

# 2009-2010 MT LA CROSSE SKI TEAM HANDBOOK



## Mission Statement

The mission of the Mt. La Crosse Ski Team is to develop good athletes while promoting sportsmanship and competition in a fun, positive environment through the sport of ski racing. We want to create better skiers and instill a lifelong love for the sport.

### Goals:

- \*To provide progressive training for all levels of skiers and ski racers.
- \*To create good athletes.
- \*To develop good sportsmanship and promote team unity.
- \*To provide open and continuous communication to the athletes, parents, coaches and board.
- \*To provide each athlete with the opportunity to achieve the goals they set forth for themselves.
- \*To provide the opportunity for all to participate in the sport.



## Mt. La Crosse Ski Team Parent Board and Coaching Staff

Board of Directors  
Tim Johnson  
Fritz Leinfelder  
Ed Overholt  
Michael Pugsley

Team Dir/Head Coach	Marci Kuhrt
Coach	Derek Iverson
Coach	Kate Hoskings
Coach	Steve Mikkelson

### Team Contact Information:

Email: [info@mtlacrosseskiteam.com](mailto:info@mtlacrosseskiteam.com)

[marci@mtlacrosseskiteam.com](mailto:marci@mtlacrosseskiteam.com)

Phone: 608-498-5844

Website: [www.mtlacrosseskiteam.com](http://www.mtlacrosseskiteam.com)

### Mt. La Crosse Ski and Snowboard Contact Information:

Mt. La Crosse Ski and Snowboard  
P.O. Box 9  
La Crosse, WI 54602

Email: [info@mtlacrosse.com](mailto:info@mtlacrosse.com)

Phone: 608-788-0044

Website: [www.mtlacrosse.com](http://www.mtlacrosse.com)

## Coaches Bio's

**Marci Kuhrt** is a 2001 Onalaska High School graduate and former Mt. La Crosse athlete. She received a degree in kinesiology with a minor in nutrition from the U of Minnesota. She completed her masters in Sports Administration from UW-L in May of 2008. She raced on the U of MN Ski Team and in FIS throughout college. She worked with Team Gilboa for five years as junior race and J456 coach and spent one year as Office Administrator and J3/J456 Coach. This is her fourth year with the team and her second as the Head Coach for the Mt. La Crosse Ski Team. She is also the Director of Recreation Sports at Viterbo University.

**Kate Hoskings** grew up in Iron Mountain, MI. She has competed on the collegiate level (NCAA & USCSA), Nor-am, US Nationals, FIS (Mid-Ams), Junior Olympic and USSA levels. Kate coached and raced for Great Lakes Ski Academy, in Marquette MI. She spent two years out west as an assistant J3 coach for Team Summit, in Frisco CO. Kate is currently in her 2nd year in the Doctorate of Physical Therapy Program at UW-L. This is her first season with the team. We look forward to having her on the hill with us!

**Derek Iverson** is a 2001 Onalaska High School graduate and former Mt. La Crosse athlete. He spent a year at Stratton Mountain Academy while in high school, and after graduation, went to Colorado to continue racing. He is a former high school skiing state champion and high school national champion, as well as a top Midwestern FIS athlete with Nor-Am experience. He has participated in seven JO's, US Nationals, Canadian Nationals, and even the Whistler Cup (Junior Worlds) as a J3 athlete. Derek is currently attending UWL working on a degree in Communications with an emphasis in Public Relations. He brings a lot of knowledge and high level competitive experience to the team.

**Steve Mikkelson** has been a part of the Mt. La Crosse Ski Team for many years. In addition to coaching, he has been a parent. Steve has a daughter who was a member of the club and has coached on and off since the mid-1980s. He has coached several Junior Olympic champions and NCAA Division I All-Americans. Steve is a great asset to the team and has a wealth of knowledge to share with the athletes. We are glad to have him working with us. Steve is also a member of the Mt. La Crosse Ski Patrol.

