



# GVBKYS / RXCSF Youth Skiing 2009/10

## Planning Schedule

(Subject to change based on conditions; always check email & website [www.xcrochester.com](http://www.xcrochester.com))

Day	Date	Time	Location	Description
Sun	Nov 1	1:00 – 3:00 pm	Douglas Biathlon Ctr, Pond Road, Mendon	Pre-season Biathlon Fun Event; details to follow.
Thur	Nov 5	6:30 – 8:30	St Catherine's Schnacky Ctr, Mendon	<b>Parent Meeting &amp; Used Equipment Swap</b> – Program Overview, Equipment & Clothing Selection, Registration
Every Sat	November 7/21/28	9:30 – 11:00 am	7&21 @ MPP Beach 28 @ Dryer Park	Dryland sessions for Sno Leopards & Cheetahs; Running shoes & classic poles; ground pad; rain or shine!
Sat	Nov 7	1:00 – 2:30 pm	Park Ave Bikeshop	<b>RXCSF Youth Skiing Team Order Sale Event</b>
TBA	TBA	TBA	SNOW Pittsford Plaza	<b>RXCSF Youth Skiing Team Order Sale Event</b>
Sat	Nov 28	1:00 – 3:00 pm	Witkowski Ski Drome	Waxmeister Training & Coaches Meeting (Adults)
Sat	Dec 5	10:00 – 11:30 am	MPP Beach / Bristol XC	First Full Session; Skiing Basic Instruction (Classic)
Thur	Dec 10	4:15 - 5:15 pm	MPP Quaker Pond	Hike/Run (Classic if snow permits)
Sat	Dec 12	10:00 – 11:30 am	MPP NM or Bristol XC	Skiing Basic Instruction (Freestyle) plus "Gorp Day"
Thur	Dec 17	4:15 - 5:15 pm	MPP North Meadow	Log Ks for Kochers (Freestyle)
Sat	Dec 19	10:00 – 11:30 am	MPP NM or Bristol XC	Annual Holiday Tree Ski (Classic)
Sat	Dec 26	10:00 – 11:30 am	MPP NM or Bristol XC	Regular Practice (Freestyle)
Mon/Tue	Dec 28/29	9:00am – 3:00pm	Bristol Summit XC	<b>RXCSF Holiday Youth Ski Racing Camp</b> (Classic and Freestyle; Sno Leopards & Cheetahs; BYOL)
Thur	Dec 31	7:00 – 9:00 pm	HHSRA	<b>New Years Eve Moonlight Ski Tour &amp; Celebration</b>
Sat	Jan 2	TBA	Osceola Tug Hill STC	<b>Harry Potter BK Ski Festival</b>
Thur	Jan 7	4:15 - 5:15 pm	MPP North Meadow	Log Ks for Kochers (Freestyle)
Sat	Jan 9	10:00 – 11:30 am	MPP NM or Bristol XC	Practice & Ski Orienteering Activity (Classic)
Thur	Jan 14	4:15 - 5:15 pm	MPP Beach	Log Ks for Kochers - Classic
Sat	Jan 16	10:00 – 11:30 am	MPP NM or Bristol XC	Regular Practice (Freestyle)
Sun	Jan 17	11:00 am Start	MPP Stewart Lodge	<b>MPP Winterfest w/ RXCSF Youth Race</b> ; Freestyle
Thur	Jan 21	4:30 - 5:30 pm	Witkowski Ski Drome	Try Something New & Biathlon - Classic
Sat	Jan 23	10:00 – 11:30 am	MPP Beach / Bristol XC	<b>"Bring a Friend Day"</b> (Classic)
Thur	Jan 28	4:30 - 5:30 pm	MPP North Meadow	Log Ks for Kochers - Freestyle
Sat/Sun	Jan 30/31	TBA	Bristol Summit XC / MPP or HHSRA	<b>RXCSF Youth Ski Festival</b> - Classic and Freestyle, Games, Saturday Evening Banquet
Thur	Feb 4	4:30 - 5:30 pm	MPP Beach	Log Ks for Kochers - Classic
Sat	Feb 6	10:00 – 11:30 am	MPP NM or Bristol XC	Regular Practice (Freestyle)
Thur	Feb 11	4:30 – 6:00 pm	Witkowski Ski Drome	Ski, Biathlon, Games & Hot Dogs! - Classic
Sat	Feb 13	10:00 – 11:30 am	MPP NM or Bristol XC	4 <sup>th</sup> Annual GVBKYS/RXCSF <b>Mini Marathon</b> (Freestyle)
Thur	Feb 18	4:30 – 6:00 pm	MPP North Meadow	Log Ks for Kochers - Freestyle
Sat	Feb 20	10:00 – 11:30 am	MPP Beach / Bristol XC	Final Recreation Pgm Session = Games and Fun!
Thur	Feb 25	4:30 – 6:00 pm	MPP North Meadow	<b>Race Preparation Session</b> (technique TBA)
Fri-Su	Feb 26-28	TBA	New Gloucester, Maine	<b>NENSA Bill Koch Festival @ Pineland Farm</b>
Thur	Mar 4	6:00 – 7:30 pm	Bristol Summit XC	<b>Race Preparation Session</b> (technique TBA)
Sat	Mar 6	9:00 am	Winona Forest	<b>Winona Forest Tourathon</b> 12.5k/25k Classic Challenge
Thur	Mar 11	6:00 – 7:30 pm	Bristol Summit XC	<b>Race Preparation Session</b> (technique TBA)
Sa/Su	Mar 13/14	TBA	Lapland Lake	<b>Mid-Atlantic Bill Koch Festival</b> (Optional)
Fri	Mar 19	6:00 - 9:00pm	TBA	<b>Year End Awards Banquet/J3 Graduation Ceremony</b>



- **Recreational Groups** = Bobcats & Sno Monkeys; **Sport/Race Groups** = Sno Leopards & Cheetahs
- **No shading: Regular Sessions All Groups** (If no snow, bring running shoes & classic poles. Ski technique listed for Cheetahs & Sno Leopards; Bobcats and Sno Monkeys "classic" technique unless otherwise noted.)
- **Thursday Optional After-School Tour Sessions for ALL Groups**
- **Additional Race Training Sessions for Cheetahs & Sno Leopards** (Additional optional supplementary training sessions with Coach Moreau and/or Coach Bob TBA via email/website as determined during season.)
- **Special Activities for ALL Groups**
- **Travel Events/Races for Sport/Race Groups; Optional for Other Groups**

- **Abbreviations:** MMP = Mendon Ponds Park; HHSRA = Harriet Hollister Spencer Recreation Area.
- **Practices may change** depending on conditions. **Please check email or website before every practice!**
- **Practices start ON SNOW at the indicated times.** Coaches & Waxmeisters will arrive early to assist with ski prep.
- A parent must remain present to assist all Bobcat skiers.