

Training for Junior Development Group  
Walden/Laurentian Nordic

Date	Time	Training/location	Technique
Feb. 12/08	6:15 PM	Walden Chalet	Classic
Feb. 14/08	6:00 PM	Walden (or right after racing if possible)	Skating
Feb. 16/08	10:00 AM	Laurentian University Ski race trails for next weekend everyone is welcome Laurentian JRs are having sprints at 1:00pm <b>*** Register for O-Cup #4 on Zone4 Low rates until Feb 16 Registration closes Feb 21</b>	Classic/skating
Feb. 18/08		<b>Family Day – Get out and Ski!</b>	
Feb. 19/08	6:15PM	Walden	Skating
Feb. 21/08	6:00PM	Walden if race today practice maybe moved earlier <b>Last day for O-Cup #4 Registration</b>	Classic
Feb. 22/08	5:00 PM	Spaghetti Supper for racers at Walden and wax skate skis if kids want easy ski	Skating skis
Feb. 23/08	8:45 AM	Meet at Laurentian Nordic Stadium (we will have the flags from Midget Championships up if not competing come cheer on your team)	Skate race
Feb. 23/08	2:00 or 3:00PM	Meet Walden's garage and wax skis	Classic skis
Feb. 24/08	7:45 AM	Meet at Laurentian Nordic	Classic Race
Feb. 25/08		<b>Deadline for Warm-up Suit Orders</b>	
Feb. 26/08	6:15pm	Walden Training Classic	Classic
Feb. 28/08	NO Training	OFSSA North Bay	
Mar. 1/08	9:30 AM	Walden	Classic
Mar. 4/08	6:15pm	Walden	Skating
Mar. 5/7/08		Away at winter games	
Mar. 8/08	9:00 am Meet to wax skis	Sofie Manarin Nickel Loppet Laurentian University <b>*** Register early on Zone4</b>	Classic
Mar. 11/08	6:15pm	Walden	Skiing & Games
spring	break	Ski lots ☺	
May 3/08	10:00am – 4:00pm	Canoe and Geocache Event Wolf Creek, Killarney Rd	

\*\*\* Sudbury Fitness Challenge is made up of 5 events run during the year. The first event is Sofie's loppet Mar. 8/08. There will be a canoe, running, swimming, mountain bike and the last event is our trail run on Thanksgiving.

The main event for the Sudbury Fitness Challenge is the Beaton Classic. This event has Swimming, Biking, Canoe and running. There are individual and team events and the Dairy Queen Challenge distances. Please remember summer training is a very important part of cross-country skiing. If we can keep our fitness level all year round, then all you can do is get faster next season.

The Sudbury Fitness Challenge is a Participation event open to young and old. Let's see how many kids and parents can come out and be involved.