# Coaches Responsibility

## Coaches Code of Conduct

1. Respect all other coaches, athletes, officials, and parents. Be courteous and well mannered.
2. Understand and give particular consideration to athletes and their parents when issues related to age, gender, and physical conditions arise.
3. Work with athletes and parents to ensure that schoolwork does not suffer because of the racing or training schedule.
4. Provide safe, fun, and challenging environment for learning on the ski hill. All athletes deserve fair and equitable treatment.

## Athlete Injury Procedure

1. Coach sees or is notified that an athlete is injured.
2. Action should be taken immediately to deal with the situation. Find out details and what is needed. Who is hurt? What is wrong? Is help necessary? Is it serious? Get help!
3. Secure or stop training in progress.
4. Avoid providing medical assistance unless an absolute emergency exists. Allow a paramedic, medical professional, or ski patrol to diagnose and treat.
5. Do not move the athlete unless absolutely necessary as they are in danger where they are located.
6. Athletes who complain of having problems or being sick need to go to the hospital.
7. If an athlete is injured, they should be monitored until treatment is obtained.
8. A parent should be contacted as quickly as possible and should be informed of the problem and decide with the coach the appropriate course of action. Get any special medical information from the parent.
9. Medical release should be brought to the hospital.
10. All injuries requiring medical attention need to be reported to the Mt. La Crosse Ski Patrol.

# Coaches Responsibility with Regards to Athlete Behavior

If under any circumstances an athlete is suspected or guilty of destruction any facility related to Mt. La Crosse, the following steps need to be followed:

1. Immediate notification to the athlete or individual that they are in violation of our program guidelines.
2. Notification of problem to Team Director or Head Coach.
3. Notification of parents.
4. Director/Coach/Parent/Individual involved in resolution of problem and appropriate consequential action.

## Training Day Protocol

1. Coaches need to monitor all training from different points on the hill. All training must be supervised.
2. All fixed objects, which create a safety hazard for athletes, should be fenced.
3. All training courses should be set up by the start time of scheduled training.
4. Coaches should have season pass with them while skiing at Mt. La Crosse.
5. All courses and ruts must be slipped at the conclusion of training.
6. All equipment must be removed from the hill and put away in the Competition Center.

## Race Day Protocol

1. Be at the race site early to set and monitor warm up training courses.
2. Assist in setting race courses.
3. Volunteer if needed to be a jury official (i.e. referee).
4. Help athletes get ready to race. Be visible and helpful to racers and parents.
5. Assist athletes in course inspection before each race run.
6. Work at start, finish, or middle as decided together by staff.
7. Help with course and equipment tear down at completion of the race. Help to pack the region or division equipment trailer.

# Athlete Responsibility

## Athletes Code of Conduct

1. Athletes need to be on time and ready to start training and racing at the posted times.
2. No derogatory comments, foul language or physical violence will be made towards coaches, other athletes or parents. Athletes will be warned once and the second time maybe be asked to leave the training or racing site.
3. When in public, conduct yourself as an ambassador to Mt. La Crosse Ski Team.
4. All training, racing and lodging areas must be kept clean.
5. No video games during training or racing...period.
6. Athletes need to attend all applicable awards ceremonies

## Other Guidelines

1. Take care of the Mt. La Crosse chalet by picking up trash, ask before using team equipment, put away anything that is taken out, and keep personal items together in one area.
2. Maintain your ski equipment.
3. Take care of all team equipment and treat it like your own.
4. Notify a coach if you are first to see an accident or possible injury.
5. Ask a question of your coaches when something is not understood.

## Training Day Protocol

1. Come to practice on time and leave when practice ends. Notify a coach at the start of practice if there is a need to come late or leave early.
2. Attend team meetings at the start of practice to learn the plan for the day and to get announcements.
3. Assist coaches in course set up and tear down. Always slip the ruts when training is over.
4. Dress appropriately for training. Bring all training gear and GS suit.
5. Be ready to ski at the start of practice (gear on and warmed up).

6. Be courteous to other skiers and workers at the hill.
7. Leave skis and poles out of the way when inside.
8. Wait your turn in lift lines.

