

**Grace Ski Team** Weekly Journal: Week #1

Coach's Comments: Welcome! This season promises to be filled with "Sweet Action" and our experience and fellowship will be "Super Fun!" The whole team will benefit by your personal commitment. We need to be fit, flexible and not fatigued. We want you to be the exemplary scholar athlete. You have an opportunity to represent Christ and our school to the whole community.

Monday: First Day of Season, Need Physical Exam  
 Tuesday  
 Wednesday: Travel-Medical form and TAD required  
 Thursday  
 Friday  
 Weekend: NSAA Ski Swap at Kincaid: 4pm

| Day       | Team Plan      | Your Activity | Comment |
|-----------|----------------|---------------|---------|
| Monday    | Dryland 3:15-5 |               |         |
| Tuesday   |                |               |         |
| Wednesday | Dryland 3:15-5 |               |         |
| Thursday  | Parent Mtg 7pm |               |         |
| Friday    |                |               |         |
| Weekend   |                |               |         |

Your Observations:

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

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