

DECEMBER							JANUARY		FEBRUARY		MARCH		APRIL	
1		1		1		1		1		1		1		
2		2	Training @ Grouse	2	Night Training	2	Night Training	2	Night Training	2		2		
3		3		3		3		3		3		3	Ski up to K1 and Kstar 2011	
4		4		4	Night Training	4	Night Training	4	Night Training	4		4		
5	Coaches Pro-D	5	Night Training	5		5		5		5		5		
6		6		6	Training @ Grouse	6	E2 Tye Cup	6		6		6		
7		7	Night Training	7		7		7		7		7		
8		8		8		8		8		8		8		
9		9	Training @ Grouse	9	Night Training	9	Night Training	9	Night Training	9		9		
10		10	Seymour Race	10		10		10		10		10		
11		11		11	Night Training	11	Night Training	11	Night Training	11		11		
12		12	Night Training	12		12		12		12		12		
13		13		13	Training @ Grouse	13	Sun Peaks Nancy Greene Festival	13		13		13		
14		14	Night Training	14		14		14		14		14		
15		15		15		15		15		15		15		
16		16	Training @ Grouse	16	Night Training	16		16		16		16		
17		17		17		17		17		17		17		
18		18		18	Night Training	18		18		18		18		
19		19	Night Training	19		19		19		19		19		
20		20		20	Training @ Grouse	20	Training @ Grouse	20		20		20		
21		21	Night Training	21		21		21		21		21		
22		22		22		22		22		22		22		
23		23	Training @ Grouse	23	Night Training	23		23		23		23		
24		24		24		24		24		24		24		
25		25		25	Night Training	25		25		25		25		
26		26	Night Training	26		26		26		26		26		
27	Christmas Camp	27		27	Mt. Washington SL	27	Tye Day	27		27		27		
28		28	Night Training	28		28	Cypress Race TBA	28		28		28		
29		29		29		29		29		29		29		
30	Club Race	30	Whistler SkiCross (by coach recomm.)	30		30		30		30		30		
31		31		31		31		31		31		31		

Weekend Training	Dryland/Night Training	Training Camp Blocks	Competitions	Performance Program
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