

JD Training Schedule for February 2010

Date	Time	Training/location	Things to bring
Feb. 02/10 Tues	6:15pm	Walden Classic	Dress appropriately and bring a change of clothes, skis, boots and poles
Feb. 04/10 Thurs	6:15pm	Walden Skating	Poles, boots, skis, water bottle
Feb. 06/10 Sat.	9:15am	Onaping (Windy Lake) Ski the race trails for next weekend☺	Poles, boots, skis, water bottle, lunch and snacks
Feb. 9/10 Tues	6:15pm	Skating JD High school race in afternoon	Poles, boots, skis
Feb. 11/10 Thurs	6:15pm	Classic	Poles, boots, skis
Feb.12/10	1:00 pm	Pre-ski trails and wax skis	
Feb. 13/10	9:00 am	OC #4 Windy Lake, If you are not racing please come out and cheer on your teammates	Skis, poles, boots, snack, water lots of warm clothes, goals and objectives for the weekend
Feb. 14/10	8:30 am	OC #4 Windy Lake, come out and learn from Ontario's best	Skis, poles, boots, snack, water lots of warm clothes ☺
Feb. 15/10	8:00am	OC #4 Windy Lake come out and cheer	Skis, poles, boots, snack, water lots of warm clothes ☺
Feb. 16/10	6:15 pm	High School Race JD in evening for others	Skis, poles, boots, snack, water lots of warm clothes
Feb. 18/10	6:15pm	Classic	Skis, poles, boots, snack, water lots of warm clothes
Feb. 20/10	9:15 am	Your weaker technique	Skis, poles, boots, snack, water lots of warm clothes
Feb. 23/10	6:15 pm	Classic Team Sprints	Skis, poles, boots, snack, water lots of warm clothes
Feb. 25/10		OFSSA High School Race	Skis, poles, boots, snack, water lots of warm clothes
Feb. 26/10		OFSSA High School Race	Skis, poles, boots, snack, water lots of warm clothes
Feb. 27/10	9-1pm	Skating	Skis, poles, boots, snack, water lots of warm clothes
Feb. 28/10	10:00 am	Voima Club	Loppet