

Green Squad - January 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Informal Session from 11am to 1pm. (Ski Adventure out around lower valley). You pick the technique! ☺ Play Game in Stadium if you have time.</p>	<p>2</p>	<p>3 Green Squad Officially Back! ☺ Ski as a Group out Lower Valley – Slow and easy, burn off the Christmas Treats! Review 1 kick double pole, double pole! ☺</p>	<p>4</p>	<p>5 Video (pick a technique). Do individual video, then video the group doing something fun/crazy. Back to Chalet and watch! ☺</p>
6	7	<p>8 Balance and Core Strength Practice ☺ Start with warm up – stretching, then 20 min of core strength in training hut, double poling, – then skies on and do CRAZY BALANCE SKING “ANDY STYLE” ! ☺ (Game at end)</p>	<p>9</p>	<p>10 Set up Skate Sprint Adventure Course in Stadium with jumps and hard turns at the bottom of hills (no poles). Include running (I.e. skies off – skies on etc. etc.) Review 1 skate, 2 skate and offset! Or Pre-Ski Don Sumanic</p>	<p>11</p>	<p>12 Sportees Sprints Free Tech Don Sumanic Classic Race</p>
13	14	<p>15 Skate or Classic – Check the Weather! Learn ABOUT THE RELAY! ☺ The rules, transitions, Do a RELAY RACE! Practice 4 starts each before hand. Try and figure out body and pole position for starting. ☺ Play a Game.</p>	<p>16</p>	<p>17 Skate or Classic – Check the Weather! REVIEW THE RULES OF THE RELAY! ☺ The rules, transitions, Do a RELAY RACE! ☺ Practice the Subway Course for Sat.</p>	<p>18</p>	<p>19 Subway Race #2 Skate 11am</p>
20	21	<p>22 Skate or Classic – Check the Weather! Start with warm up to Sarah Steel, BESH CUP Downhill from Sarah Steel ☺</p>	<p>23</p>	<p>24 Skate or Classic – Check the Weather! Long warm up, do a short 3.5k Time Trial Game in stadium.</p>	<p>25</p>	<p>26 ALL SQUAD EVENT (Event to be Announced)</p>
27	28	<p>29 Long and Easy Ski – YOU pick technique ☺ Talk about Race in Anchorage Equipment, ski prep, what to bring etc. YOU MAKE THE LIST NOT THE COACH! ☺</p>	<p>30</p>	<p>31 Prepare for Trip to Fairbanks Easy Ski, then back to Chalet for gear packing. Focus will be on athlete responsibility to take care of packing, clothes, equipment, skies etc.</p>		