## Race Day Protocol

1. All athletes are responsible for arriving at the race site early to have proper time to prepare. Warm up courses are ready at 7:00 or 7:30.
2. Athletes must have skis tuned and ready to race.
3. Athletes are responsible for doing a warm up that is appropriate for the event. This includes a pre-race / start routine.
4. Represent Mt. La Crosse Ski Team in a positive way. Be courteous to all other parties at the race and ski area.
5. Warm up in training courses should be done in race apparel if possible.
6. Inspect the race courses with a coach.
7. Offer help to teammates at the race. Carry clothes, cheer at the start or finish. This builds team spirit and makes ski racing more fun!



# Parent Responsibility

## Guidelines

1. Respect all other parents, coaches, officials, and athletes.
2. Address a concern with a coach as soon as a question or problem arises.
3. Support your child in his/her interest to become a better ski racer.
4. Provide safe and timely transportation to and from practices and races.
5. Cover child with adequate health insurance.
6. Provide for the possibility of immediate medical treatment at either a practice or race.
7. Monitor your child's energy level.
8. Meet all financial obligations associated with ski racing.
9. Get involved with working at the races. If interested and able, see the race office on race day. It's fun and a great way to meet other parents and racers.

## Observations and Tips

Help your athlete experience the positive benefits of ski racing – sportsmanship, teamwork, building self-confidence and a hard work ethic, and ski skill development. There are no simple or magical methods of doing this. As with raising your child, there are no rights or wrongs. No one is an expert or should expect to be. You know your child the best, so use the following tips to help make their experience a positive and special one.

1. Unconditional love is necessary for healthy growth and development.
2. Providing positive sport experiences for your child is one of your primary responsibilities.
3. Encouragement is more motivating than discouragement.
4. Your child will eventually be able to think for themselves and to know right from wrong, but in the meantime discipline is crucial.
5. Role modeling, provided by your own participation and encouragement, is usually the greatest source of learning.
6. Disappointments never killed anyone, but they make successes feel great.

7. Empathy builds strength, sympathy breeds weakness.
8. Confidence grows faster from remembering successes than failures.
9. Even the toughest athletes cry and sometimes feel like quitting.
10. Happy athletes ski better than unhappy athletes.
11. Winning isn't everything, and isn't the only thing. Winning should be enjoyed and appreciated when it occurs, but your child must realize that losing is also a part of sports.
12. Athletes will always have more failures than successes during their skiing career unless they race opponents who are not as good as themselves.

## Race Day

1. Transport your child to the race site in time for proper race preparation including warm up and course inspection. Training courses are up by 7:00 or 7:30 a.m. depending on race start time.
2. If interested in working, report to the race office. Volunteers are much needed and appreciated!
3. Check posted run orders to know when your child is racing.
4. Support your child and let them do what they have been practicing and preparing for.
5. Cheering is always a good thing!



## Race Day Preparation for Parents

The race day begins for the race volunteers and organizers before the sun goes down the night before the race. Coaches and volunteers set up fences, timing, make the start list, and prepare a million other details. Pre-race preparation includes the racers. Ski equipment is tuned, clothing and equipment is organized, and mental preparation is practiced. Parents also need to pack their bags, make lunch, gas up the car, plan for breakfast, set your alarm for some terrible hour of the morning, etc. It is very important that you, as a parent, prepare just like the racer, coach or organizers.

Here are a few things to do the night before: Find all of your ski clothes in order to dress for the weather. If you are working the race, don't forget to find warm boots; you'll be standing for extended periods of time. If you are not working, stay and watch. Kids love to have the support of a watchful parent. Dinner is very important all the time, but more important the night before. Nothing abnormal or heavy, pasta is always a good option. Just be sure to make it healthy.

Race day morning: If you have a J1 or J2 racer, let them get themselves ready. They are old enough to make their own breakfast and pack their own bags. If you have a younger racer, they may need a little help with breakfast, but they should not need help packing their ski bag. They need to know what's in their own bag and what they brought. Your child's race mornings are fairly full. They have to get up, do a warm-up of some sort for 20 - 25 minutes (they know what it is), stretch, eat, get dressed, make a lunch, and continue to get mentally prepared. This process may take up to an hour or more. Leave early, the racers have to be to the hill in enough time to get ready in a leisurely fashion. They have enough stresses to deal with and being late to the race hill should not be one of them.

