

Grace Ski Team Weekly Journal: Week Ten Jan 4-9, 2010

Coach's Comments: Welcome back after Christmas break. Thanks for Gabby, David, Anna and Claire for submitting Journals and a special thanks to Chad and Mariah for initiating group practices. The best skiers in the Nation are in town and a thrill to watch at Kincaid. You will have a chance to compete in up to 6 races this month! Delta group skiers will chance in Thursday time trial to move up to gamma; for safety and scheduling reasons **only the alpha, beta and gamma groups will be racing**. Coaches will wax skate skis for this week's race in Seward.

Monday: Classic at Service 3:50-5p (alpha-delta groups) distance
 Tuesday: Classic at Hilltop 7:00-8:30p (alpha - gamma groups) intervals
 Wednesday: Skate at Service 3:50-5p (alpha-delta) distance
 Thursday: Skate Hilltop 7-8:30 p Besh Time Trial (all groups); intervals
 Friday: Rest day- turn skate skis in at cart for race waxing
 Weekend: Saturday- Travel to Seward for Skate race

| Day | Team Plan | Your Activity | Comment |
|-----------|-----------|---------------|---------|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Weekend | | | |

Observations:

Signed: _____

Confirmed: _____

Coach Reviewed: _____