

# NGD PROGRAM

## TRAINING PLAN

JANUARY 2011

Updated: 01-Jan-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 |  |
| Saturday  | 1          |                     |  |                        |           |  |
| Sunday    | 2 9:00am   | Nakiska             | SL TFS   | SL TFS                 | AMS       |  |
| Monday    | 3          |                     |  |                        |           |  |
| Tuesday   | 4          |                     |  |                        |           |  |
| Wednesday | 5          |                     |  |                        |           |  |
| Thursday  | 6          |                     |  |                        |           |  |
| Friday    | 7          |                     |  |                        |           |  |
| Saturday  | 8 9:00am   | Nakiska             | SL TFS   | SL Drill Courses       | AMS       |  |
| Sunday    | 9          |                     |  |                        |           |  |
| Monday    | 10         |                     |  |                        |           |  |
| Tuesday   | 11         |                     |  |                        |           |  |
| Wednesday | 12 6:30pm  | COP                 | Greener Gates (optional add-on)  |                        |           |  |
| Thursday  | 13         |                     |  |                        |           |  |
| Friday    | 14         |                     |  |                        |           |  |
| Saturday  | 15 9:00am  | Nakiska or Sunshine | GS TFS   | AMS                    | AMS       | Training at Sunshine this weekend for those registered in the add-on |
| Sunday    | 16 9:00am  | Nakiska or Sunshine | GS TFS   | AMS                    | AMS       |  |
| Monday    | 17         |                     |  |                        |           |  |
| Tuesday   | 18         |                     |  |                        |           |  |
| Wednesday | 19 6:30pm  | COP                 | Greener Gates (optional add-on)  |                        |           |  |
| Thursday  | 20         |                     |  |                        |           |  |
| Friday    | 21 9:00am  | Nakiska             | I Ski U Ski for Parents - See Website for Details and Registration (optional add-on) |                        |           |  |
| Saturday  | 22 9:00am  | Nakiska             | GS TFS   | GS Gates - Coaches Cup | AMS       |  |
| Sunday    | 23         |                     |  |                        |           |  |
| Monday    | 24         |                     |  |                        |           |  |
| Tuesday   | 25         |                     |  |                        |           |  |
| Wednesday | 26 6:30pm  | COP                 | Greener Gates (optional add-on)  |                        |           |  |
| Thursday  | 27         |                     |  |                        |           |  |
| Friday    | 28         |                     |  |                        |           |  |
| Saturday  | 29 9:00am  | Nakiska             | SL TFS   | SL Drill Courses       | AMS       |  |
| Sunday    | 30 9:00am  | Nakiska             | SL TFS   | Kombi Drill Courses    | AMS       |  |
| Monday    | 31         |                     |  |                        |           |  |

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