

# September 2011

## Schedule for Alberta Masters Ski Team 2011-2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 <b>Labour Day Weekend</b>
4 <b>Labour Day Weekend</b>	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Out Door Dryland Park by 50 <sup>th</sup> Ave SW Sandy Beach Park at bottom of the hill 6:30 to 8:00pm	20	21 Yoga Location 2133 Kensington Road NW. Time 6:00 to 7:15pm	22	23	24 <b>Alberta Alpine AGM for Coaches</b>
25	26 Out Door Dryland Park by 50 <sup>th</sup> Ave SW Sandy Beach Park at bottom of the hill 5:30 to 7:30pm	27	28 Yoga Location 2133 Kensington Road NW. Time 6:00 to 7:15pm	29	30	

# October 2011

## Schedule for Alberta Masters Ski Team 2011-2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Out Door Dryland Park by 50 <sup>th</sup> Ave SW Sandy Beach Park at bottom of the hill 5:30 to 7:30pm	4	5 Yoga Location 2133 Kensington Road NW. Time 6:00 to 7:15pm	6	7	8
9	10 <b>Thanksgiving Day</b>	11 Out Door Dryland Park by 50 <sup>th</sup> Ave SW Sandy Beach Park at bottom of the hill 5:30 to 7:00pm	12 Yoga Location 2133 Kensington Road NW. Time 6:00 to 7:15pm	13	14	15
16	17 Out Door Dryland Park by 50 <sup>th</sup> Ave SW Sandy Beach Park at bottom of the hill 5:30 to 7:30pm	18	19 Yoga Location 2133 Kensington Road NW. Time 6:00 to 7:15pm	20	21 Calgary New and Used Ski Sale at Max Bell Arena 1001 Barlow Trail SE 5pm to 9pm	22 Calgary New and Used Ski Sale at Max Bell Arena 1001 Barlow Trail SE 11am to 5pm
23 <b>NO TRAINING</b>  Calgary New and Used Ski Sale at Max Bell Arena 1001 Barlow Trail SE 11am to 3pm	24 Out Door Dryland Park by 50 <sup>th</sup> Ave SW Sandy Beach Park at bottom of the hill 5:30 to 7:30pm	25	26 Holmenkol Waxing Clinic at Lou's Ski Shop in Calgary  Yoga Location 2133 Kensington Road NW. Time 6:00 to 7:15pm	27	28	29 <b>Nakiska Opening day ONLY the top of the mountain</b> Tentative Nakiska to open for Skiing  <b>NO TRAINING</b>
30 <b>NO TRAINING</b>	31 HALLOWEEN  <b>NO TRAINING</b>					

# November 2011

## Schedule for Alberta Masters Ski Team 2011-2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Out Door Dryland Park by 50 <sup>th</sup> Ave SW Sandy Beach Park at bottom of the hill 5:30 to 7:00pm	2 Yoga Location 2133 Kensington Road NW. Time 6:00 to 7:15pm	3	4	5 Senior Official Update in Calgary Lake Louise open to Public Norquay open to Public
6 Day Time Change Back 1 hour 9:30am Training at Nakiska (Technical Free Skiing Training)	7	8	9 Yoga Location 2133 Kensington Road NW. Time 6:00 to 7:15pm Pre-Season Basis Ski Tuning night	10 AGM & SOCIAL PARTY 7:00pm at Canada Olympic Park	11 <b>Remembranc e Day</b>	12 9:30am Training at Nakiska (Technical Free Skiing Training)
13 9:30am Training at Nakiska (Technical Free Skiing Training)	14	15	16 Yoga Location 2133 Kensington Road NW. Time 6:00 to 7:15pm	17	18 POSSIBLE Canada Olympic Park is <b>Opening to the Public</b> (9:00 to 5:00pm)  <b>NO Training</b>	19 9:30am Training at Nakiska (Technical Free Skiing Training)
20 9:30am Training at Nakiska (Technical Free Skiing Training)	21 <b>FIRST NIGHT TRAINING</b> 5:30pm Training at COP (Technical Free Skiing Training)	22	23 Yoga Location 2133 Kensington Road NW. Time 6:00 to 7:15pm	24	25	26 9:30am Training at Nakiska (Technical Free Skiing Training) World Cup Men at Lake Louise
27 9:30am Training at Nakiska (Technical Free Skiing Training)  World Cup Men at Lake Louise	28 5:30pm Training at COP (Technical Free Skiing Training)	29	30 Yoga Location 2133 Kensington Road NW. Time 6:00 to 7:15pm			

