

September 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4		
7	8	9	10	11		
14 Calgary dryland Riverside Park 4:30 – 6:00 pm	15 Bow Valley dryland Millennium Park 4:30 –6:00 pm	16 Calgary dryland Riverside Park 4:30 – 6:00 pm	17 Bow Valley dryland Millennium Park 4:30 –6:00 pm	18	19	20 Team Testing Banff Sally Borden 9:15 – 11:00 am C-level Cirque 11:30 – 3:30 pm
21 Calgary dryland Riverside Park 4:30 – 6:00 pm	22 Bow Valley dryland Millennium Park 4:30 –6:00 pm	23 Calgary dryland Riverside Park 4:30 – 6:00 pm	24	25 Bow Valley dryland Rock climbing Grassi Lakes 2:30 – 5:30 pm	26	27 Team dryland Tour de Norquay Hill clean up/BBQ Parent meeting 9:30 - TBA
28 Calgary dryland Riverside Park 4:30 – 6:00 pm	29 Bow Valley dryland Millennium Park 4:30 –6:00 pm	30 Calgary dryland Riverside Park 4:30 – 6:00 pm				
						Calgary x 6 Banff x 5 Team x 2 8:7

October 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Bow Valley dryland Millennium Park 4:30 – 6:00 pm	2	3 Team dryland Mount Yamnuska 9:00 – 5:00 pm	4
5 Calgary dryland Riverside Park 4:30 – 6:15 pm	6 Bow Valley dryland Millennium Park 4:30 – 6:00 pm	7 Calgary dryland Riverside Park 4:30 – 6:15 pm	8 Bow Valley dryland Millennium Park 4:30 – 6:00 pm	9	10 Team dryland Canmore Ski Swap Grotto Mountain Time TBA Thanks giving	11
12 Calgary dryland Riverside Park 4:30 – 6:15 pm School off (long weekend)	13 Bow Valley dryland Millennium Park 4:30 – 6:00 pm Calgary school off (long weekend)	14 Calgary dryland Princess Island Stairs McHugh Bluff Park 4:30 – 6:15 pm	15 Bow Valley dryland Millennium Park 4:30 – 6:00 pm	16	17 Team dryland Banff Ski swap Hike TBA Time TBA	18
19 Calgary dryland Riverside Park 4:30 – 6:00 pm *	20 Bow Valley dryland Canmore Lifeworks Capoeira 4:30 – 6:00 pm	21 Calgary dryland Princess Island Stairs McHugh Bluff Park 4:30 – 6:00pm *	22 Bow Valley dryland Banff Sally Borden 4:30 – 6:00 pm	23	24	25 Team dryland Calgary Talisman Center Platform Diving 11:15 – 1:00pm
26 Calgary dryland Calgary Climbing Ctr. (boys only) 4:30 – 6:45 pm Girls TBA	27 Bow Valley dryland Banff Sally Borden 4:30 – 6:00 pm	28 Calgary dryland Calgary Climbing Ctr. (girls only) 4:30 – 6:45 pm Boys TBA	29 Bow Valley dryland Banff Sally Borden 4:30 – 6:00 pm	30	31 Halloween	
					Oct. 3, 24 backup at Sally B 11:45 – 1:15	Calgary x 8 Bow Valley x 9 Team x 4 14:14 20

November 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Team dryland Calgary Muay Thai 1:45 – 3:30
2 Calgary dryland Dr. JK Mulloy gym 6:00 – 7:30pm	3 Bow Valley dryland Canmore Lifeworks Spin Class 4:30 – 6:00 pm	4 Calgary dryland Spin class Westside Rec. Center 4:15 – 6:00 pm	5 Bow Valley dryland Bill Warren Tr. Center 4:30 – 6:00 pm	6	7 Winter start	8 Team dryland Skating Canmore Recreation Center 9:45 – 12 noon
9 Calgary dryland Dr. JK Mulloy gym 6:00 – 7:30pm	10 Bow Valley dryland Canmore Lifeworks Spin Class 4:30 – 6:00 pm	11 Calgary dryland Spin class Westside Rec. Center 4:15 – 6:00 pm Remembrance Day	12 Bow Valley dryland Bill Warren Tr. Center 4:00 – 5:30 pm	13	14 Team Testing Banff Sally Borden 9:15 – 11:00 a.m. Bowling Banff Springs 12:50 – 2:30 pm	15 Ski TBA?
16 Calgary dryland Dr. JK Mulloy gym 6:00 – 7:30pm	17	18 Calgary dryland Spin class Westside Rec. Center 4:15 – 6:00 pm Bow Valley dryland Gymnastics Canmore Rec. Center 5:45 – 7:00 pm	19 Bow Valley Bill Warren Tr. Center 4:30 - 6:00 pm	20	21 Ski Sunshine	22 Ski Sunshine
23 Calgary dryland Dr. JK Mulloy gym 6:00 – 7:30pm	24 Bow Valley dryland Bill Warren Tr. Center 4:30 - 6:00 pm	25 Calgary dryland Place TBA Time TBA	26 Bow Valley Bill Warren Tr. Center 4:30 - 6:00 pm	27	28 Ski Sunshine Men's WC DH	29 Ski Louise Men's WC SG
30 Calgary dryland Dr. JK Mulloy gym 6:00 – 7:30pm				Calgary x 9 Bow Valley x 8 Team x 3 29:28 32	Back up Sally B Nov 7	full x 5?

December 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Bow Valley dryland Gymnastics Canmore Recreation Center 6:15 – 7:30 pm	2	3	4 Ski Norquay Legends Camp BV ½ day school	5 Ski Louise Legends Camp Women's WC DH	6 Ski Norquay Legends Camp Women's WC SG
7	8	9 COP night ski: 1/2 Nutrition Talk? TBA	10	11 Ski Norquay BV 1/2 day school	12 Ski Norquay	13 Ski Norquay
14	15	16 COP night ski: 1/2	17	18	19 Norquay Time Trials AB winter Games	20 Ski Norquay
21 Ski Norquay	22 Ski Norquay	23	24	25 Christmas	26	27
28 Ski Norquay	29 Ski Norquay	30 Ski Norquay	31 Ski Norquay New Years			
				Cal school conflict 4, 11 Nakiska: 1 – 2 days? Legends Camp	Bow Valley x 1 32	2 x ½ full: 14 max: 16 21

January 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 Ski Norquay	3 Ski Norquay
4 Ski Norquay Bow Valley school starts	5 Calgary school starts	6 COP night ski: 1/2	7	8	9 Ski Norquay	10 Ski Norquay
11 Ski Nakiska	12	13	14	15 Ski Nakiska: 1/2	16 Nakiska SL race	17 Nakiska GS race
18	19	20 COP night ski: 1/2	21	22	23 Super Kombi Camp (with North Zone) Nakiska	24 Super Kombi Camp Nakiska
25	26	27 COP night ski: 1/2	28	29 Ski Norquay Calgary school off	30 Ski Norquay	31 Free Ski Kicking Horse?
				BV school conflict 4, 29	If we get the 11 th then shift 15 to COP See March 13 Free ski option vs. Jan. 31	4 x ½ full: 13 max: 17 38

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3 COP night ski: ½ (home group) AB WG Train?	4 Cold Lake AB Winter Games	5 Cold Lake AB Winter Games Ski Norquay: ½ (Bow Valley only) BV ½ day school	6 Cold Lake AB Winter Games Ski Norquay (home group)	7 Cold Lake AB Winter Games Ski Norquay (home group)
8	9	10 COP night ski: 1/2	11	12 Ski Norquay: ½ (Bow Valley only) BV ½ day school	13 Ski Norquay	14 Ski Norquay
15 Ski Norquay Family day Calgary school off BV school off	16	17 COP night ski: ½	18	19	20 Norquay K1 Westerns Free Ski Sunshine [home group]	21 Norquay K1 Westerns Free Ski Louise (home group)
22 Norquay K1 Westerns	23	24	25	26	27 Ski Norquay	28 Ski Norquay
					Home group watch Westerns on 21? Ski Panorama this month?	3 - 4 x ½ full; 10 - 13 max; 15 53

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 COP night ski: 1/2	2	3 COP night ski: 1/2	4	5 Ski Rabbit Hill: ½ day BV ½ day school	6 Rabbit Hill SL race	7 Rabbit Hill SL race
8	9	10 COP night ski: 1/2	11	12	13 Free Ski Louise (Free ski trip)?	14 Ski Norquay
15	16	17	18	19 Ski Norquay: ½ day BV ½ day school	20 Ski Norquay	21 Ski Norquay
22 Ski Panorama? Ski Sunshine?	23	24	25	26 Ski Panorama: ½ day	27 Panorama K1 finals	28 Panorama K1 finals
29 Panorama K1 finals	30	31				
				Cal school conflict 19	BV Spring Brk: Mar 29 – April 9 Calgary spring brk: Mar 29 – April 6	6 x ½ full:10 max: 16 69

April 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3 Free Ski Louise (home group) Whistler group TBA	4 Free Ski Louise (home group) Whistler group TBA
5 Whistler group TBA	6	7 Free Ski Louise	8	9 Whistler Cup	10 Whistler Cup Free Ski Sunshine (home group)	11 Whistler Cup Free Ski Sunshine (home group)
12	13	14	15	16	17	18 Norquay K1 Wind- up
19	20	21	22	23	24	25
26	27	28	29	30		
				AB Alpine schedule: Nakiska x 4 Panorama x 3 I add x 5.5	Sunshine min x 6 Louise min x 6 Nakiska x 6.5 Panorama x 5 Fernie x 1 COP x 10	Full: 7 – 8 Max: 77 But only a few kids at AB winter games and Whistler + Nov. 15 TBA No Free ski 7th?