**Week January 19**

**Announcements**

-We understand it is the start of a 2 week exam week, but you should make it to practice this week.

- Next week we understand parents may not be able to drive you in the 3 days you are off, but try to work it out. If you are in school for an afternoon exam next week you should be here…even if we are not on snow. Some of you seem to show up more if there is snow. **Many are close to missing that 10 practice limit before you are off the team.**

**Monday:** No school-ski camp

**Tuesday 20th:** Those that attended ski camp. Hot scrape skis, 30 minute run…maybe video review

Everyone else will be running outside (I don’t think there is enough snow). 800 warm-up- 5 x 5 min at level 5- same as- interval pace. 3 minute rest between. Finish with an 800 cool-down.

**Wednesday 21st** -off campus-not sure where yet

**Thursday 22nd**: run and weight room-unless snow to ski on

**Friday 23rd:** Off campus

**Saturday 24th:** See how many can get rides to prospect in Vermont?