Race day on the hill: Once on the hill, sit back, relax and enjoy the day. Let the kids do what they need to

do. This includes an on hill warm-up, stretching, training (usually starting at 7:00 or 7:30 a.m.), inspection, and racing. It is a very full day; every minute is used up one way or another. Parents, even though not intentionally, sometimes create more pressure and stress for kids. Be sure to give them enough space to do what they have been training for. Always be a positive support for your kids, no matter what the outcome of the day is. Let the coaches give the CONSTRUCTIVE criticism. You pay us to coach your kids on how to ski race, but if you are always providing them with their feedback, then you are wasting your money on us. Let the coaches do their job. Unless you are working the start, please stay away. The start area is usually not very big and there is always lot of people. The fewer bodies, the easier the kids can maneuver to the start ramp and the less confusion there is.

Race day can be a stressful thing for you and your racer, or it can be a great family activity. Please try to stay positive and support your kids. If they don't have fun, none of us will.

## Race Officials Clinic

It is impossible to run races without a great number of parents and friends helping at each event. We ask that parents volunteer to help at any races they can. You cannot overestimate the value of parent participation. We need your help to host quality races for our children.

If you are new to ski racing and are interested in learning more about what parents do on a race day, and how you can become a more effective race day parent, please join us at the Officials Clinic. Don't worry; there are both indoor and outdoor duties at every race. All of the various jobs are easy to learn and you will get plenty of help.

There will be a USSA Regional Alpine Officials Clinic October 31 and November 1, 2009 at the Buck Hill. Mt La Crosse Ski Team will be hosting its own Competition Officials Clinic on Tuesday, November 3, 2009, 5:00pm at Mt La Crosse. For more information call Marci at 608-498-5844.

# USSA: United States Ski Association

## What is USSA?

USSA (United States Ski and Snowboard Association) is the national governing body for Olympic skiing and snowboarding. Its programs offer race competition in a standardized form that are held at various ski areas both statewide and nationally. Being a member of USSA allows young racers to participate in racing at a more competitive level than experienced by local resort-run races such as NASTAR.

When your child has acquired some racing experience here at Mt. La Crosse and is ready to make a larger commitment to racing, he or she may be ready to start a traveling program. WIJARA is a good way to start, but if your child wants to become more competitive, USSA is the route to go. In order to participate in our USSA traveling program, a USSA license must be acquired and it can be done directly through USSA.

## Racer Classification

Racers in Central Division, Region One, are divided into two groups: J4 / J5 / J6 and J3 / J2 / J1. Classification ages are based on the racer's age as of December 31 of the current season.

2009-2010 Season Classification:

- Class J1 - Born in 1990, 1991, 1992 (17-19)
- Class J2 - Born in 1993 or 1994 (15/16)
- Class J3 - Born in 1995 or 1996 (13/14)
- Class J4 - Born in 1997 or 1998 (11/12)
- Class J5 - Born in 1999 or 2000 (9/10)
- Class J6- Born in 2001 or later (8 and under)

## What is the USSA Traveling Team?

The Mt. La Crosse Ski Team (MLST) USSA Traveling Team is composed, generally, of more experienced and/or older junior racers. Members belong to Region I. USSA racing is a great option for any racing enthusiast who has seen success in some other entry-level racing program, such as WIJARA.

A MLST USSA racer must have the following active memberships:

- \*USSA national license
- \*Region I membership
- \*MLST traveling team membership

USSA races are weekend long, and racers compete within their age classes (look at USSA). There are also some special races beyond the basic series, which involve special registration and on occasion, are invitation-only events. Racers may make arrangements with the MLST staff to have coaching at any such races beyond their regular schedule.



# RACING CHECKLIST:

1. Sign up with the Mt. La Crosse Ski Team

- Team Registration
- Health Information
- Ski Team Release of Liability

2. Register and become a member of USSA

To register you can go to the [www.ussa.org](http://www.ussa.org). Please print off, fill out, and mail in the registration and release forms to Park City, Utah. New to this season, an **online registration** may also be completed.

