

NGI/MINI MEISTERS PROGRAMS - SATURDAYS

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	AMS	AMS	AMS	Training at Sunshine this weekend for athletes registered in the add-on
	Sunday	6					
	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	AMS	
	Sunday	13					
	Monday	14					
	Tuesday	15					
	Wednesday	16 6:30pm	COP	Greener Gates (optional add-on)			
	Thursday	17					
	Friday	18					
FEBRUARY 2011	Saturday	19 9:00am	Fernie	FERNIE FAMILY DAY WEEKEND ADD-ON FREESKIING CAMP See website for Trip Sheet and Complete Details			NO TRAINING FOR ATHLETES NOT ATTENDING FERNIE CAMP
	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					
	Saturday	26 9:00am	Nakiska	AMS	AMS	AMS	
	Sunday	27					
	Monday	28					