

# Grouse Mountain Tyee Ski Club NGSL Calendar 2009 - 2010

JANUARY		FEBRUARY		MARCH		APRIL	
1		1		1		1	
2	Training @ Grouse	2	Night Training	2	Night Training	2	
3		3		3		3	Ski up to K1 and Kstar 2011
4		4	Night Training	4	Night Training	4	
5	Night Training	5		5		5	
6		6	Training @ Grouse	6	Training @ Grouse	6	
7	Night Training	7		7		7	
8		8		8		8	
9	Training @ Grouse	9	Night Training	9	Night Training	9	
10	Seymour Race	10		10		10	
11		11	Night Training	11	Night Training	11	
12	Night Training	12		12		12	
13		13	Training @ Grouse	13	Sun Peaks Nancy Greene Festival	13	
14	Night Training	14		14		14	
15		15		15		15	
16	Training @ Grouse	16	Night Training	16		16	
17		17		17		17	
18		18	Night Training	18		18	
19	Night Training	19		19		19	
20		20	Training @ Grouse	20	Training @ Grouse	20	
21	Night Training	21		21		21	
22		22		22		22	
23	Training @ Grouse	23	Night Training	23		23	
24		24		24		24	
25		25	Night Training	25		25	
26	Night Training	26		26		26	
27		27	Mt. Washington SL	27	Tyee Day	27	
28	Night Training	28		28	Cypress Race TBA	28	
29				29		29	
30	Training @ Grouse			30		30	
31				31			

Dryland/Night Training	Training Camp Blocks	Competitions	Performance Program
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