# December 2011

## Schedule for Alberta Masters Ski Team 2011-2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 9:30am Tech GS in the Morning & GS gates in Afternoon at Nakiska <b>World Cup Ladies at Lake Louise</b>
4 9:30am Tech SL at Nakiska in the Morning ONLY Free skiing in the afternoon <b>World Cup Ladies at Lake Louise</b>	5 5:30pm Training at COP (SL Training)	6	7	8	9	10 9:30am Tech SL in the Morning and SL GATES in Afternoon at Nakiska
11 9:30am Tech Giant Slalom at Nakiska in the Morning ONLY Free skiing in the afternoon	12 5:30pm Training at COP (Giant Slalom Gates Training) <b>Masters Camp @ Sunpeaks BC</b>	13 <b>Masters Camp @ Sunpeaks BC</b>	14 <b>Masters Camp @ Sunpeaks BC</b>	15 <b>Masters Camp @ Sunpeaks BC</b>	16 <b>Masters Camp @ Sunpeaks BC</b>	17 9:30am Tech GS in the Morning & GS gates in Afternoon at Nakiska
18 <b>Sponsorship Thank You Day @ Nakiskia</b> <b>Miele FIS Cup Ladies ONLY</b> <b>2 Slalom &amp; 2 Giant Slalom at Nakiska</b>	19 NO GATES 5:30pm Training at COP (SL Training) <b>Miele FIS Cup Ladies ONLY</b> <b>2 Slalom &amp; 2 Giant Slalom at Nakiska</b>	20 <b>Miele FIS Cup Ladies ONLY</b> <b>2 Slalom &amp; 2 Giant Slalom at Nakiska</b>	21 <b>Miele FIS Cup Ladies ONLY</b> <b>2 Slalom &amp; 2 Giant Slalom at Nakiska</b>	22 <b>Miele FIS Cup Ladies ONLY</b> <b>2 Slalom &amp; 2 Giant Slalom at Nakiska</b>	23	24 <b>Day OFF</b>
25 <b>Christmas Day</b> <b>Day OFF</b>	26 <b>BOXING DAY</b> <b>COP Hill Closes at 5:00</b>	27	28	29	30	31 <b>Day OFF</b>

# January 2012

## Schedule for Alberta Masters Ski Team 2011-2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>New Years Day</b>	2 <b>COP Hill Closes at 5:00</b>	3 Miele FIS Cup Men & Ladies 2 Slalom & 2 Giant Slalom at Nakiska	4 Miele FIS Cup Men & Ladies 2 Slalom & 2 Giant Slalom at Nakiska	5 Miele FIS Cup Men & Ladies 2 Slalom & 2 Giant Slalom at Nakiska	6 Miele FIS Cup Men & Ladies 2 Slalom & 2 Giant Slalom at Nakiska	7 9:30am SL Tech & SL Gates @ Nakiska
8	9 NO Gates 5:30pm Training at COP (SL Technical )	10	11	12	13 US Masters Races@ Big Mountain Whitefish Montana From Jan 13 to 15 <sup>th</sup> (GS/GS/SL)	14 <b>Masters SL Technical Camp at Nakiska</b> Cresa Partners K2 Cup Giant Slalom Race @ Norquay
15 <b>Masters SL Technical Camp at Nakiska</b> Cresa Partners K2 Cup Giant Slalom Race @ Norquay	16 5:30pm Training at COP (GS Training)	17	18	19	20 <b>Leave in the evening for Kicking Hourse-Golden BC Trip</b>	21 <b>Kicking Horse-Golden BC Trip Skiing Weekend</b> Miele FIS Cup Men & Ladies Speed Camp at Nakiska
22 <b>Kicking Horse-Golden BC Trip Skiing Weekend</b> Miele FIS Cup Men & Ladies Speed Camp at Nakiska	23 5:30pm Training at COP (GS Training) Miele FIS Cup Men & Ladies Speed Camp at Nakiska	24	25	26	27	28 9:30am Training at Nakiska (GS Training)
29 9:30am Training at Nakiska (Fast GS Training)	30 5:30pm Training at COP (FAST GS Training) Work on Tucks and safety, and starts	31				

# February 2012

## Schedule for Alberta Masters Ski Team 2011-2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				US Western Regional Championships Masters Races @ Big Sky Montana From Feb. 2 to 5 <sup>th</sup> (SC/SG/GS/SL)	Cresa Partners K2 Glen Grice Super G Race @ Nakiska	9:30am SG Training @ Nakiska Cresa Partners K2 Glen Grice Super Combine Race @ Nakiska
5	6	7	8	9	10	11
Cresa Partners K2 Glen Grice Giant Slalom Race @ Nakiska	5:30pm Training at COP (FAST GS Training)					9:30am GS Training @ Nakiska
	MASTER Over the Hill DH CAMP @ Veron Silver Star	MASTER Over the Hill DH CAMP @ Veron Silver Star	MASTER Over the Hill DH CAMP @ Veron Silver Star	MASTER Over the Hill DH CAMP @ Veron Silver Star	MASTER Over the Hill DH Qualifying Run @ Veron Silver Star	MASTER Over the Hill DH Qualifying Run @ Veron Silver Star
12	13	14	15	16	17	18
9:30am SL Training @ Nakiska	5:30pm Training at COP (SL Training)	Valentine's Day				9:30am GS Gates in morning and Tech GS in Afternoon at Nakiska
MASTER Over the Hill TWO DH RACES @ Veron Silver Star						
19	20	21	22	23	24	25
9:30 Tech SL in Morning at Nakiska FUN RACE in Afternoon	<b>Alberta Family Day</b>  COP Hill Closes at 5:00		US Masters Race SG training @ Schweitzer Basin	US Masters Race SG Race @ Schweitzer Basin	US Masters Race SG Race @ Schweitzer Basin	Masters GS Technical Camp at Nakiska  US Masters Race GS Race @ Schweitzer Basin
26	27	28	29			
Masters GS Technical Camp at Nakiska  US Masters Race SL Race @ Schweitzer Basin	5:30pm Training at COP (SL Training)					

