

# November 2008

## Schedule for Alberta Masters Ski Team 2008-2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8 9:30am Training at COP (Tech Training) NO SNOW
9	10 5:30pm Training at COP (Tech Training)	11 <b>Remembrance Day</b>	12	13	14	15 9:30am Training at COP (Technical Slalom Free Skiing) <b>AGM &amp; SOCIAL PARTY</b>
16	17 5:30pm Training at COP (Tech Giant Slalom Training)	18	19	20	21	22 9:30am Training at COP (Technical Giant Slalom Free Skiing)
23	24 5:30pm Training at COP (Technical Slalom Training)	25	26 Start of World Cup Races at Lake Louise until Dec 7 2008	27	28	29 Nakiska afternoon training 11:30 to 3:30 (Technical Training)
30 Nakiska afternoon training 11:30 to 3:30 (Technical Training)						

# December 2008

## Schedule for Alberta Masters Ski Team 2008-2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30pm Training at COP (Technical Slalom Training)	2	3	4	5	6 9:30am Tech GS in the Morning and SL in Afternoon at Nakiska
7 9:30am Tech SL at Nakiska in the Morning ONLY	8 5:30pm Training at COP (SL Training)	9	10	11	12	13 9:30am Tech GS in the Morning and SL GATES in Afternoon at Nakiska
14 9:30am Tech Giant Slalom at Nakiska in the Morning ONLY	15 5:30pm Training at COP (Giant Slalom Gates Training)	16	17 Alberta Cup Women ONLY 2 Slalom & 2 Giant Slalom at Nakiska	18 Alberta Cup Women ONLY 2 Slalom & 2 Giant Slalom at Nakiska	19 Alberta Cup Women ONLY 2 Slalom & 2 Giant Slalom at Nakiska	20 9:30am SL Gates @ Nakiska Alberta Cup Women ONLY 2 Slalom & 2 Giant Slalom at Nakiska
21 9:30am Tech Slalom at Nakiska in the Morning ONLY	22	23	24 Day OFF	25 Christmas Day Day OFF	26 BOXING DAY Day OFF	27
28 Masters SL Technical Camp at Nakiska	29 Masters SL Technical Camp at Nakiska	30	31 Day OFF			

# January 2009

## Schedule for Alberta Masters Ski Team 2008-2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>New Years Day</b>	2	3 9:30am GS Tech & FAST GS Gates @ Nakiska Apogee K2 Cup Slalom Race @ Canada Olympic Park
4 Apogee K2 Cup Slalom Race @ Canada Olympic Park	5 5:30pm Training at COP (GS Gates )	6	7	8	9	10 9:30am GS Tech & GS Gates @ Nakiska
11 9:30am GS Tech & GS Gates @ Nakiska	12 5:30pm Training at COP (FAST GS Training) Presentation by M-2 Sport Training Program	13	14	15	16	17 9:30am Training at Nakiska (Fast GS Training) Apogee K2 Cup Giant Slalom Race @ Lake Louise
18 9:30am Training at Nakiska (Fast GS Training) Apogee K2 Cup Giant Slalom Race @ Lake Louise	19 5:30pm Training at COP (GS Training)	20	21	22 First day Evening Adult Race League at COP Cost is \$199.00 for Series or \$295.00 for Series & Lift	23 K2 South Zone Speed Camp at Nakiska	24 9:30am Training at Nakiska (GS Training) K2 South Zone Speed Camp at Nakiska
25 K2 South Zone Speed Camp at Nakiska	26 5:30pm Training at COP (FAST GS Training)	27	28	29 Evening Adult Race League at COP	30 K2 SG Speed Camp at Panorama	31 K2 SG Speed Camp at Panorama FIS Race at Nakiska (2SL or 2GS)

# February 2009

## Schedule for Alberta Masters Ski Team 2008-2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 K2 SG Speed Camp at Panorama  FIS Race at Nakiska (2SL or 2GS)	2 5:30pm Training at COP (GS Training)  FIS Race at Nakiska (2SL or 2GS)	3  FIS Race at Nakiska (2SL or 2GS)	4  FIS Race at Nakiska (2SL or 2GS)	5  Evening Adult Race League at COP	6  MASTER Over the Hill DH Qualifying Run @ Veron Silver Star	7 9:30am GS Gates @ Nakiska  MASTER Over the Hill DH Qualifying Run @ Veron Silver Star
8  MASTER Over the Hill TWO DH RACES @ Veron Silver Star	9 5:30pm Training at COP (FAST GS Training)	10	11	12  Evening Adult Race League at COP	13	14  Masters GS Technical Camp at Nakiska
15  Masters GS Technical Camp at Nakiska	16  Alberta Family Day  5:30pm Training at COP (SL Training)	17	18	19  Evening Adult Race League at COP	20	21 9:30am GS Gates in morning and Tech SL in Afternoon at Nakiska  MASTER GS RACE @ Whistler
22  Tech SL in Morning at Nakiska  MASTER GS RACE @ Whistler	23 5:30pm Training at COP (SL Training)	24	25	26  Last day of Evening Adult Race League at COP	27	28  9:30am GS Training @ Nakiska  Apogee K2 Cup Giant Slalom Race @ Castle

# March 2009

## Schedule for Alberta Masters Ski Team 2008-2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Apogee K2 Cup Giant Slalom Race @ Castle	2 5:30pm Training at COP (GS Training)	3	4	5	6	7 9:30am Training at Nakiska (GS Training) & Fast GS Gates in Afternoon
8 9:30am Training at Nakiska (Fast GS)	9 5:30pm Training at COP (Fast GS Training)	10	11	12 Need major help to set up for the race because we are hosting the race at Nakiska	13 Western Canada Masters SG Training Run @ Nakiska	14 Western Canada Masters SG RACE @ Nakiska (2 one run races)
15 Western Canada Masters GS RACE @ Nakiska (2 one runs races)	16 5:30pm Training at COP (GS Training)	17	18	19	20	21 9:30am Training at Nakiska (GS Training) & SL Gates in Afternoon Tenative date for Bruno Engler SL Race @ Norquay
22 9:30am Training at Nakiska (SL Gates)	23 5:30pm Training at COP (SL Training)	24	25	26	27	28 9:30am Training at Nakiska (GS Training) & SL Gates in Afternoon
29 Tom Tataryn Memorial Worlds longest SL Race @ Westcastle  Day Light Savings Forward 1 hour	30 5:30pm Training at COP (SL Training)	31				

# April 2009

## Schedule for Alberta Masters Ski Team 2008-2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Contact people for the Canadian Masters race is <a href="mailto:ngr@telus.net">ngr@telus.net</a> <a href="mailto:jules.lajoie@teckcominco.com">jules.lajoie@teckcominco.com</a>	2 Canadian Masters Champ SG TRAINING Run @ Sunpeaks	3 Canadian Masters Champ SG @ Sunpeaks	4 Canadian Masters Champ GS @ Sunpeaks
5 Canadian Masters Champ SL @ Sunpeaks	6	7	8	9	10 <b>GOOD FRIDAY</b>	11 9:30am GS at Nakiska in Morning and SL Gates in Afternoon FIS Spring Series Nakiska (2SL & 2 GS)
12 <b>EASTER</b>  FIS Spring Series Nakiska (2SL & 2 GS)	13	14	15	16	17	18 9:30am GS at Nakiska Gates in Afternoon <b>NAKISKA YEAR END OPEN RACE???</b>
19	20	21	22	23	24 Head to Head Pro BOZZO Cup Race at Sunshine	25 Felix Belzyk Kinder Cup at Sunshine
26	27	28	29	30		