

Grace Ski Team Weekly Journal: Week 6

Coach's Comments: *Great to have consistent snow with parallel tracks. Good effort on the Cookie Time Trial; check your efforts with Grizzly Points on the website. Push through Wednesday and rest Thursday. Contemplate your Goals for this month.*

Monday 12/7: Classic 3:50–5:00 (Shuttle 3:30–5:15)

Tuesday: Individual– Evening Practice preempted by Music Performance

Wednesday: Skate 3:50–5:00 (Shuttle 3:30–5:15)

Thursday: Individual– easy, Dinner Meeting 5:30–8pm

Friday: Lynx Loppett– Interval Start

Weekend: Lynx Loppett–

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

Observations:

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

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

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