**Announcements:**

-I need the rest of ski camp money for those attending.

- We need the following waivers signed in order to ski at Mohonk or Rocking Horse.

**Mohonk**: Michael, Parker,

**Rocking Horse:** James, Willa, Philip, Michael, Lorenzo, Jordan, Olivia, Jacob, Parker, Franko, Matteo

-We are looking to ski somewhere on Saturday, but parents would have to drive. Right now Lapland has the most snow. There is a possible race at Garnet Hill on Saturday, if there is enough snow.

**Nordic Week January 5th-11th**

**Monday: 5th**

VO max/level 5 work out: 5 x 5 minutes with 3 minute jog rest

Core work-out

**Tuesday: 6th**

Either Apple Orchards or MS - Hill running repeats 6 to 10 repeats

**Wednesday: 7th**

-Not sure-weather dependent

**Thursday: 8th**

Picture day

Weight room and plyo

20 minute run

**Friday: 9th**

-Wax if going skiing

-Not sure about rest

**Saturday 10th:**

-Some may be skiing if parents drive

-Practice: TBA