**Week November 24, 2014**

**Announcements**

1. Jackets will remain the same. I would like to order them this week if you can come up with the money.

- **Top** price would be $88…it depends on the quantity ordered.

- sizes are XS to 2XL. I have a size chart if you want it, but the best way to find your size is to try on other kids jackets.

- make checks available to Ann Gregory. I will give any extra money back.

2. Those running at regionals pay attention to the runs this week. If you are going for your best time at regionals then back off the other runs this week.

3. Following Turkey vacation- start bringing your skis into school.

4. All equipment needs to get out of my car by Monday after practice. You will not need any equipment for Tuesday or Wednesday…maybe not Monday either.

**Monday: November 24**

-15 minute warm-up

- Weight room routine and core. Varsity will review video tape at some point.

- JV will run while varsity is doing video review.

-If the weather is good this may change to some roller skiing.

**Tuesday:**

**-New skiers** will stay with me at school. Sophie you will stay with me (unless you want to do the below run). All will be timed in a mile then

- waxing clinic

**Returning skiers:** Bus leaves at 2:35 for Lenape Lane. You will meet Coach Mancuso and Ruoff and be timed in a run from the road (a little in from the road) to the Gate House. This is a 5 K. Don’t shy away from this-you will all do fine and be pleased you did it.

The bus will be waiting at the top for those that do not have time to run back down.

**Those running at regionals and want to do well there-probably shouldn’t run this hard…or maybe not at all.**

**Wednesday: Game day**. Captains-come up with a game that at 45 people can play without standing around…not sure speed ball will handle the large number.

**Thursday:** No official practice. Happy Turkey Day!!! You can bank an extra practice if you run (not walk) the Turkey Trot or any road race near the location you will be at over break.

**Friday:** No official practice.

-Varsity not going to regionals-get a 5 mile run in or an hour or longer roller ski in. Make sure 20 minutes of this is no pole.

-JV get a 40 minute run in if your shins are doing ok.

**Saturday:** It looks like many won’t be around so we are not having an official practice. If the below clinic happens and you want to go I will get you some rollerskis. There wasn’t anything about a location. She was just reaching out to the coaches to see if there was an interest.

\_ There may be a Ski clinic by Janice Sibilia…see the details below she sent to the coaches. Janice is involved with the New England Nordic Ski Association. Janice lives in Pawling and has put on clinics for us before-she has a wealth of knowledge. Let me know if you are interested by Monday so she can get feedback on whether to hold the clinic.

Date would be Saturday Nov 28th.

I would think morning would be better for most, so am looking at 9:30am - 12:30pm.

It would cover classic and skate, dryland and rollerskiing.

Cost 25.00. Coaches are welcome as well to participate, visit or help out- (no charge to coaches).

Otherwise…..

-If you have roller skis-: 15 x 20 second DBL pole and a longer no pole ski.

-If you don’t have rollerskis; 15 min warm-up then 15 x 20 second fast run with easy jog between. Make sure you stretch before you do fast running. Finish with a 20 minute cool down.

**Monday:** Try to get equipment back to school