

Grace Ski Team Weekly Journal: Week 14 Feb 1-6

Coach's Comments: More excellent effort and speed at the MatSu invitational. The quality of the classic course was better than expected. We have no more formal races until regions, but a Time Trial on the Hillside Trails Saturday 2/6/10 starting at 10 am.

Monday: Classic 3:50-5p **Hilltop** Classic

Tuesday: Classic 7-8:30 Hilltop

Wednesday: Skate 3:50-5p **Hilltop**

Thursday: Skate 7:00-8:30 p Hilltop

Friday: Wax and rest

Saturday: Grizzly Time Trial: Spencer / Lit loops starts 10 am.

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

Observations:

Signed: _____

Confirmed: _____

Coach Reviewed: _____