

September 2009

Schedule for Alberta Masters Ski Team 2009-2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Labour Day Weekend
6 Labour Day Weekend	7 Labour Day Weekend	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Out Door Boot Camp 50Ave S.W & 14A Street S.W. at Sandy Beach 6:00 to 7:30pm	25	26
27	28	29	30 Out Door Boot Camp 50Ave S.W & 14A Street S.W. at Sandy Beach 6:00 to 7:30pm	31		

October 2009

Schedule for Alberta Masters Ski Team 2009-2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sanguine Hot Yoga 105, 2763 Sunridge Way N.E. 8:00pm	2	3 Alberta Alpine AGM
4	5	6	7 Out Door Boot Camp 50Ave S.W & 14A Street S.W. at Sandy Beach 6:00 to 7:30pm	8 Sanguine Hot Yoga 105, 2763 Sunridge Way N.E. 8:00pm	9	10 Canmore Ski Swap
11	12 Thanksgiving Day	13	14 Sanguine Hot Yoga 105, 2763 Sunridge Way N.E. 8:00pm	15 Out Door Boot Camp 50Ave S.W & 14A Street S.W. at Sandy Beach 6:00 to 7:30pm	16	17 NO TRAINING Canada Olympic Park is Opening the Public (9:00 to 5:00pm) Banff Ski Swap
18	19	20	21 Out Door Boot Camp 50Ave S.W & 14A Street S.W. at Sandy Beach 5:30 to 7:00pm	22 Sanguine Hot Yoga 105, 2763 Sunridge Way N.E. 8:00pm	23	24 NO TRAINING Canada Olympic Park is Opening the Public (9:00 to 5:00pm)
25 NO TRAINING Canada Olympic Park is Opening the Public (9:00 to 5:00pm)	26 FIRST NIGHT TRAINING 5:30pm Training at COP (Tech Training)	27	28 Out Door Boot Camp 50Ave S.W & 14A Street S.W. at Sandy Beach 5:30 to 7:00pm	29 Sanguine Hot Yoga 105, 2763 Sunridge Way N.E. 8:00pm	30	31 AGM & SOCIAL PARTY 10:00am at Canada Olympic Park

November 2009

Schedule for Alberta Masters Ski Team 2009-2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Day Time Change Back 1 hour	2 5:30pm Training at COP (Tech Training)	3	4	5 Sanguine Hot Yoga 105, 2763 Sunridge Way N.E. 8:00pm	6	7 Nakiska to open to Public Skiing Hill only open to Pre paid training
8	9 5:30pm Training at COP (Tech Training)	10	11 Remembrance Day	12 Sanguine Hot Yoga 105, 2763 Sunridge Way N.E. 8:00pm	13	14 9:30am Training at Nakiska (Tech Training)
15 9:30am Training at Nakiska (Tech Training)	16 5:30pm Training at COP (Tech Training)	17	18	19 Sanguine Hot Yoga 105, 2763 Sunridge Way N.E. 8:00pm	20	21 9:30am Training at Nakiska (Tech Training)
22	23 5:30pm Training at COP (Tech Giant Slalom Training)	24	25 Start of World Cup Races at Lake Louise run until Dec 6 2009	26 Sanguine Hot Yoga 105, 2763 Sunridge Way N.E. 8:00pm	27	28 9:30am Training at Nakiska (Technical Giant Slalom Free Skiing)
29 9:30am Training at Nakiska (Technical Giant Slalom Free Skiing)	30 5:30pm Training at COP (Technical Slalom Training)					

December 2009

Schedule for Alberta Masters Ski Team 2009-2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 9:30am Tech GS in the Morning and SL in Afternoon at Nakiska
					Coupe Luc Balit MASTER GS Race on Dec 5 & 6, 2009 @ Mount Tremblant Quebec	
6 9:30am Tech SL at Nakiska in the Morning ONLY Last Day of World Cup Races at Lake Louise run until Dec. 6 2009	7 5:30pm Training at COP (SL Training)	8	9	10	11	12 K2 / OPEN Dual Slalom Race @ Canada Olympic Park 9:30am Tech GS in the Morning and SL GATES in Afternoon at Nakiska
13 9:30am Tech Giant Slalom at Nakiska in the Morning ONLY	14 5:30pm Training at COP (Giant Slalom Gates Training)	15	16	17	18 Miele FIS Cup Men ONLY 2 Slalom & 2 Giant Slalom at Nakiska	19 9:30am SL Gates @ Nakiska Miele FIS Cup Men ONLY 2 Slalom & 2 Giant Slalom at Nakiska
20 9:30am Tech Slalom at Nakiska in the Morning ONLY Miele FIS Cup Men ONLY 2 Slalom & 2 Giant Slalom at Nakiska	21 5:30pm Training at COP (SL Gates) Miele FIS Cup Men ONLY 2 Slalom & 2 Giant Slalom at Nakiska	22	23	24 Day OFF	25 Christmas Day Day OFF	26 BOXING DAY Day OFF
27 Masters SL Technical Camp at Nakiska	28 Masters SL Technical Camp at Nakiska	29	30	31 Day OFF		

