

DECEMBER, 2009

Park City Masters Training Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Be aware of Special Rules for Super G training on Payday	30 Opening Day Masters Training 10-3 Free ski drills Payday	1 10-3 Free ski drills Payday	2 10-3 Free ski drills Payday	3 10-3 Free ski drills Payday	4 10-3 Free ski drills Payday	5
6	7 10-11 SL drills 11-1 SL gates 2-4 Free ski	8 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Payday	9 10-11 GS drills 11-1 GS gates 2-4 Free ski	10 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS Payday	11 10-11 GS drills 11-1 GS gates 2-4 Free ski	12
13	14 10-11 SL drills 11-1 SL gates 2-4 Free ski	15 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL TBA	16 7:30-9 Super G Payday 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	17 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL TBA	18 10-11 SL drills 11-1 SL gates 2-4 Free ski	19 Masters Races Snowbasin SL/SL
20 Masters Races Snowbasin SL/SL	21 10-11 SL drills 11-1 SL gates 2-4 Free ski	22 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS TBA	23 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	24	25 Christmas	26
27	28 10-11 SL drills 11-1 SL gates 2-4 Free ski	29 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	30 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	31 10-11 Free ski 11-1 GS gates 2-4 Free ski drills		

All 10 am drill sessions and afternoon free ski sessions meet base of Payday chair lift

All days/dates/events Tentative and Subject to Change

JANUARY, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Be aware of Special Rules for Super G training on Payday		1 New Years Day	2
3	4 10-11 SL drills 11-1 SL gates 2-4 Free ski	5 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	6 7:30-9 Super G Payday 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	7 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS Eagle	8 10-11 GS drills 11-1 GS gates 2-4 Free ski drills	9
10	11 10-11 SL drills 11-1 SL gates 2-4 Free ski	12 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	13 7:30-9 Super G Payday 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	14 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS Eagle	15 Masters Races Sun Valley Super G	16 Masters Races Sun Valley GS
17 Masters Races Sun Valley SL	18 10-11 SL drills 11-1 SL gates 2-4 Free ski	19 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	20 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	21 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS Eagle	22 10-11 GS drills 11-1 GS gates 2-4 Free ski drills	23
24	25 10-11 SL drills 11-1 SL gates 2-4 Free ski	26 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	27 7:30-9 Super G Payday 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	28 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS Eagle	29 10-11 GS drills 11-1 GS gates 2-4 Free ski drills	30 Masters Races Jackson GS

FEBRUARY, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Masters Races Jackson GS	1 10-11 SL drills 11-1 SL gates 2-4 Free ski	2 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	3 7:30-9 Super G Payday 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	4 Masters Races Regional Champ Super G Park City	5 Masters Races Regional Champ Super Combined Park City	6 Masters Races Regional Champ GS/SL Park City
7 Masters Races Regional Champ GS/SL Park City	8 10-11 SL drills 11-1 SL gates 2-4 Free ski	9 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	10 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	11 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS Eagle	12 10-11 GS drills 11-1 GS gates 2-4 Free ski drills	13
14	15 Presidents' Day	16 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	17 7:30-9 Super G Payday 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	18 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS Eagle	19 Masters Races Big Sky Super G	20 Masters Races Big Sky Super G
21 Masters Races Big Sky Super G	22 10-11 SL drills 11-1 SL gates 2-4 Free ski	23 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	24 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	25 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS Eagle	26 10-11 SL drills 11-1 SL gates 2-4 Free ski	27 Masters Races Park City SL

All 10 am drill sessions and afternoon free ski sessions meet base of Payday chair lift

MARCH, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Masters Races Park City GS	1 10-11 SL drills 11-1 SL gates 2-4 Free ski	2 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	3 7:30-9 Super G Payday 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	4 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS Eagle	5 Masters Races Wolf Mtn. GS	6 Masters Races Wolf Mtn. SL
7 Masters Races Wolf Mtn. GS	8 10-11 SL drills 11-1 SL gates 2-4 Free ski	9 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	10 7:30-9 Super G Payday 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	11 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS Eagle	12 Masters Races Snowbasin SG	13 Masters Races Snowbasin GS
14 Masters Races Snowbasin SL	15 10-11 SL drills 11-1 SL gates 2-4 Free ski	16 10-11 SL drills 11-1 SL gates 2-4 Free ski drills Night Training SL Eagle	17 10-11 Free ski 11-1 GS gates 2-4 Free ski drills	18 10-11 GS drills 11-1 GS gates 2-4 Free ski drills Night Training GS Eagle (LAST Night)	19 10-11 SL drills 11-1 SL gates 2-4 Free ski drills	20 Masters Races Pebble Creek SL
21 Masters Races Pebble Creek SL	22 10-11 SL drills 11-1 SL gates 2-4 Free ski	23 10-11 SL drills 11-1 SL gates 2-4 Free ski	24 10-11 GS drills 11-1 GS gates 2-4 Free ski drills	25 10-11 GS drills 11-1 GS gates 2-4 Free ski drills	26 10-11 GS drills 11 End of season Time Trials GS (Last Day Training)	27
28	29 Masters Nationals Sun Valley SC/SG/GS/SL	30 Masters Nationals Sun Valley SC/SG/GS/SL	31 Masters Nationals Sun Valley SC/SG/GS/SL	1 Masters Nationals Sun Valley SC/SG/GS/SL	2 Masters Nationals Sun Valley SC/SG/GS/SL	3

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