**WEEK 9 (Jan 25th)**

**Announcements:**

* Small training groups assigned - see end of document

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| **Day** | **Location** | **Time** | **Practice Plan** |
| **Monday** | [Elm Creek Park Reserve](https://www.google.com/maps/place/Elm+Creek+Park+Reserve/@45.1382288,-93.455477,14z/data=!4m8!1m2!2m1!1selm+creek+park+reserve!3m4!1s0x52b338a96a5420db:0xe918882e272cded5!8m2!3d45.1382288!4d-93.4379675) (park at back overflow lot) | Practice time  6:15-7:45  Bus leaves MV 5:45, returns 8:15 | NOTE: Check your training group. You must be with this group at all times while we are on trails.  Easy classic skiing with technique focus   * No pole striding * Double pole/double pole kick |
| **Tuesday** | [Elm Creek Park Reserve](https://www.google.com/maps/place/Elm+Creek+Park+Reserve/@45.1382288,-93.455477,14z/data=!4m8!1m2!2m1!1selm+creek+park+reserve!3m4!1s0x52b338a96a5420db:0xe918882e272cded5!8m2!3d45.1382288!4d-93.4379675) (park at back overflow lot) | Practice time  6:15-7:45  Bus leaves MV 5:45, returns 8:15 | Skate workout, break into small groups:   * **Lisa’s group:**: Skate workout * **Ian’s group:** Skate workout * **Julie/Emily:** Skate technique clinic   Glide waxing in the parking lot. Meet back in the parking lot at 7:30 if you need your skis waxed. |
| **Wednesday** | Shakeout Run + Virtual strength | 3:30 - easy jog  4:00-5:15 [meet online](https://meet.google.com/sya-pdft-yfy) | Go for a 30-40min easy jog  Meet online at 4pm for virtual strength (click the link to join) |
| **Thursday** | Easy jog on your own  Team meeting | No group practice - do pre-race workout own your own  4:30pm [meet online](https://meet.google.com/sya-pdft-yfy) | 25-30min easy ski/run + stretch  Meet online at 4:30-6pm for team meeting   * Team check-in * Friday race info |
| **Friday** | Race against Irondale  [Parking at Irondale](https://www.google.com/maps/place/Irondale+High+School/@45.0898759,-93.2076533,17z/data=!4m5!3m4!1s0x52b32f46a1f6971d:0x50dcc7e88ba1c9cf!8m2!3d45.090035!4d-93.207192), race takes place on trails behind the school | NO BUS - MEET DIRECTLY AT IRONDALE  Race times:  2:45 Boys race  4:15 Girls race | **Race format is continuous pursuit - we will be racing BOTH techniques!** |
| **Saturday** | Distance ski - Les Bolstad Golf Course | Bus leaves MVHS at 8:30, returns at 11:30  Practice time: 9-11am | Aim for longer skate ski (2 hours) |

Training groups starting Jan 25th. 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!

The coach listed above your group is the coach you will work with during practice:

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| **Coach**  **Lisa** | **Coach**  **Ian** | **Coach Julie/Coach**  **Emily** | Talk to a coach first - so we can put you in a group |
| Brynn | Kenna | Finja | Aubrey |
| Bria | Maeve | Scarlett | Addison |
| Margot | Naila | Kylie | Erica |
| Aurora | Anya | Madeline B | Ella |
|  |  |  | Sophia |
| Katia | Laura | Andrews | Madison |
| Eva | Isabella | Lucy | Skylar |
| Maddie D | Paulina | Shreeya |  |
| Audrey | Noelle | Graham |  |
| Katerina |  |  |  |
|  | Nick S |  |  |
| Max | Gus |  |  |
| Matthew | Will C |  |  |
| Levi | Miles |  |  |
| Will A |  |  |  |
| Will K | Josie |  |  |
|  | Claire A |  |  |
| Daniel | Claires S |  |  |
| Sam | Alana |  |  |
| Jon | Amelia |  |  |
| Noah | Maren |  |  |
|  | Maya |  |  |