**WEEK 14 (Feb 28)**

**Announcements:**

* Sections is on Wednesday, specific document will be on the website
* Equipment, uniforms, and warm-up collection will be planned for a later date
* Banquet is planned for later in March, stay tuned

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Location** | **Time** | **Practice Plan** |
| **Monday** | Hyland Recreation Center | Bus leaves MV at 3:45pm  Arrive at Hyland at 4:30pm  Practice ends at 5:30pm  Bus returns to MV at 6pm | Skate ski, course preview  All Sections skiers give their skis to coaches after practice |
| **Tuesday** | Pre-race OYO and online meeting | 4pm - Online meeting and review of Sections Plan  Goal Setting and Visualization | Review of all Sections and COVID protocols for the races |
| **Wednesday** | Sections at Hyland | See Sections Plan and Protocol | See Plan |
| **Thursday** |  |  | No Practice - take the day off |
| **Friday** |  |  | No Practice |
| **Saturday** |  |  | No Practice |