January 2010

Schedule for Alberta Masters Ski Team 2009-2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Years Day	2 9:30am GS Tech & FAST GS Gates @ Nakiska
3	4 5:30pm Training at COP (GS Gates)	5	6	7	8	9 Revelstoke Ski Trip Free Skiing Weekend
10 Revelstoke Ski Trip Free Skiing Weekend	11 5:30pm Training at COP (FAST GS Training)	12	13	14 Cresa Partners K2 Cup Slalom Race @ Norquay	15 Cresa Partners K2 Cup Slalom Race @ Norquay	16 9:30am Training at Nakiska (Fast GS Training) Cresa Partners K2 Cup Giant Slalom Race @ Lake Louise
17 9:30am Training at Nakiska (SL Training) Cresa Partners K2 Cup Giant Slalom Race @ Lake Louise	18 5:30pm Training at COP (SL Training)	19	20	21	22 MASTER Over the Hill DH Qualifying Run @ Veron Silver Star	23 9:30am Training at Nakiska (GS Training) MASTER Over the Hill TWO DH RACES @ Veron Silver Star
24	25 5:30pm Training at COP (FAST GS Training) MASTER WORLD WINTER GAMES ,SL, GS & SG Race on Jan 25-31, 2010 @ Slovenia Kranjska Gora	26 MASTER WORLD WINTER GAMES ,SL, GS & SG Race on Jan 25-31, 2010 @ Slovenia Kranjska Gora	27 MASTER WORLD WINTER GAMES ,SL, GS & SG Race on Jan 25-31, 2010 @ Slovenia Kranjska Gora	28 Evening Adult Race League at COP	29 Cresa Partners K2 Glen Grice Super G Training @ Panorama	30 9:30am Training at Nakiska (SL Training) Cresa Partners K2 Glen Grice Super G Race @ Panorama
31 LAST DAY OF MASTER WORLD WINTER GAMES ,SL, GS & SG Race on Jan 25-31, 2010 @ Slovenia Kranjska Gora Cresa Partners K2 Glen Grice Super G Race @ Panorama						

February 2010

Schedule for Alberta Masters Ski Team 2009-2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30pm Training at COP (GS Training)	2	3	4 Evening Adult Race League at COP	5	6 9:30am GS Gates @ Nakiska
7	8 5:30pm Training at COP (FAST GS Training)	9	10	11 Evening Adult Race League at COP	12	13 9:30am GS Training @ Nakiska
14 Valentine's Day 9:30am SL Training @ Nakiska	15 Alberta Family Day Hill Closes at 5:00	16	17	18 Evening Adult Race League at COP	19	20 9:30am GS Gates in morning and Tech SL in Afternoon at Nakiska Cresa Partners K2 Giant Slalom Race @ Castle
21 9:30 Tech SL in Morning at Nakiska Cresa Partners K2 Slalom Race @ Castle	22 5:30pm Training at COP (SL Training)	23	24	25 Last day of Evening Adult Race League at COP	26	27 Masters GS Technical Camp at Nakiska
28 Masters GS Technical Camp at Nakiska						

March 2010

Schedule for Alberta Masters Ski Team 2009-2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30pm Training at COP (GS Training)	2	3	4	5 Cresa Partners K2 Finals Super G Race@ Nakiska	6 9:30am Training at Nakiska (GS Training) & Fast GS Gates in Afternoon Cresa Partners K2 Finals Giant Slalom Race@ Nakiska
7 9:30am Training at Nakiska (Fast GS) Cresa Partners K2 Finals Slalom Race@ Nakiska	8 5:30pm Training at COP (Fast GS Training)	9	10	11 Need major help to set up for the race because we are hosting the race at Nakiska	12 Western Canada Masters SG Training Run @ Nakiska Night Skiing Ends at COP	13 Western Canada Masters SG RACE @ Nakiska (2 one run races)
14 Day Light Savings Forward 1 hour Western Canada Masters GS RACE @ Nakiska (2 run race)	15 COP Hill Closes at 5:00	16	17 St Patrick's Day	18	19 Canadian Senior FIS Championships from March 20 to 28 th at Nakiska	20 9:30am Training at Nakiska (GS Training) & Fast GS Gates in Afternoon Tentative date for Bruno Engler SL Race @ Norquay
21 9:30am Training at Nakiska (GS Gates) Canadian Senior FIS Championships from March 20 to 28 th at Nakiska	22 COP Hill Closes at 5:00	23 Canadian Senior FIS Championships from March 20 to 28 th at Nakiska	24 Canadian Senior FIS Championships from March 20 to 28 th at Nakiska	25 Canadian Senior FIS Championships from March 20 to 28 th at Nakiska	26 Canadian Senior FIS Championships from March 20 to 28 th at Nakiska	27 9:30am Training at Nakiska (GS Training) & SL Gates in Afternoon
28 9:30am Training at Nakiska (SL Gates) Tom Tataryn Memorial World's longest SL Race @ Westcastle	29 COP Hill Closes at 5:00	30	31			

April 2010

Schedule for Alberta Masters Ski Team 2009-2010

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

May 2010

Schedule for Alberta Masters Ski Team 2009-2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 5th Annual Rob Bossinger Head to Head Pro Race at Sunshine
2 5th Annual Rob Bossinger Head to Head Kinder Cup Pro Race at Sunshine	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					