



**Summit Ski Club**

**Prepared by: Brian Hatherly, Head Coach**

**2009- 2010 Schedule**

*Updated December 17, 2009*

**Summit Info Line: 944-2990**

Date	Event	Particulars, location
Oct 6, 13, 20 27	Summit Fitness Sessions	<b>Nordale School</b> , <a href="#">Get directions</a> Indoor athletic footwear required, shorts, sweater for some outdoor etc.
October 24	Doors @ 11:00 am testing from 11:30 – 3:00	MASD Fitness Assessments All MASD racers 9 & older Location: MTS Center
Sun November 2	Summit Ski Club Open House	Norwood Community Club 87 Walmer Street <a href="#">Get directions</a>
Wed Nov 4	Summit Racer Nite	Sampson's Ski World 6:30 -9:00 PM Special racer deals
Nov 3, 10, 17	Summit Fitness Sessions	Nordale School, 6:30- 8:00 PM
Nov 15- Dec 2	Provincial Team Camp	Banff
Nov 21- 24	CSCF Update EL Facilitator Training	Banff
Dec 3-6	MASD RS Camp/Women's World Cup Race	Lake Louise
Dec 8 (tent.), 22	Summit Fitness Session	Nordale School, 6:30- 8:00 PM
Sun Dec 6	Summit Training- Tent.	<b>TBA</b> - Springhill Winter Park
Dec 12, 13 Sat/Sun	<b>Summit Weekend Camp K1- Sr*</b>  Note: CSIA Convention Sat,Sun Entry Level CSCF Fr- Sun	<b>Asessippi??</b> Possible team event at a house?
Thurs Dec 17	Summit Training – all levels	7- 9:00PM, Springhill Winter Park Note: Younger athletes end at 8:30 PM and earlier
Dec 19, 20, 21 Sat/Sun/Mon	Summit Holiday Camp	Asessippi Ski Area All Levels, 3 day camp
Dec 19, 20	MASD Skier Cross	Train on 19 <sup>th</sup> , compete on 20 <sup>th</sup>
Sun Dec 27	Summit Training- all levels	9:00 AM- noon @ Springhill Winter Park
Tues Dec 29	Summit Training K1- Sr	8:45- 2:30 @ LaRiviere
Wed Dec 30	Summit Training- all levels	1- 4:00 PM, Springhill Winter Park

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Sun Jan 3	Summit Training- all levels	9- 12 noon, Springhill Winter Park
Thurs Jan 7	Summit Training- all levels	7- 9:00 PM Springhill Winter Park
Sun Jan 10	-Frost Fire Mtn (ND) <a href="#">Get directions</a> - <a href="#">View larger map</a>	10- 3:00 PM, N Greene
	-Holiday Mtn Training	9- 3 PM K1 – Sr.**
Tues Jan 12	Summit Fitness	Nordale School, 6:30- 8:00 PM
Thurs Jan 14	Summit Training	7- 9:00 PM, Springhill Winter Park
Jan 16, 17 Fri/Sat/Sun	SL Training on Friday MASS Race 1 & 2 SL/SL	Holiday Mtn, LaRiviere K2 - Sr
Sun Jan 17	Summit NG Training	9- 12 noon, Springhill Winter Park
Tues Jan 19	Summit Fitness	Nordale School, 6:30- 8:00 PM
Thurs Jan 21	Summit Training- All levels <b>Fun Race</b>	7- 9:00 PM Springhill Winter Park
Jan 23, 24 Sat/Sun	<b>TBA</b>	
Sun Jan 24 Jan 22- 24	Summit NG Training MASD RS SL Camp	<b>Time TBA</b> Asessippi
Tues Jan 26	Summit Fitness	Nordale School, 6:30- 8:00 PM
Thurs Jan 28	Summit Training- All levels	7- 9:00PM Springhill Winter Park
Sat Jan 30	E2 – K1 Multi-run Race	Holiday Mtn, LaRiviere, 8:30 AM - 3:00 PM
Sun Jan 31	<b>NG Race</b>	Springhill Winter Park, 8:45 AM- 3:00PM
Sun Jan 31	Summit MASS SL Training	Holiday Mtn K2- Sr.**
Tues Feb 2	Summit Fitness	Nordale School, 6:30- 8:00 PM
Thurs Feb 4	Summit Training	7- 9:00PM Springhill Winter Park
Feb 6, 7 Sat/Sun	MASS 3 & 4 SL/GS	Asessippi
Sun Feb 7	Summit NG Training	9- 12 noon, Springhill Winter Park
Tues Feb 9	Summit Fitness	Nordale School, 6:30- 8:00 PM
Thurs Feb 11	Summit Training- All levels	7- 9:00PM Springhill Winter Park
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Feb 13, 14 Sat- Sun Sun Feb 14	Summit Training Camp  Summit Training- NG Level	TBA- Aseissippi  9:00 AM- noon, Springhill Winter Park
Tues Feb 16	Summit Fitness	Nordale School, 6:30- 8:00 PM
Wed Feb 17	MASD RS Training- invitation-	Springhill Winter Park
Thurs Feb 18	Springhill Winter Park- all levels <b>Parent Kick Butt vs. Kids</b>	7- 9:00PM Springhill Winter Park
Feb 20, 21 Sat/Sun	K1 Westerns	Mt Norquay, Banff, AB Selected athletes
Feb 20, 21 Sat/Sun	Snow Stars Festival	E1- K2 Aseissippi
Sun Feb 21	Summit MASS Training	K2- Sr Holiday Mtn. LaRiviere, 9 AM- 2:30 PM
Tues Feb 23	Summit Fitness	Nordale School, 6:30- 8:00 PM
Thurs Feb 25	Summit Training	7- 9:00 PM Springhill Winter Park
Feb 26- 28	MASD K1 Camp	Aseissippi
Feb 27, 28 Sat/Sun	MASS 5 & 6 SL/SL  MASD K1 Camp	Bottineau Winter Park Summit is Co-Host Aseissippi
Sun Feb 28	Summit Training- NG Level	9:00 AM- noon, Springhill Winter Park
Thurs Mar 4	Summit Training- all levels <b>The Gatorade Obstacle Challenge</b>	7- 9:00 PM, Springhill Winter Park
Sat Mar 6	Barclay Snow Byrd	Holiday Mtn, LaRiviere, 8:30 AM- 5:30 PM
Sun Mar 7	Summit Training- MASS	9:00- 12 noon, Springhill Winter Park
Thurs Mar 11	Summit Training- All levels	7- 9:00 PM Springhill Winter Park
Mar 13, 14 Sat/Sun Sun Mar 14	<b>MASD Speed Camp</b>  <b>Summit E1, E2 Race</b>	Rising Stars to Sr levels Aseissippi Includes E1- E2 Multi-run for Summit
Thurs Mar 18	Summit Training <b>Dress Loonie Nite</b>	7- 9:00 PM Springhill Winter Park
Mar 18- 21 Thur - Sun	Training on Thurs MASS Finals Races 7, 8, 9 ,10	Aseissippi Super G, Super Combined, SL, GS.
Mar 27- 31	Whistler Cup Prep Camp	Aseissippi
Apr 4 – 12	Whistler Cup Camp and Race	Whistler
Apr 14- 16	RS Tech Free Ski Camp	Sunshine
<b>Color Code Key</b>		E1- K1 Races MASS Races Holiday Camps Skier Cross