**WEEK 11 (Feb 8th)**

**Announcements:**

* Cold temperatures have thrown a wrench in our weekly plan. We have cut down the number of on-snow practices and our race may be cancelled if temps or wind chills are too low
* We are at the half-way point of our racing season! There will a meeting Monday to talk about where we are in our season and what we will focus on during the remaining weeks

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Location** | **Time** | **Practice Plan** |
| **Monday** | [Online Strength](https://meet.google.com/sya-pdft-yfy)  | 4-5:30pm | Team meeting after strength to review lettering criteria and races for the rest of the season |
| **Tuesday** | On snow practice - Location Irondale Trails  | 3:45-5pmNO BUS | Easy skate ski w/ speeds |
| **Wednesday** | *Tentative Skate Race* - Battle Creek |  | Pending temperatures...but this may be cancelled due to wind + temps.Call will be made by Tuesday afternoon. |
| **Thursday** | [Meet online](https://meet.google.com/sya-pdft-yfy) for team yoga/stretching | Meet online at 4pm | Recovery from Wednesday race |
| **Friday** | [Meet online](https://meet.google.com/sya-pdft-yfy) for short strength workout followed by team fun | Meet online at 4pm | Short, maintenance strength workoutTeam BINGO with fabulous prizes  |
| **Saturday** | No in-person practice | NA | Cold temps predicted - no in person practiceIf you want to go skiing (totally optional), no more than 60 minutes of VERY easy skiing |

You MUST stay with your group at all times. You are responsible for making sure everyone in your group is accounted for during and after practice!

