



February 2009

Training & Competition Team

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|--------------------------------------|-------------------------------|---|--|---|
| 1 Train @ Meadows 9:15-3pm | 2 | 3 | 4 GS @ Meadows 4-7pm | 5 SL @ Skibowl East Multorpor 5-7pm | 6 4 Way XC & Ski Jumping 9am Skibowl East Multorpor | 7 4 Way GS Race On Reynolds Run Skibowl West 8:00am |
| 8 4 Way SL Race @ Skibowl East Multorpor Cascade run 8:00am | 9 | 10 | 11 GS @ Meadows 4-7pm | 12 | 13 | 14 Train SL @ Meadows 9:15-3pm |
| 15 Terrain training & Drills @ Meadows 9:15-3pm | 16 | 17 GS Training @ Meadows 1-4pm | 18 SL @ Meadows 4-7pm | 19 | 20 | 21 Meadows Challenge Race GS 8:00am |
| 22 Meadows Challenge Race SL 8:00am | 23 | 24 | 25 GS @ Meadows 4-7pm | 26 | 27 | 28 Train @ Meadows |
| 1 Train @ Meadows | | | | | | |

****All training subject to change. IF Cooper Spur reopens we will move some Saturdays to CS for SL Training.