



Summit Ski Club

Prepared by: Brian Hatherly, Head Coach

2010- 2011 Schedule (Dec 8, 2010 Version)

Summit Info Line: 944-2990

Date	Event	Particulars, location
Sun Oct. 24	Summit Ski Club Open House	Norwood Community Club 87 Walmer Street Get directions
Nov. 2	Summit Fitness Session	Nordale School , Get directions Indoor athletic footwear required, shorts, sweater for some outdoor etc.
Wed Nov 3	Summit Racer Nite	Sampson's Ski World 6:30 -9:00 PM Special racer deals for all Summit members
Sun. Nov. 21	Doors @ 11:00 am testing from 11:30 – 3:00	MASD Fitness Assessments <u>All MASD racers 9 & older- expected to attend.</u> Location: MTS Center
Nov. 9, 16, 23, 30	Summit Fitness Sessions	Nordale School, 6:30- 8:00 PM Get directions Indoor athletic footwear required, shorts, sweater for some outdoor etc.
Nov. 12, 13, 14	CSCF Coach Professional Development (Video and Technology, LF Training, Skier Cross, Safety)	Nov 12, 3- 5:30 PM Nov. 13, 9:00 AM- 5:00 PM Nov. 13, all day. Sport Manitoba
Nov 17- 21	CSCF Coach Training	Banff
Nov 17- Dec 9	Provincial Team Camp	Banff Note: Can. Winter Games Invitees- Nov 27- Dec 1.
Dec 1- 4	MASD Rising Stars Camp/Women's World Cup Race	Lake Louise
Dec 11, 12	CSIA Convention Entry Level CSCF Fri- Sun	Asessippi For coaches/instructors
Thurs Dec 16	Summit Training – all levels (TENTATIVE)	7- 9:00PM, Springhill Winter Park Note: Younger athletes end at 8:30 PM and earlier
Dec 18, 19 Sat/Sun	Summit Weekend Camp K1- Sr*	Asessippi Possible team event at a house?
Sun Dec 19	Summit E1- E2 Training	9:00 AM- Noon. Springhill Winter Park

Date	Event	Particulars, location
Dec 18 Dec 19	Ski Coach Training- MASD RS Skills Festival- MASD	Asessippi- RS Course setting Asessippi-
Thurs. Dec 23	Summit Training – all levels	7- 9:00PM, Springhill Winter Park Younger athletes end at 8:30 PM and earlier if need be
Dec 27, 28, 29 Mon/Tues/Wed	<u>Summit Holiday Camp # 1</u>	Asessippi Ski Area All Levels, 3 day camp (additional costs)
Dec 29, 30	MASD- Canada Winter Games Time Trials event	Asessippi
Sun Jan 2	Summit Training- E1- K1	9- 12 noon, Springhill Winter Park
Jan 2, 3, 4, possibly Jan 5th	<u>Summit Ski Holiday Camp # 2</u>	Location Giant’s Ridge, MN K1 and older athletes (additional costs)
Jan. 2, 3, 4	CSCF Entry Level Coach Course	Register through MASD Age 15+
Thurs Jan 6	Summit Training- all levels	1:00- 4:00 PM Springhill Winter Park
Sun Jan 9	-Frost Fire Mtn (ND) Get directions - View larger map -Holiday Mtn Training	10- 3:00 PM, N Greene 9- 3 PM K1 – Sr.**
Thurs Jan 13	Summit Training	7- 9:00 PM, Springhill Winter Park
Jan 15, 16	Prairie Skier Cross (E2 and older athletes)	Location: Asessippi. Train on 15 th , compete on 16 th
Sun Jan 16	Summit NG Training	9- 12 noon, Springhill Winter Park
Thurs Jan 20	Summit Training	7- 9:00 PM, Springhill Winter Park
Jan 22, 23 Sat/Sun	SL Training on Sat. MASS Race 1 Dual SL on Sun.	Holiday Mtn, LaRiviere K2 - Sr
Sun Jan 23	Summit NG Training	9- 12 noon, Springhill Winter Park
Thurs Jan 27	Summit Training- All levels Fun Race	7- 9:00 PM Springhill Winter Park
Sat Jan 29	E2 – K1 Multi-run Race	Springhill Winter Park 8:30 AM - 3:00 PM
Sat Jan 29	Summit Social Evening	Springhill Winter Park (Pre-sell tickets)
Sun Jan 30	E1 Race	Springhill Winter Park, 8:45 AM- 3:00PM
Sun Jan 30	Summit Training Day – J1 and older athletes	Location: Springhill Winter Park 1- 4 PM
Thurs Feb 3	Summit Training	7- 9:00PM Springhill Winter Park
Feb 4, 5, 6 Fri/Sat/Sun	MASS 2 & 3 SL/GS K1 - SR	Asessippi Fri- Whistler Cup time trails & MASS Training Sat- SL Race Sat- GS Race (single pole) Whistler Cup Qualifier

