

JI/JII ALPINE 2005-2006 WEEKEND TRAINING SCHEDULE

(last updated 3/20/06)

NOVEMBER

Friday 25 SL

Saturday 26 SL

Sunday 27 SL

DECEMBER

Saturday 3 GS

Sunday 4 SL

Saturday 10 GS Morning SL Afternoon

Saturday 11 SL Both Sessions

Monday 26 GS

Tuesday 27 SL

Wednesday 28 GS

Thursday 29 GS

Friday 30 SL

Saturday 31 GS

JANUARY

Sunday 1 PM only – Super G

Saturday 7 GS (and for the women athletes racing in the WV FIS races, we will have slalom training)

Sunday 8 SL

Saturday 14 SL at 8:45

Sunday 15 GS at 8:15

Monday (Martin Luther King Day) 16 GS at 9:00

Saturday 21 Tecnica GS at Wildcat Coach: Toril

Sunday 22 Macomber GS at Dartmouth Coaches: Pete, Anda, Bob

Saturday Jan 28th there is a Slalom Macomber race at Loon. Staff will be Gary Blake and Bob Sampson.

Training at Waterville will be GS with Pete and Anda.

Sunday Jan 29th there is a GS Tecnica race at Attitash. Staff will be Gary Blake.

Training at WV will be SL with Bob.

FEBRUARY

Saturday 4 SL Training starts at 8:45

Sunday 5 GS Training starts at 8:15

Saturday 11 SL JII State Champ Race at Cannon GS

Sunday 12 SL JII State Champ Race at Pats Peak SL

Saturday 18 SL Mac Cup at Tenney

Sunday 19 SL Tec Cup Pat's Peak

Monday 20 SL

Tuesday 21 SL

Wednesday 22 Mac Cup finals at Pat's Peak

Thursday 23 GS

Friday 24 SL Make up Tecnica SL at Tenney

Saturday 25 GS Tecnica Cup Finals at Sunapee GS (open to everyone)

Sunday 26 Tecnica Cup Finals at Cranmore SL (open to everyone)

MARCH

Saturday 11th Training GS at Waterville Race at Cannon SL covered by Nick and Toril

Sunday 12th NO training at Waterville Race at Waterville GS

Friday 17 MJ's GS Race, WV

Saturday 18 Dartmouth Skiway SL Training at WV SL

Sunday 19 Loon SL Training at WV GS

Saturday 25 **Race:** Wildcat GS **Coaches:** Gary B, Bob S Training at WV GS Anda C

Sunday 26 **Race:** Attitash GS **Coaches:** Anda, Bob **No coaches will be at WV.**

J3 ALPINE 2005-06 SEASON TRAINING AND RACE SCHEDULE

(last updated 3/20/06)

