

Presque Isle Middle School ~ Ski Team 2009-2010

Week #1				
Monday - Feb 08	Tuesday - Feb 09	Wednesday - Feb 10	Thursday - Feb 11	Friday - Feb 12
PIMS Sports Complex Nordic Practice 3:15 - 5:00	PIMS Sports Complex Nordic Practice 3:15 - 5:00	Nordic Heritage Center Nordic Practice 3:15 - 5:00	Big Rock Ski Area Alpine Practice 3:15 - 6:00	Nordic Heritage Center Nordic Practice 3:15 - 5:00
Week #2				
Monday - Feb 15	Tuesday - Feb 16	Wednesday - Feb 17	Thursday - Feb 18	Friday - Feb 19
No Practice ~ February Break ~ No Practice				
Week #3				
Monday - Feb 22	Tuesday - Feb 23	Wednesday - Feb 24	Thursday - Feb 25	Friday - Feb 26
Nordic Heritage Center Nordic Practice 3:15 - 5:00	Aroostook State Park Nordic Practice 3:15 - 5:00 Parent Mtg 5:00	Nordic Heritage Center Nordic Practice 3:15 - 5:00	Big Rock Ski Area Alpine Practice 3:15 - 6:00	Nordic Heritage Center Nordic Practice 3:15 - 5:00
Week #4				
Monday - Mar 01	Tuesday - Mar 02	Wednesday - Mar 03	Thursday - Mar 04	Friday - Mar 05
Nordic Heritage Center Nordic Practice 3:15 - 5:00	Classical Meet @ Ashland depart 2:30 - meet 4:00	Nordic Heritage Center Nordic Practice 3:15 - 5:00	Big Rock Ski Area Alpine Practice 3:15 - 6:00	Classical Meet @ Nordic Heritage Ctr depart 2:50 - meet 4:00
Week #5				
Monday - Mar 08	Tuesday - Mar 09	Wednesday - Mar 10	Thursday - Mar 11	Friday - Mar 12
Nordic Heritage Center Nordic Practice 3:15 - 5:00	Aroostook State Park Nordic Practice 3:15 - 5:00	Aroostook League Classical Meet @ 10th Mtn, Ft Kent depart 2:00 - meet 4:00	Big Rock Ski Area Alpine Practice 3:15 - 6:00	Freestyle Meet @ Union #122 depart 2:30 - meet 4:00

Week #6				
Monday - Mar 15	Tuesday - Mar 16	Wednesday - Mar 17	Thursday - Mar 18	Friday - Mar 19
Nordic Heritage Center Nordic Practice 3:15 - 5:00	Aroostook State Park Nordic Practice 3:15 - 5:00	Freestyle Meet @ Caribou depart 2:50-meet 4:00	Big Rock Ski Area Alpine Practice 3:15 - 6:00	Aroostook League Freestyle Meet @ Nordic Heritage Ctr. depart 2:50 - meet 4:00
Week #7				
Monday - Mar 22	Tuesday - Mar 23	Wednesday - Mar 24	Thursday - Mar 25	Friday - Mar 26
	Late Winter Sports Awards 6:00 PM			

Athletes need to wait in the bus room until coaches arrive.

Nordic Practices
 3:15 Bus departs for practice site
 3:30 - 4:45 Practice
 4:45 Bus returns to PIMS
 5:00 Athlete pick-up at PIMS

Alpine Practices
 3:15 Bus departs for Big Rock
 3:45 - 5:30 Practice
 5:30 Bus returns to PIMS
 6:00 Athlete pick-up at PIMS