Date	Event	Particulars, location
Sun Feb 6	Summit NG Training	9- 12 noon, Springhill Winter Park
Feb 7- 11	MASD- CWG Camp	Location TBA
Thurs Feb 10	Summit Training- All levels	7- 9:00PM Springhill Winter Park
Feb 12, 13 Sat/Sun	Snow Stars Festival	Location: Asessippi Sat – E1- K1 Snow Stars Festival Sun- E2- K1 Kombi Race Sun- E1 Snow Stars stations
Sun Feb 13	Summit Training- MASS	Frost Fire Mtn. 10 AM- 3:30 PM
Thurs Feb 17	Springhill Winter Park- all levels Parent Kick Butt vs. Kids	7- 9:00PM Springhill Winter Park
Feb 19- 21 Sat/Sun	K1 Westerns	Location- TBA Selected athletes
Feb 19- 27	Canada Winter Games	Nova Scotia
Sun Feb 20	Summit NG Training	E1- E2 @ Springhill (9- noon)
Sun Feb 20 Mon Feb 21	Summit MASS Training	K2- Sr Location: Tent- Asessippi
Thurs Feb 25	Summit Training	7- 9:00 PM Springhill Winter Park
Feb 26, 27 Sat/Sun	MASS Race 4 & 5 SL/SL	Bottineau Winter Park Summit is Co-Host
Feb 25, 26, 27 Fri/Sat/Sun	MASD K1 Camp	Asessippi-
Sun Feb 27	Summit Training- NG Level	9:00 AM- noon, Springhill Winter Park E1- K1 levels
Thurs Mar 3	Summit Training- all levels The Gatorade Obstacle Challenge	7- 9:00 PM, Springhill Winter Park
Sat Mar 5	Barclay Snow Byrd	Holiday Mtn, LaRiviere, E1- K1 8:30 AM- 5:30 PM
Sun Mar 6	MASS Race 6 Skier Cross	Holiday Mtn. Note: possible Sat training
Thurs Mar 10	Summit Training- All levels	7- 9:00 PM Springhill Winter Park
Mar 11-13 Fri/Sat/Sun	MASD Speed Camp	Fri/Sat- K2 to Sr levels Asessippi Sat/Sun- E2- Sr levels
Sun Mar 13	Summit Training	9:00 AM- noon, Springhill Winter Park E1 level
Thurs Mar 17	Summit Training Dress Loonie Nite	7- 9:00 PM Springhill Winter Park
Mar 17- 20 Thurs - Sun	Training on Thurs MASS Finals Races 7, 8, 9 ,10	Asessippi Super G, Super Combined, SL, GS.
Mar 26- 28	Whistler Cup Prep Camp	Asessippi
March 25- 28	K2 Westerns	Jasper, AB

Date	Event	Particulars, location
Apr 3 – 11	Whistler Cup Camp and International Race	Whistler, BC
Apr 14- 17	MASD RS Tech Free Ski Camp	Sunshine K2- J2
May 7, 8	MASD Fitness Assessments	Location TBA
Color Code Key		
	Summit Camp	
	MASD Camp	
	MASS Race	
	Rising Stars Level Race	



Schedule: *General Information Related to Races and Training*

Thursday Night Training: Thursday night training is provided for every full member of Summit Ski Club held at Springhill Winter Sports Park 7 - 9:00 pm. Nancy Greene sessions usually end at approximately 9:00 pm, or at 8:30 or before depending on the age of skiers in the group. Sessions end at 9:00 pm, often followed by professional development opportunities that are provided for our club coaches.

Weekend Only Nancy Greene: Training sessions are provided on Sunday mornings and for Saturday races. No Sunday AM training is provided following a NG race the day before.

Full Program Nancy Greene: All NG sessions are offered, Sunday mornings, Saturday races, Thursday nights.

Full Day, Half Day Training Sessions: The schedule will indicate which skier group is to be included on each day time training session.

Wind Chill/Road Conditions: Summit Ski Club has a policy ... Cancellation of training at a wind chill factor of -32 degrees or worse (see Environment Canada weather on TV). If the wind chill is at that level at 6:30 am (for weekend sessions) and is expected to decrease, training will be on for that day. For evening sessions, phone our information line (944-2990) or Springhill Winter Sports Park (224-3051). Should the road conditions be "Not Recommended" by Highways department, training and racing will be cancelled by our club.

Summit Information Line: Phone 944-2990 for the latest changes/updates.

Summit Web Page: www.summitskiclub.com will be updated every frequently.

Frost Fire Mountain Training and Bottineau Races:

Bring identification and permission letter or send along with your child for the border crossing. Visit the MASD link for a copy of the Travel Waiver Form at <http://www.skimanitoba.com/pdfs/travel%20waiver.pdf>

For any concerns or questions ... contact your son/daughter's coach or call me, Brian Hatherly, at 237-1260. For non-coach related information, please contact Cathy Horbas, Summit President.