**Week November 17, 2014**

**Announcements:**

**- Ski camp money due on Monday.** People who are invited and did not pick up forms: Rosie, Ari, Luke, Alisha. For those that are new and questioning who goes to ski camp. This is not a school related function. We can only take 23 people including drivers. I always invite returning skiers first and the camp has filled up. We are going to Lake Placid, Saturday, January 17th and returning Monday the 19th. We will be staying at a bed and breakfast type lodging and will ski at Mt. Van Hoevenberg. If you wish to go up with your parents with different lodging and meals you are welcome to join us skiing and hang out with the group when they go into town at night. You would be included in the discounted 2-day ticket price.

- It is mandatory you have hats and gloves, pants and a jacket/sweatshirt this week. We will be at Spring Farm - it’s usually colder. A water bottle would be a good idea. It is easier to run with a water bottle holder/fanny pack. Have these available all week.

- I will confirm the cost of the ski jackets. I’m guessing they are around $105. The jackets are not mandatory-they are not part of the uniform.

-If you haven’t put road ferrules yet, bring them with you this week-we will try to find time to do this at school. Maybe on Monday

-Don’t forget your waivers. Fill out the entire Mohonk form. Your parent signs, you sign, and fill out the address-thanks.

-Plan ahead-No official practice on Thanksgiving (you can bank an extra practice if you run the Turkey Trot). No practice on Friday. Ask your parents if you will be around on Saturday so I can determine practice.

-Think snow!!!!

**Monday:** Weight room and run-Looks to be the worst day for weather.

**Tuesday :** **Bus to Spring Farm leaves at 2:35.** We will pick up the middle school kids at the middle school out by the bus entrance…by the stop sign at the side walk. We should be there around 2:45. This will be an interval day. You can only say a few words before becoming out of breath. There is a hill about a mile to go up before we start the run.

Varsity: 4 to 5 x 1000 M loop with 3 minute rest. JV: 3 x 1000 M loop with 3 minute rest

Beginners-we’ll see how you do after running the hill.

Lorenzo-you shouldn’t run this-you can come and run but give your body a rest for the week.

I spoke to 2 people who should not come-we may add more to the list on Monday.

**Wednesday:** Roller ski, run, and hill bounding…probably at school

**Varsity**: warm-up, DBL pole work 10-15 x 15 seconds. Beginners-progression of skiing

**Thursday: Bus leaves at 2:35ish** to the Highland Rail Trail for ski, run, hill bound-core

The run will be a threshold run (you can say a sentence then you should be out of breath)

**Varsity:** 2 x 10 minutes with a 1 minute rest between **JV:** 2 x 6 min with 1 min rest

**Friday:** Weight room and run

**Saturday:** Same routine and groups at Rizza’s. Time will depend on the weather. It will be 8 or 8:30

A reminder-the plan can change.