When you register with USSA you:

- Receive a USSA membership
- Receive a membership card
- Have the ability to participate in USSA sanctioned races
- J123's receive points or pay for their points from the past season

3. Become a member of Region One

**Registration is now done online!** Please visit [www.skifast.com](http://www.skifast.com) for the registration form. If you have any questions or problems please contact Marci or Elaine Kolkmann with the Region 1 office.

When you register you:

- Automatically are registered for the Region One USSA races
- Gain access to the Members page on the Region One website
- Receive a bib to use for the entire season
- Remember to bring your bib with you to use at all USSA races

\*\*Other Region One memberships include the "Try It" program. If you have questions or want to learn more about these programs please contact either Marci or Elaine Kolkmann with the Region 1 office.

4. Purchase Mt. La Crosse Season Pass

5. Make hotel reservations for out of town races

- Hotel blocks will be established for races the team is scheduled to attend

6. Separate race registrations for races outside Region One schedule

- There are races that require separate registration and are not part of the Region One schedule



## Rules of Racing

In alpine ski racing there are rules pertaining to how the athletes make it down a course. The course is made up of a pattern of gates. A gate is made up of a 2 poles of the same color, blue or red. For an athlete to make it through a gate, the ski tips and boots must pass over the plane made by the 2 poles. The gates alternate red and blue.

There are four different events in alpine ski racing: slalom, giant slalom (GS), super giant slalom (Super G), and downhill. In the Midwest we race slalom and GS. In slalom, the smallest radius turns, you will see vertical combinations called hairpins and flushes. In GS, panels are on the gates, the turn radius is greater and the speeds are faster. We encourage our athletes to learn the elements of Super G and DH and some travel to the West or East to experience these races.

There are several officials that govern each ski race from the gate keepers to the Technical Delegate (TD). There is a jury made up of the Chief of Race, TD, and Referee. If you want to learn more about the rules or the official positions, please come to an officials training or refer to the USSA Competition Guide.

## An Explanation of Points

**Warning: attempting to understand POINTS can be dangerous to your mental health!!**

### What are Points?

Each USSA J123 athlete starts with 990 and aims to lower them to zero. Points allow each racer's performance to be recorded and ranked nationally. It allows racers to compare their results with other racers all across the country. J456 athletes do not have points and their races are not scored by USSA.

### Why Points?

-To seed: a racer's position in a race is determined by his points. The lower the points, the sooner the racer will start in the running order.

-To rank: a racer can keep track of progress in racing by comparing points.

-To qualify: a racer qualifies for advancement, entry into certain races, and positions on special teams based on point results.

### How does a racer get Points?

Every racer will start with 990.00 USSA points. The object is to lower the number of points. Every racer gets a point result based on how close in time the racer finishes behind the winner. Once an athlete races, the result from the first race is averaged with 990.00. From then on, a racer's points will be the average of the two best results in each discipline. Within a given season, a racer's points only go down. They never go up during the season. If the result from a race is higher than the existing points, it is simply not used. It is always the average of each racer's two best results.

### Old to new race season

-Double and Single Penalty: At the end of a race season, if a racer has not improved the points with which they began the season, a double or single penalty is added to the racer's points. This depends on the reason for not improving. (i.e. injury would result in only a single penalty.)

-Zeroing: Each November, a certain number is added to the points. This varies with each discipline and sex. The reason for the addition is that the points of the nation's best racers have become so low that they could possibly drop below zero. To avoid this, an amount is added to everybody's points.

### Fall Points

A racer who has raced the previous season begins the new season with the points he had at the end of the last season plus any penalty (zeroing or otherwise). These points are called FALL POINTS.

When an athlete races the first race of the new season, the result is compared to the Fall points. If the result is better, then it is averaged with the Fall points. If it is not better, the Fall points remain the racer's points. Throughout that season, the Fall Points are used in choosing the two best results for averaging purposes.

### What is a result?

A racer's score, or result, for a race is the sum of their RACE POINTS and the PENALTY for that race.

