

Grace Ski Team Weekly Journal: Week 7 (12/14-20)

Coach's Comments: Great job at Lynx. We will review videos and work on technique so our strength and effort can combine with efficient balance and glide.

Monday: 3:50-5pm at SERVICE- Classic

Tuesday: 7:00-8:30 Hillside Classic

Wednesday: 3:50-5pm at Service Skate

Thursday: Fun Team dinner featuring Coach Rowe discussing "Social Climbing"

Friday: First day of Christmas Break

Weekend: Optional Besh Cup races

Day	Team Plan	Your Activity	Comment
Monday	Classic 3:50-5		
Tuesday	Classic 7-830		
Wednesday	Skate 3:50-5		
Thursday	Team dinner		
Friday			
Weekend			

Observations:

Signed: _____

Confirmed: _____

Coach Reviewed: _____