

 Holiday	Important Dates:
 Mountain Days (snow Dependent)	
 CNISSF STATE CHAMPIONSHIP @ Mommoth Ski Resort	
 Dry Land Practice	
 Make-Up's Days by Appointment Only	Parent MTG November 12th in stadium at 5 pm
	Date for Gate Keeping Class?
	1st Sierra Practice = December 5th
	* MUST HAVE 100% Attendance!

ALPINE RACE TEAM PRACTICE & RACE SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOV:	8	9	10	11	12	13	14
					Parent mtg#1		
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	*No Dry Land - Get on the Mountain and SKI!						
DEC	29	30	1	2	3	4	5
		Pre #1		Pre #2			Snow?
	6	7	8	9	10	11	12
		Pre#3		Pre #4			Snow?
	13	14	15	16	17	18	19
		DL #1		DL #2 & gatekeeping			
	20	21	22	23	24	25	26
	*No Dry Land - Get on the Mountain and SKI!						
JAN	27	28	29	30	31	1	2
	* No Dry Land - Get on the Mountain and SKI!				Time Trials @ S.		
	3	4	5	6	7	8	9
		Time Trials		DL #3			Sierra Practice
	10	11	12	13	14	15	16
		GS#1&2		DL#4			Sierra Practice
	17	18	19	20 (MU #1) or	21	22	23
		(no race)		DL #5			Sierra Practice
	24	25	26	27	28	29	30
		SL#1&2		DL#6			Sierra Practice
FEB	31	1	2	3	4	5	6
		SL#3		DL #7			Sierra Practice
	7	8	9	10	11	12	13
		GS#3		DL #8			States Practice
	14	15	16	17	18	19	20
		(no race)		DL #9	MU#2		States Practice
	21	22	23	24	25	26	27
		SL#4		GS#4			
MAR	28	1	2	3	4	5	6
		States	States	States	States	States	

Rewards = 6 = Gator?

PRACTICE RULE: IN-Season = 1 DL a week or Hike practice. Miss snow practice NO RACE MONDAY!

* **Make-Up Dry Land practice:** by appointment only (Coach Volek in B-125 or text to 530-417-4730)

Notes: