

**DECEMBER, 2009**

**Park City Masters Training Calendar as of 11/19/09**

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

## FEBRUARY, 2010

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

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 <b>Masters Races Park City GS</b>	1 10-12 SL drills 1-3 SL gates	2 10-11 SL drills 11-1 SL gates 2-4 Free ski drills <b>Night Training SL Eagle</b>	3 <b>7:15-9 Super G Payday</b> 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 <b>Night Training GS Eagle</b>	5 <b>Masters Races Wolf Mtn. GS</b>	6 <b>Masters Races Wolf Mtn. SL</b>
7 <b>Masters Races Wolf Mtn. GS</b>	8 10-12 SL drills 1-3 SL gates	9 10-11 SL drills 11-1 SL gates 2-4 Free ski drills <b>Night Training SL Eagle</b>	10 <b>7:15-9 Super G Payday</b> 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 <b>Night Training GS Eagle</b>	12 <b>Masters Races Snowbasin SG</b>	13 <b>Masters Races Snowbasin GS</b>
14 <b>Masters Races Snowbasin SL</b>	15 10-12 SL drills 1-3 SL gates	16 10-11 SL drills 11-1 SL gates 2-4 Free ski drills <b>Night Training SL Eagle</b>	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 <b>Night Training GS Eagle (LAST Night)</b>	19 10-11 SL drills 11-1 SL gates 2-4 Free ski drills	20 <b>Masters Races Pebble Creek SL</b>
21 <b>Masters Races Pebble Creek SL</b>	22 10-12 SL drills 1-3 SL gates	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 <b>(Last Day Training)</b>	27
28	29 <b>Masters Nationals Sun Valley SC/SG/GS/SL</b>	30 <b>Masters Nationals Sun Valley SC/SG/GS/SL</b>	31 <b>Masters Nationals Sun Valley SC/SG/GS/SL</b>	1 <b>Masters Nationals Sun Valley SC/SG/GS/SL</b>	2 <b>Masters Nationals Sun Valley SC/SG/GS/SL</b>	3

All days/dates/events Tentative and Subject to Change

