

Grace Ski Team Weekly Journal: Week #2

Coach's Comments: The coaching staff is very encouraged at the high level of interest in skiing demonstrated by numbers and spirit of participants. Until we have good snow at Hilltop, Dryland Mondays and Wednesday will suffice enhanced by your individual efforts at home. Run, wrestle, Spike, Sing, Pull, lift and meditate. View technique videos and arm train. Pray that the team will be EQUIPED for every good work.

Monday : Dryland 3:30-5 pm
 Tuesday
 Wednesday: Dryland 3:30-5 pm
 Thursday: AMH Team equipment night 6-8 pm,
 Friday
 Weekend

Day	Team Plan	Your Activity	Comment
Monday	Dryland 3:30-5p		
Tuesday			
Wednesday	Dryland 3:30-5p		
Thursday	Equipment AMH 6p		
Friday			
Weekend			

Observations:

Signed: _____ Confirmed: _____

Coach Reviewed: _____