

Grace Ski Team Weekly Journal: Week 16 Feb 16–20

Coach's Comments: This is it: Three days more training until Regions in Skyview. We bus down Friday morning and skate race after 2 pm. Overnight in Kenai, with classic race Saturday mid-day. Keep healthy and rested.

Monday: Classic 3:50–5p **Hilltop** Classic, then party

Tuesday: Classic 7–8:30 Hilltop

Wednesday: Skate 3:50–5p **Hilltop**

Thursday: Skate skis to coaches for waxing

Friday: Regions Interval Skate 3K–girls and 5K–boys

Saturday: Chevron Mass Start Classic 7K girls and 10K boys

Day	Team Plan	Your Activity	Comment
Monday	No School		
Tuesday			
Wednesday			
Thursday			
Friday			
Weekend			

Observations:

Signed: _____

Confirmed: _____

Coach Reviewed: _____