

REGINA ALPINE RACE TEAM TRAINING and RACE SCHEDULE 2017/2018 SEASON

V1 Oct 4/2017

Nancy Greene

Alpine Race Team

	OCTOBER	
Optional days marked Red or Green (cost extra)	Su M T W Th F Sa	Optional days marked Red or Yellow (cost extra)
CSCF=Cdn. Ski Coaching Federation Nov 5 AGM, Registraion Early Registration Oct 19	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Train @ Level 10 Nov 5 AGM, Registraion Early Registration Oct 19
Opt. Dryland Training Level 10 Oct 13 -Nov 17		Opt. Dryland Training Level 10 Oct 12 -Nov 16
CSIA=Cdn. Ski Instructors Assoc. CSPS=Cdn. Ski Patrol Services		
Train Banff 23-26	NOVEMBER	Train @ Level 10 , U14-18 Camp, Banff-22-25
CSPS Ski Swap Sale Nov 3-4 Nov 5 Regina Ski Club Trip & Registration Steak Supper Fund Raiser Nov 9 Nov 8-Equip repair Nov 14 NG Coaches Meeting Nov 25-26; Coaches Seminar @ Banff	Su M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Steak Supper Nov 9, CSPS Ski Swap Nov 3-4 Nov 5 Regina Ski Club Trip & Registration Nov 8-Alp Team Mtg, Nov 8-Equip repair Nov 11-12 Sask Alpine U14-18 camp Mtns LTD Nov 25-26; Coaches Seminar @ Banff
Nov 22 - Nov 27 All Sask Camp Banff Camp 1		Nov 22 - Nov 25 All Sask Camp Banff Camp 1
Train-3,10,17	DECEMBER	Gym training , MR 3,9,10,16,17, MTN Camp 2
MR=MissionRidge; TM=TableMtn. Dec 2 Coaches PD at Mission Ridge Dec 15-17 EL at PA Dec 3 Nancy Greene (NG) Lessons start Sask Alpine NG Camp Dec 27 MR	Su M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MR=MissionRidge; TM=TableMtn. CSCF=Cdn. Ski Coaching Federation Dec 2 Coaches PD at Mission Ridge Dec 3 Training start at MR Dec 15-17 EL at PA Dec 27-Jan 2(Tenative) LTBD Camp 2
Dec 27-Jan 2(Ten)NG Family Mtn Trip LTBD		Dec 27-Jan 2(Tenative) LTBD Camp 2
Train-7,21,28	JANUARY	Train-3,4,5,6,7,11,12,14,18,25, Camp 25,26
NG lessons resume Jan 7 Jan 12 U12 Sask Alpine Camp MR Jan 13-14 NG Festival MR Jan 26 SA U12 GS training at Sunshine Jan 27-28 SA U12 Races at Sunshine	Su M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Jan 3-4 SL Camp 3 MR Jan 5 Night, 6,7 MR SL Camp 4 Jan 12 U12 Sask Alpine Camp MR Jan 19 Skills Camp TM, Jan 20-21 TM SL races Jan 25-26 day camp @ MR camp 5 Jan 27-28 Manitoba Cup Jan 24-26 Sask Alpine U16 speed camp Nakiska
Train-4, 11, 25	FEBRUARY	Train-1,2,4,8, (10-11 SX tr TM) 15,16,17, 23, 25
Feb 17-19 Sask Alpine U12 Camp/Race Nakiska Feb 24 Challenge Cup Disable Race MR Feb 24 Club Social MR, Torch Light Parade	Su M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	Feb 4 & 11 Mission Ridge Open Race 1-3 PM Feb 1-4 Sask Alpine U16/18 SG & GS race LL Feb 10 - 11 SX training TM Feb 10 -11 Sask Alpine U14 GS, SL Red Deer Feb 18-21 Sask Winter Games TM Feb 24 Challenge Cup Disable Race MR Feb 24 Club Social MR, Torch Light Parade
Train-11, 18	MARCH	Train-1,2,4,8
Mar 2 Sask Alpine NG Camp TM Mar 3-4 NG Final Table Mountain NG WIND-UP Fun Day - Mar 25	Su M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Mar 2-4 Western SX LL Mar 8 Opt U12-U14-U16 skills camp MR Mar-9-11 Sask Cup Race Finals MR Mar 4-11 U16 Nationals Ontario Mar 17-18 Manitoba Cup Assesippi President Cup Mar 25
Easter Family Trip Kimberly March 30 - April 6	APRIL	Easter Family Trip Kimberly March 30 - April 6
<u>PUBLIC SCHOOLS (Underlined)</u> 13-Nov December 23 - January 7 Feb. 16 to 25 March 9 Mar 30-April 8	HOLIDAY Remembrance Day Holiday Christmas Holiday Family Day Stat Hoiliday Teacher's Institute/Convention Easter Holiday Tentative Exam Schedule	<i>CATHOLIC SCHOOLS (Italics)</i> Nov 10 & 13 December 23 - January 7 Feb. 16 to 25 March 12 Mar 30-April 8
January 22-25		January 24-29
Optional Alpine Event Days, Cost extra Optional NG Event Days, Cost extra Important days to note Gym Time at Location to be determined	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="width: 20px; height: 20px; background-color: red; border: 1px solid black;"></div> <div style="width: 20px; height: 20px; background-color: green; border: 1px solid black;"></div> <div style="width: 20px; height: 20px; background-color: grey; border: 1px solid black;"></div> <div style="width: 20px; height: 20px; background-color: pink; border: 1px solid black;"></div> </div>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="width: 20px; height: 20px; background-color: yellow; border: 1px solid black;"></div> <div style="width: 20px; height: 20px; background-color: cyan; border: 1px solid black;"></div> <div style="width: 20px; height: 20px; background-color: magenta; border: 1px solid black;"></div> <div style="width: 20px; height: 20px; background-color: purple; border: 1px solid black;"></div> </div>
		Sask Alpine Camps / Festivals / Races Travel day depature time to be determined Disable Ski Race MR