

Development Team Training Schedule for the 2011/2012 Season

Practice:

Starting on December 10th, practice will be every Saturday and Sunday from 9am -3pm.

Communication:

Each week Head Coach Ryan Schramm will send out the weekly update. See the Dev. group update for past weekend recap and upcoming weekend plans. Please try your best to communicate with the coaches if you anticipate not being at practice.

Coaches Contact:

Linda Hammill

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Chris Hote

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Colleen Heath

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December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10 First Day of Practice! -Getting our ski legs back. *Dry land training if no snow!
11 Session 2- Getting our ski legs back, turn shape.	12	13	14	15	16	17 Session 3- Stance and Balance
18 Session 4- Edging and pressure, turn shape	19	20	21	22	23	24 Christmas Eve NO PRACTICE
25 Christmas Day NO PRACTICE	26	27	28	29	30	31 New Years Eve NO PRACTICE

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January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Years Day NO PRACTICE	2	3	4	5	6	7 Session 5- Refining technique Picture Day
8 Session 6- Intro to gates (GS)	9	10	11	12	13	14 Session 7- GS Gates, line and tactics
15 Session 8- Intro to SL gates.	16	17	18	19	20	21 Session 9- Putting it all together! GS Gates
22 Mountain Dew Vertical Challenge- free GS dual race (practice will be held in conjunction)	23	24	25	26	27	28
29	30	31				

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February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

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March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Ski-a-Thon Fundraiser and Banquet	26	27	28	29	30	31

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