

Grace Ski Team Weekly Journal: Week 12 (January 18-25)

Coach's Comments: Great job at Kenai Klassic- sorry I had to miss the skate race. Hearty thanks to all the parent volunteers, the lodging, the food, and to Ben the trusty bus driver! Add some complex classic video technique to your studies with new DVD. Add more stamina with some sprint speed burst and arm strength.

Monday: No School: On your own ski distance

Tuesday: Classic 7pm Hilltop

Wednesday: Skate Service 3:50-5

Thursday: Skis will be waxed

Friday: Classic race at Skyview starts 2pm (6K)

Weekend: Besh Cups Homer or on your own

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

Observations:

Signed: \_\_\_\_\_

Confirmed: \_\_\_\_\_

Coach Reviewed: \_\_\_\_\_