NOVEMBER

Friday 25 Freeski (FS) GS

Saturday 26 FS GS

Sunday 27 FS SL

Monday 28 OFF

Tuesday 29 FS GS

Wednesday 30 FS SG

DECEMBER

Thursday 1 FS GS

Friday 2 FS SL

Saturday 3 FS GS

Sunday 4 FS SL

Monday 5 OFF

Tuesday 6 FS GS

Wednesday 7 FS SG

Thursday 8 FS SL

Friday 9 FS SL

Saturday 10 FS GS

Sunday 11 FS SL

Monday 12 OFF

Tuesday 13 Train (TR) GS

Wednesday 14 TR SG

Thursday 15 TR SL

Friday 16 TR SL

Saturday 17 TR GS

Sunday 18 TR SL

Monday 19 OFF

Tuesday 20 TR GS

Wednesday 21 TR SG

Thursday 22 TR GS

Friday 23 TR SL

Saturday 24 OFF

Sunday 25 OFF

Monday 26 TR GS

Tuesday 27 TIME TRIALS GS

Wednesday 28 RACE GS WATERVILLE VALLEY

Thursday 29 RACE STUBBY SL LOON

Friday 30 TR GS

Saturday 31 TR GS

JANUARY

Sunday 1 OFF

Monday 2 OFF

Tuesday 3 TR SL

Wednesday 4 TR SG

Thursday 5 TR GS

Friday 6 TR GS

Saturday 7 TR GS

Sunday 8 RACE MIN-GS LOON

Monday 9 OFF

Tuesday 10 TR SL

Wednesday 11 TR SG

Thursday 12 TR GS

Friday 13 TR GS

Saturday 14 TR GS

Sunday 15 RACE GS GUNSTOCK

Monday 16 WVA OFF or TR SL

Tuesday 17 TR SL

Wednesday 18 TR SG

Thursday 19 TR SL

Friday 20 TR SL

Saturday 21 TR SL

Sunday 22 RACE SL TENNEY

Monday 23 OFF

Tuesday 24 TR GS

Wednesday 25 TR SG

Thursday 26 TR GS

Friday 27 TR SL

Saturday 28 RACE SL WATERVILLE VALLEY or TR GS

Sunday 29 RACE GS WATERVILLE VALLEY or RACE GS GUNSTOCK

Monday 30 RACE SG WATERVILLE VALLEY or RACE STATE SG WILDCAT

Tuesday 31 RACE SG WATERVILLE VALLEY or RACE STATE SG WILDCAT

FEBRUARY

Wednesday 1 OFF

Thursday 2 RACE REGIONAL SG WILDCAT OR TR GS

Friday 3 RACE REGIONAL SG WILDCAT OR TR GS

Saturday 4 TR GS

Sunday 5 RACE REGIONAL GS LOON or RACE STATE GS WILDCAT

Monday 6 OFF

Tuesday 7 TR GS

Wednesday 8 TR SG

Thursday 9 TR SL

Friday 20 TR SL

Saturday 11 TR SL

Sunday 12 TR SL

Monday 13 OFF

Tuesday 14 TR GS

Wednesday 15 TR SG

Thursday 16 TR SL

Friday 17 TR SL

Saturday 18 TR SL
Sunday 19 RACE REGIONAL SL PROCTOR or RACE STATE SL RAGGED
Monday 20 OFF or TR SL
Tuesday 21 TR SL
Wednesday 22 RACE SL LOON
Thursday 23 TR GS
Friday 24 TR SL
Saturday 25 RACE STATE FINALS SL ATTITASH or TR GS
Sunday 26 RACE STATE FINALS GS ATTITASH or TR SL
Monday 27 OFF OR TR SL
Tuesday 28 TR GS

MARCH

Wednesday 1 TR SG
Thursday 2 TR GS or RACE J3 FINALS SUNDAY RIVER
Friday 3 TR GS or RACE J3 FINALS SUNDAY RIVER
Saturday 4 TR GS or RACE J3 FINALS SUNDAY RIVER
Sunday 5 TR SL or RACE J3 FINALS SUNDAY RIVER
Monday 6 OFF
Tuesday 7 TR SL
Wednesday 8 TR SG
Thursday 9 TR GS
Friday 10 TR SL or OFF
Saturday 11 TR GS or RACE J3 OLYMPICS GORE/WHITEFACE
Sunday 12 RACE J3 OLYMPICS GORE/WHITEFACE or RACE GS FORD SAYRE
Monday 13 OFF or RACE J3 OLYMPICS GORE/WHITEFACE
Tuesday 14 TR SL or RACE J3 OLYMPICS GORE/WHITEFACE
Wednesday 15 TR SG
Thursday 16 TR SL
Friday 17 TR SL
Saturday 18 TR SL
Sunday 19 RACE SL CANNON
Monday 20 OFF
Tuesday 21 TR GS
Wednesday 22 TR SG
Thursday 23 TR GS
Friday 24 TR GS
Saturday 24 TR GS
Sunday 25 RACE GS WATERVILLE VALLEY
Monday 26 OFF
Tuesday 27 TR TBA
Wednesday 28 TR TBA
Thursday 29 TR TBA
Friday 30 TR TBA

J4 Training Schedule

(last updated 3/20/06)

See the Alpine J4/J5 Forum Section of the WVBbts web site at <http://www.wvbbts.org/forum/showthread.php?t=61> for the J4 training schedules.

December

Saturday 10 SL
Sunday 11 GS
Saturday 17 SL
Sunday 18 GS
Monday 26 GS
Tuesday 27 Time Trials GS
Wednesday 28 Race GS-Waterville Valley
Thursday 29 Race Stubby Slalom-Loon
Friday 30 GS
Saturday 31 SL

January

Saturday 7 GS
Sunday 8 GS
Saturday 14 GS
Sunday 15 GS Qualifier-Loon
Saturday 21 SL training
Sunday 22 SL/GS training
Saturday 28 GS training
Sunday 29 GS Race-Gunstock

February

Saturday 4 GS
Sunday 5 BWL Division Qualifier Race, Waterville, GS (min.)
Saturday 11 SL training
Sunday 12 SL race Gunstock
Saturday 18 GS
Sunday 19 SL
Monday 20 GS AM SL PM
Tuesday 21 GS AM SL PM
Wednesday 22 Race at Loon; if you are staying home it is GS
Thursday 23 GS AM SL PM
Friday 24 SL
Saturday 25 SL
Sunday 26 Qualifier at Cannon
Monday 27 SL
Tuesday 28 GS

March

Wednesday 1 GS
Thursday 2 SL
Friday 3 GS & SL
Saturday 4
Sunday 5

J5 Training Schedule

(last updated 3/20/06)

See the Alpine J4/J5 Forum Section of the WVBbts web site at <http://www.wvbts.org/forum/showthread.php?t=60> for the J5 training schedules.

December

Saturday 10 SL
Sunday 11 GS
Saturday 17 SL
Sunday 18 GS
Monday 26 GS
Tuesday 27 Time Trials GS
Wednesday 28 Race GS – Waterville Valley
Thursday 29 Race Stubby Slalom – Loon
Friday 30 GS
Saturday 31 SL

January

Saturday 7 GS
Sunday 8 GS
Saturday 14 GS
Sunday 15 GS Qualifier-Loon
Saturday 21 SL training
Sunday 22 SL/GS training
Saturday 28 GS training
Sunday 29 GS Race Gunstock

February

Saturday 4 GS
Sunday 5 BWL Division Qualifier Race, Waterville, GS (min.)
Saturday 11 SL training
Sunday 12 SL race Gunstock
Saturday 18 GS
Sunday 19 SL
Monday 20 GS AM SL PM
Tuesday 21 GS AM SL PM
Wednesday 22 Race at Loon; if you are staying home it is GS
Thursday 23 GS AM SL PM
Friday 24 SL
Saturday 25 SL
Sunday 26 Qualifier at Cannon
Monday 27 SL
Tuesday 28 GS

March

Wednesday 1 GS
Thursday 2 SL
Friday 3 GS & SL
Saturday 4
Sunday 5