

Track Attack Session/Event Techniques

Objectives:

1. Deliver skating and classic instruction to every skier
2. Develop and advance skills for skiers at all levels
3. Maximize active skiing time during sessions
4. Minimize equipment confusion

Jan	23	Sa	Classic
	26	Tu	Skating
	28	Th	Classic
	30	Sa	Classic
Feb	2	Tu	Skating
	4	Th	TBD
	6	Sa	Classic
	7	Su	"Tips Up Cup/SLNC Club Champs" Skating
	9	Tu	Skating
	11	Th	TBD
	13	Sa	Classic
	16	Tu	Skating
	18	Th	TBD
	20	Sa	Classic
	23	Tu	"Evening Ski Party" (details coming soon) Skating
	25	Th	TBD
	27	Sa	Classic
Mar	2	Tu	Skating
	4	Th	TBD
	6	Sa	"Sovereign Lake Loppet" , Skating - or -
	6-7	Sa	"BC Midget Championships" , Salmon Arm

NB Generally, **Tuesdays are skating and Saturdays classic.** Thursdays will vary to allow some shadowing of the SLNC Team, and will be updated on the web at the start of each week.