Week December 15th

-Happy Hanukkah starting the 16th

-We are looking to do a day ski trip to either Prospect or Lapland on Saturday. See web page for details. If we don’t get at least 25 people then the bus will not go. At that point we would ask if any parents can drive. Prospect is about 2.5 hours. There is a great town in Bennington where parents that don’t ski can go shop and have a nice lunch.

-Jackets have been ordered-not sure they will be in by vacation

**-Bring in pole baskets this week. We will need to change them over in order to ski on snow. If you can do this at home wait until after practice on Wednesday.**

**Monday:** Bus leaves school at 2:50ish to Klein Kiln, -when MS arrives

-Varsity; skate ski up the hill x 8. If you have road furles on the skate poles then bring them. If not, bring your classic poles as you may do some double poling if time allows. Bring poles, boots, helmet, skis

-JV will run today-so only sneakers

**Tuesday:**

* JV will do a modified bean bag biathlon then core
* Varsity will warm-up then do 2 x 12 min threshold-then cool down then into weight room

**Wednesday:** Bus off campus-not sure where or what yet

**Thursday:** Run, Weight room and varsity wax for Saturday and/or the break, change pole baskets

**Friday:** Wax anyone left, run, game, change pole baskets.

**Saturday:** - trip to hopefully Prospect leave 7am