

J6 Race and Training Schedule for the 2011/2012 Season

Practice:

Starting on December 3rd, practice will be every Saturday and Sunday from 9am -3pm until the end of the season.

Communication:

Each week Head Coach Ryan Schramm will send out the weekly update. See the J6 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:

Ashley Horan

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<u>Date</u>	<u>Event</u>	<u>Disc.</u>	<u>Site</u>	<u>Entry Fee</u>
January 14 th	Cote Open (Dual Panel)	Dual	Ragged	\$39
January 22 nd	Mtn. Dew Vertical Challenge (Dual panel fun race, register on day of the race), will be in conjunction with practice	SL	Ragged	FREE – Open to public
March 24 th	Chip Gilroy T-Shirt Race (Dual Panel)	Dual	Mt. Sunapee	\$39

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 First Day of Practice! *Dry land training if no snow!
4 *Dry land training if no snow!	5	6	7	8	9	10
11	12	13	14	15	16	17
18	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

*Practice is every Saturday & Sunday 9am-3pm unless otherwise indicated

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Years Day NO PRACTICE	2	3	4	5	6	7
8	9	10	11	12	13	14 Cote Open Race Starts @9:30am
15	16	17	18	19	20	21
22 Mountain Dew Vertical Challenge (practice will be held in conjunction)	23	24	25	26	27	28
29	30	31				

*Practice is every Saturday & Sunday 9am-3pm unless otherwise indicated

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 T-Shirt Race at Mt. Sunapee Starts @9:30am
25	26	27	28	29	30	31

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