

Nordic Skiing 2009-2010

Coach's Schedule (includes optional JOQ and ESGQ races)

	Day	Date	Location	Time	Competitors
	Sunday	Nov 22	Miller MS Roller Ski Race	12:00 pm	Optional
	Tuesday	Dec 1	Scrimmage TBD	3:30 pm	All Schools
OR	Thursday	Dec 3	Scrimmage TBD	3:30 pm	All Schools
	Friday-Sunday	Dec 4-6	NENSA Coaching Clinic	TBD	
	Tuesday	Dec 8	Mohonk	3:30 pm	All Schools
	Thursday	Dec 10	Mohonk	3:30 pm	All Schools
	Sunday	Dec 13	Lake Placid ESG	TBD	Optional
	Tuesday	Dec 15	Mohonk	3:30 pm	All Schools
	Thursday	Dec 17	Mohonk	3:30 pm	All Schools
	Saturday	Dec 19	Osceola JOQ	10:30 am	Optional
	Tuesday	Dec 22	Mohonk	3:30 pm	All Schools
	Tuesday	Jan 5	Mohonk	3:30 pm	All Schools
	Thursday	Jan 7	Mohonk	3:30 pm	All Schools
	Saturday	Jan 9	Glens Falls Invitational JOQ	10:00 am	All Varsity
	Tuesday	Jan 12	Mohonk	3:30 pm	All Schools
	Thursday	Jan 14	Mohonk	3:30 pm	All Schools
	Saturday	Jan 16	Rochester JOQ	10:00 am	Optional
	Wednesday	Jan 20	Mohonk	3:30 pm	All Schools
	Saturday	Jan 23	Lake Placid JOQ (Skate)	12:00 pm	Optional
	Sunday	Jan 24	Lake Placid JOQ (Classic)	10:00 am	Optional
	Tuesday-Friday	Jan 26-29	Regents Testing Period		
	Friday-Sunday	Jan 29-31	Section 9 Ski Camp		By Invitation
	Tuesday	Feb 2	Mohonk	3:30 pm	All Schools
	Thursday	Feb 4	Mohonk	3:30 pm	All Schools
	Saturday	Feb 6	Old Forge JOQ (Classic)	12:00 pm	Optional
	Wednesday (snow date Thursday)	Feb 10 (Feb 11)	Sectional Meet Mohonk or Prospect Mtn, Vt.	12:00 pm	All Qualifiers
	Sunday	Feb 21	Leave for State Meet		All Qualifiers
	Monday	Feb 22	Practice Day	Available all day	All Qualifiers
	Tuesday	Feb 23	Rochester- State Skate Race	10:00 am	All Qualifiers
	Wednesday	Feb 24	Rochester- State Classic Rel.	10:00 am	All Qualifiers
	Friday-Saturday	Mar 5-Mar 13	Junior Olympics-Presque Isle		All Qualifiers
	Friday-Sunday	Mar 12-Mar 14	Eastern HS Championships		All Qualifiers

Lack of local snow may require changes of venues, including a possible shift to The Rocking Horse Ranch in Highland, Minnewaska State Park, or Frost Valley. In addition Lapland Lake in Benson, NY or Prospect Mountain in Bennington, VT may be used for the sectional meet. These changes will only take place after consultation with and agreement by the athletic directors from all affected school districts.