

## Grace Ski Team Weekly Journal: Week #5

*Coach's Comments: Tremendous to see two sets of Grace skiers on snow; experienced rapidly recalling balance, glide and stamina and New Skiers promptly picking- up skate skiing- despite sparse snow and marginal conditions! Thanksgiving for our God- for providing venue and vigor, and for Coaches, Travel Coordinators and Parents. Keep up your Journals- you need Ten practices, plus paperwork, to qualify. We need some to apply or nominate for Captains.*

Monday 11/30: 3:50-5p Hilltop Classic  
 Tuesday: 7:00-8:30p Hilltop Classic  
 Wednesday: 3:50-5p Hilltop Skate  
 Thursday: 7:00-8:30 Skate [or Wax]  
 Friday: 3:50-5p Skate [or MatSu Invitational]  
 Weekend: [12/5 MatSu Invitational]

Day	Team Plan	Your Activity	Comment
Monday	Classic 3:50		
Tuesday	Classic 7:00		
Wednesday	Skate 3:50		
Thursday	Skate 7 or Wax		
Friday	Skate 3:50 MatSu		
Weekend	MatSu Invite		

Observations:

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

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

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