# March 2012

## Schedule for Alberta Masters Ski Team 2011-2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			High performance Ski tuning night	1	2	3 9:30am Training at Nakiska SG Training) & Fast GS Gates in Afternoon Cresa Partners K2 Giant Race @ Castle
4 9:30am Training at Nakiska (Fast GS Training)  Cresa Partners K2 Cup Giant Slalom Race @ Castle	5 5:30pm Training at COP (GSTraining)	6	7	8  J1 Westerns FIS Championships from March 8 to 13 <sup>th</sup> at Nakiska	9	10 9:30am Training at Nakiska (SG Training) & Fast GS Gates in Afternoon
11 Day Light Savings Forward 1 hour  9:30am Training at Nakiska (GS Gates) <b>FUN RACE AFTERNOON</b>	12 5:30pm Training at COP (Fast GS Training)	13  J1 Westerns FIS Championships from March 8 to 13 <sup>th</sup> at Nakiska	14	15 <b>St Patrick's Day</b>	16	17 9:30am Training at Nakiska (SL Training) & SL Gates in Afternoon
18 9:30am Training at Nakiska (GS Gates & GS gates in Afternoon)	19 5:30pm Training at COP ( SL Training)  <b>Night Skiing Ends at COP</b>	20  US National Championships Masters Races @ Park City, Utah From March 19-23 <sup>th</sup> (SC/SG/GS/SL)	21  US National Championships Masters Races @ Park City, Utah From March 19-23 <sup>th</sup> (SC/SG/GS/SL)	22  Need major help to set up for the race because we are hosting the race at Nakiska	23  Contact people for the Canadian Masters race is <a href="mailto:Andrew.Dawson@Shaw.ca">Andrew.Dawson@Shaw.ca</a> Or <a href="mailto:Coulterbell@shaw.ca">Coulterbell@shaw.ca</a>	24  Canadian Masters Ski Camp GS TRAINING @ Nakiska  Bruno Engler Memorial SL Race @ Norquay
25 Canadian Masters Ski Camp SL TRAINING in Morning and GS in Afternoon @ Nakiska  Tom Tataryn Memorial World's Longest SL Race @ Westcastle.	26 Canadian Masters Ski Camp GS TRAINING @ Nakiska  COP Hill Closes at 5:00	27 Canadian Masters Ski Camp SG TRAINING @ Nakiska	28 Canadian Masters Ski Camp SG TRAINING @ Nakiska	29 Canadian Masters Ski Camp SG Two Timed TRAINING Runs @ Nakiska	30 Canadian Masters Champ 2X SG Race Day @ Nakiska	31 Canadian Masters Champ GS Race Day @ Nakiska

# April 2012

## Schedule for Alberta Masters Ski Team 2011-2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canadian Masters Champ SL Race Day @ Nakiska	2 COP Hill Closes at 5:00	3	4	5	6 <b>GOOD FRIDAY</b>	7 9:30am GS at Nakiska in Morning and GS Gates in Afternoon <b>Bozo Cup Head to Head Pro Race at Norquay</b>
8 <b>EASTER</b> COP Hill Closes at 5:00 <b>Bozo Cup Head to Head Pro Race at Sunshine</b>	9 <b>EASTER Monday</b> COP Hill Closes at 5:00 Castle Mountain Hill Closes	10	11	12	13  Cresa Partners K2 Finals SL,GS, 2SG Races @ Nakiska	14 9:30am SL at Nakiska in Morning and SL Gates in Afternoon Cresa Partners K2 Finals SL,GS, 2SG Races @ Nakiska
15 Norquay Hill Closes  Cresa Partners K2 Finals SL,GS, 2SG Races @ Nakiska	16	17	18	19	20	21  <b>NAKISKA YEAR END OPEN RACE???</b>
22	23	24	25	26	27	28
29	30					

# May 2012

## *Schedule for Alberta Masters Ski Team 2011-2012*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 <b>Victoria Day</b>	22	23	24	25	26
27	28	29	30	31		