:30-3:30	J4	SL	S to F	8:30-3:30	J5/6	DFS	SL Prog
31-Dec	8:30-12:30	J3	SL	S to F	8:30-3:30	J4	SL	S to F	8:30-3:30	J5/6	DFS	SL Prog
1-Jan	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF
2-Jan	8:30-3:30	J3	SL	Full Length	8:30-3:30	J4	GS	Full Length	8:30-3:30	J5/6	SL	DC
3-Jan	8:30-3:30	J3	SL	Full Length	8:30-3:30	J4	GS	Full Length	8:30-3:30	J5/6	SL	Sections
8-Jan	1:30-4:00	J3	SL	Sections	1:30-4:00	J4	SL	Sections	1:30-4:00	J5	SL	Sections
9-Jan	8:30-3:30	J3	SL	Full Length	8:30-3:30	J4	GS	Full Length	8:30-3:30	J5/6	GS	S to F
10-Jan	9:30	J3	SL3	COCH	10:00	J4	GS 3	Stowe	8:30-3:30	J5/6	GS	S to F
15-Jan	1:30-4:00	J3	GS	Sections	1:30-4:00	J4	GS	Sections	1:30-4:00	J5	GS	Sections
16-Jan	8:30-3:30	J3	GS	Full Length	8:30-3:30	J4	GS	Full Length	8:30-3:30	J5/6	GS	Full Length
17-Jan	8:30-3:30	J3	GS	Full Length	8:30-3:30	J4	GS	Full Length	8:30-3:30	J5/6	GS	Full Length
18-Jan	9:30	J3	GS3	BMA	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF
22-Jan	1:30-4:00	J3	SL	Sections	1:30-4:00	J4	SL	Sections	1:30-4:00	J5	SL	Sections
23-Jan	8:30-3:30	J3	GS	Full Length	8:30-3:30	J4	SL	Full Length	8:30-3:30	J5/6	GS	Full Length
24-Jan	8:30-3:30	J3	GS	Full Length	10:00	J4	Stubbie SL	Bolton	10:00	J5/6	GS	MR

DFS= Directed Freeskiing
Fund= Fundamentals

GS= Giant Slalom
SL= Slalom

DSL= Dual Slalom
S to F= Sections to Full Length

SL3/GS3= 3 Run Event