Race Points: Race points are a numeric statement of the relation of the racer's time to the winning time. Race points are listed in the last column on the

Official Result sheet. The formula for calculating race points is in your USSA Alpine Competition Guide.

Penalty: The Penalty for a race is the handicap for that race. It is calculated using the top ten finishers' seed points. The penalty is printed in parenthesis along with the Race Code, just above the bottom line of each page of the Official Result sheet. The formula and process for calculating the Penalty can be found in the Alpine Competition Guide.

## National Points

The J123 races are National level races. Therefore, every participant earns National Points. A racer skiing in a National Point race for the first time has national points of 990.00. The J 4.5.6 races are not National Point races and therefore, are not scored.

## FIS Points

The Mid-America races are FIS (International Federation of Skiing) races held in the Central Division. Participants in these races are over 15 years old and earn FIS points.

A first time FIS racer will have 990.00 FIS points regardless of their national points. Their first FIS result is averaged with 990.00. Once they have a second FIS result, their FIS points will be calculated by averaging their two best FIS results. If a racer's FIS points are lower than their national points, their FIS points become their national points as well. The racer always gets the benefit of the best result.

## Updating

The official process of calculating a racer's average two best results is called updating.

Updating schedules vary for each level of points. The updated National and FIS points are published on lists that are mailed to those who subscribe.

FIS: The FIS points are updated 6 times per year with the first list valid on July 1 of each year. FIS points are "zeroed" with each update. The calendar for the closing dates (date by which the results from any races to be used in the update have to be received in Europe) and valid dates for FIS lists are printed in the USSA Alpine Competition Guide.

National: The national, or USSA, points are updated 5 times per year, with the first list valid on November

15 of each year. The next three lists are printed once a month during the ski season. The last list is in May. National points are "zeroed" only on the November List. The schedule for closing and valid dates is in the Alpine Competition Guide. The points listed on the National list are in effect until the next list is issued. This means that seeding of racers, and penalty calculations, use current points from the most recently released points list.

## Qualifying

A racer qualifies for certain races and teams partially based on their points. Sometimes, however, it is the two best results from specific races that qualify a racer for an event. Results in slalom and GS are both considered.

-Age Class Championships: In the 2002-03 season, all J3's and J4's in Region I are qualified to compete in Age Class Championships in Marquette, MI. See the calendar for specific dates.

-Mid-America Series: The "automatic" quota is filled from the points earned during the previous season's Mid-Am races only. The regional and host quotas are filled from national points earned during regular season J 123 races. See the Region One Manual for details.

-Divisional Championships: The divisional quota is filled by racers chosen on their point earnings from Mid-Am races only. Racers who fill the regional quota are chosen by their point results from regular season races only.

## Junior Olympic Teams

-J4 Team: Team members are chosen based on results at the races held at the Age Class Championships. See the Alpine Competition Guide for details.

-J3 Team: Team members are chosen based on results at the races held at the Age Class Championships. See the Alpine Competition Guide for details.

-J1 & J2 Teams: Team selections are made based on points earned at the Mid-Ams and at the Divisional Championships.

## Race Code

Each race has a Race Code comprised of two letters and three numbers. The FIS race codes all begin with the letter F. The National race codes all begin with the letter N. The second letter refers to which week in the season the race was held.

The Regional race codes begin with the first letter of the ski area in which they were held. The second letter is either M or F, for "male" or "female". The first two numbers indicate the discipline: 11 for slalom, 22 for GS. The last number is for which week in the season the race was held. Thus, race code "SM111" would mean a men's slalom held at Spirit Mountain the first week of the season. This is useful if looking up race results on the web.

## Keeping Track of your Racer's Points

Since a racer's points are an average of two individual results, it is important to keep a record of BOTH of the best results and the Race Code of the race in which that result was earned. The two best results will change from race to race, depending on the performance of the racer.

Following a racer's points can be VERY complicated. For most parents, it is sufficient to keep track of updated points lists to see how their racer has progressed. It is certainly not necessary to calculate your racer's results from every race since this is done anyway by Region I and USSA.

