**Week December 14th 2015**

**-Announcements**

-Many still need to return their 2 forms

- Off Campus on Tuesday

-No practice on Friday

-Roller ski Race at Highland Rail trail around 3:15 to 3:30 on Tuesday.

-jackets may get sent out on December 22nd.

**Monday:** 3 groups 3:4:50 **Push-up Challenge**

1. Wax-Beginners. I will post on wax room window by mid-morning on Monday. You can change amongst yourselves. Captains check the list also to see when you will help.
2. Roller-ski
3. Weight room/Plyo

**Tuesday:** Bus leaves at 2:30 for Highland rail trail.

-Roller ski race and running. We will try to get all to race at various levels with Wallkill and Monticello.

**Wednesday:** 3 to 4:50 **Push-up Challenge**

-Wax

-Threshold runs on track based on 2-mile time

-plyo on track

**Thursday:** 3 to 4:50…weather dependent

-Hill work-out-probably at orchards

**Friday: No practice**

**Saturday:** 9 to 10:30. Place TBD. Try to get there at 8:45 so you can start skiing at 9