

NGD PROGRAM

TRAINING PLAN

FEBRUARY 2011

Updated: 02-Feb-11



← Training Details →

SL = Slalom, GS = Giant Slalom, SG = Super Giant Slalom, DH = Downhill
 TFS = Technical Free Skiing, AMS = All Mountain Skills
 ABC's = Agility, Balance, Coordination & Speed, LSD = Long Slow Distance

Date	Start Time	Location	Training Details			Comments
			Session 1	Session 2	Session 3	
Tuesday	1					
Wednesday	2 6:30pm	COP	Greener Gates (optional add-on)			
Thursday	3					
Friday	4					
Saturday	5 9:00am	Nakiska or Sunshine	Sunshine Invitational Race for registered Sunshine add-on participants, Nakiska training for all other athlete			
Sunday	6 9:00am	Nakiska	SL TFS	Race for all NGD's	Awards	
Monday	7					
Tuesday	8					
Wednesday	9 6:30pm	COP	Greener Gates (optional add-on)			
Thursday	10					
Friday	11					
Saturday	12 9:00am	Nakiska	Kombi TFS	Kombi Gates - Coaches Cup	Coach-Parent Conferences	Mid-Season Parent and Coach Meeting at end of day
Sunday	13					
Monday	14					
Tuesday	15					
Wednesday	16 6:30pm	COP	Greener Gates (optional add-on)			
Thursday	17					
Friday	18					
Saturday	19 9:00am	Fernie	FERNIE FAMILY DAY WEEKEND ADD-ON FREESKIING CAMP See website for Trip Sheet and Complete Details (Training at Nakiska or Sunshine on Sat, Feb 19th for non-participating athletes)			Athletes not going to Fernie have training at Nakiska on SAT only
Sunday	20 9:00am	Fernie				
Monday	21 9:00am	Fernie				
Tuesday	22					
Wednesday	23 6:30pm	COP	Greener Gates (optional add-on)			
Thursday	24					
Friday	25 9:00am	Nakiska	I Ski U Ski for Parents (watch website for details and registration for this add-on program)			
Saturday	26 8:00am	Castle Mountain	CASTLE MOUNTAIN TERRAIN RACE WEEKEND - SEE WEBSITE FOR FULL DETAILS			All NGD's invited to participate in the Castle Mtn Race Weekend
Sunday	27 8:00am	Castle Mountain				Watch for all race details including alternative training plans for non-racing athletes
Monday	28					

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