Web Sites for tracking points:

[www.ussa.org](http://www.ussa.org) USSA site  
[www.fis-ski.ch](http://www.fis-ski.ch) FIS website



## **J123 GOALS SHEET**

Dream Goal:

Long-term Goal (next 3 years):

Goals for the season-  
Mid-Season Goal:

Process goals (how to achieve mid-season goal):  
\*list at least 3

Potential obstacles:

How to overcome the obstacles:

End of the season Goal:

Process Goals (how to get from mid-season to the end):  
\*list at least three

Potential obstacles:

How to overcome the obstacles:

## **J456 GOAL SHEET**

Dream Goal:

Long term goal:

Mid-season Goal:

Steps to take to achieve this goal:

Possible obstacles:

Ways to overcome the obstacles:

End of the season Goal:

Steps to take to achieve this goal:

Possible obstacles:

Ways to overcome the obstacles:

# November 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Dryland 4 – 5:30	2	4	5 Dryland 4 – 5:30	6	7 AO Clinic Buck Hill
8 AO Clinic Buck Hill	9 Dryland 4 – 5:30	10	11	12 Dryland 4 – 5:30	13	14
15	16 Dryland 4 – 5:30	17	18	19 Dryland 4 – 5:30	20	21
22	23 Dryland 4 – 5:30	24	25	26 Thanksgiving No Dryland	27	28
29	30 Dryland 4 – 5:30	Notes:				

# December 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes:		1	2	3 Dryland 4 – 5:30	4	5
6	7 On Snow 5 -7pm (tentative)	8	9	10	11	12 Afton Alps
13 Afton Alps	14	15	16	17	18	19 Spooner Classic Hyland
20 Nubs Nob MidAm	21 Nubs Nob MidAm	22 Nubs Nob MidAm	23 Nubs Nob MidAm Chuck Stone Memorial	24 Christmas Eve Day	25 Christmas Day	26
27	28 Holiday Camp	29 Holiday Camp	30 Holiday Camp	31 New Year's Eve Holiday Camp	Notes:	

# January 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes:					1  New Year's Day	2  Spirit Mtn.
3  Spirit Mtn.	4	5	6	7  Smartwool Speed	8  Smartwool Speed	9  La Crosse Smartwool Speed
10  La Crosse Smartwool Speed	11  Smartwool Speed	12  Smartwool Speed	13  Smartwool Speed	14	15  Marquette MidAm	16  Marquette MidAm
17  Marquette MidAm	18  Marquette MidAm	19	20	21	22	23  Giants Ridge
24  Giants Ridge	25	26	27	28  Lutsen/Spirit MidAm	29  Lutsen/Spirit MidAm	30  Lutsen/Spirit MidAm
31  Lutsen/Spirit MidAm	Notes:					

# February 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes:	1	2	3	4	5 Central Speed Camp Indianhead	6 Central Speed Camp Indianhead
7 Central Speed Camp Indianhead	8	9	10	11	12	13 Afton  CanAm Loch Lomond
14 HS State Meet  Afton  CanAm Loch Lomond	15 HS State Meet  CanAm Loch Lomond	16  CanAm Loch Lomond	17  J3/4 Championships Training Day	18  J3/4 Championships	19  J3/4 Championships	20  J3/4 Championships
21	22	23	24	25	26	27  <i>Dan Nagy Memorial</i>
28  <i>Dan Nagy Memorial</i>	Notes:					

# March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes:	1	2	3 J3 JO's Vail	4 J3 JO's Vail	5 J3 JO's Vail	6 J3 JO's Vail
7 J3 JO's Vail	8 J3 JO's Vail	9 J3 JO's Vail	10 J3 JO's Vail	11	12	13
14	15	16	17 J4 JO's Winter Park	18 J4 JO's Winter Park	19 J4 JO's Winter Park	20 J4 JO's Winter Park
21 J4 JO's Winter Park	22	23	24	25 MidAm Champs Lutsen	26 MidAm Champs Lutsen	27 MidAm Champs Lutsen
28 MidAm Champs Lutsen	29	30	31	Notes:		