

2011-2012 Alpine Race/Training Schedule

Date	Event	Time	Location	Activity
12/16	Training	6pm	Wisp	Body position
12/17	Training	9 am	Wisp	Balance (1-ski)
12/18	Training	9 am	Wisp	GS Corridor (incorporate turning poles)
12/20	Training	6 pm	Wisp	GS
12/27	Camp	9 am	Wisp	Balance
12/28	Camp	9 am	Wisp	Body position and Body Movement
12/29	Camp	9 am	Wisp	Visualization
12/30	Camp	9 am	Wisp	GS
12/30	Race	9am	7 Springs	J1-2 nd year J3 Vector Security GS #1
12/30	Race	9am	7 Springs	J1-2 nd year J3 Vector Security GS #2
1/3	Training	6 pm	Wisp	GS Training
1/6	Training	6pm	Wisp	GS Training
1/7	Training	9am	Wisp	GS focus
1/7	Race	9 am	7 Springs	Snow Capitol GS J1 – J6
1/8	Training	9am	Wisp	SL Focus
1/10	Training	6 pm	Wisp	SL Training
1/13	Training	6pm	Wisp	SL Training
1/14	Training	9am	Wisp	SL Focus
1/14	Race	9 am	7 Springs	Ohiopyle Prints SL (J1-J6)
1/15	Training	9am	Wisp	GS focus
1/17	Training	6 pm	Wisp	GS Training
1/20	Training	6pm	Wisp	GS Training
1/21	Training	9am	Wisp	GS focus
1/21	Race	9 am	7 Springs	PA Cup #1 (J1-J2 only)
1/22	Race	9 am	Wisp	Wisp Classic J3-J6 GS
1/22	Race	9 am	7 Springs	PA Cup #2 (J1-J2 only)
1/24	Training	6 pm	Wisp	GS Training
1/27	Training	6pm	Wisp	GS Training
1/28	Training	9am	Wisp	GS focus
1/29	Training	9am	Wisp	GS focus
1/29	Race	9 am	7 Springs	Critchfield Construction GS (J1-J6)

1/31	Training	6 pm	Wisp	SL Training
2/3	Training	6pm	Wisp	SL Training
2/3	Race	9 am	Blue Mountain	PA Cup #3 J1-J2
2/4	Race	9 am	Blue Mountain	PA Cup #4 J1-J2
2/4	Training	9am	Wisp	GS focus
2/5	Race	9 am	Blue Mountain	PA Cup #5 J1-J2
2/5	Race	9 am	7 Springs	Phillip Dupree SL J1 – J6
2/5	Training	9am	Wisp	GS focus
2/7	Training	6 pm	Wisp	GS Training
2/10	Training	6pm	Wisp	GS Training
2/11	Training	9am	Wisp	GS focus
2/12	Training	9am	Wisp	GS focus
2/14	Training	6 pm	Wisp	SL Training
2/17	Race	9 am	Seven Springs	J3 Derby Day 1(invite only) SG
2/18	Training	9am	Wisp	SL Focus
2/18	Race	9 am	Seven Springs	J3 Derby Day 2 (invite only) SL
2/19	Training	9am	Wisp	SL Focus
2/19	Race	9 am	Seven Springs	J3 Derby Day 3 (invite only) GS
2/21	Training	6 pm	Wisp	SL Training
2/24	Training	6pm	Wisp	SL Training
2/24	Race	9 am	Elk	PA Cup #6 J1-J2
2/25	Training	9am	Wisp	SL Focus
2/25	Race	9 am	Elk	PA Cup #7 J1-J2
2/26	Race	9 am	Elk	PA Cup #8 J1-J2
2/26	Race	9 am	Wisp	Wisp Classic SL (J1-J6)
2/28	Training	6 pm	Wisp	GS Training
3/2	Race	9 am	Ski Roundtop	J4/5 Derby Day 1 (invite only)
3/3	Race	9 am	Ski Roundtop	J4/5 Derby Day 2 (invite only)
3/4	Race	9 am	Ski Roundtop	J4/5 Derby Day 3 (invite only)
3/3	Race	9 am	Wisp	MD Governor's Cup GS
3/4	Race	9 am	Wisp	MD Governor's Cup SL