

2011-2012 Rec Team Info

This year fall practice will be open to Rec skiers! I know that many of you ski in part to stay in shape in the winter, so I encourage you to join us on Tuesdays and Thursdays for practice starting in November. Those days will mainly be running workouts and strength so that anyone can easily join in. It's always more fun to have people to work out with, so I hope you'll join us in the fall.

Expectations for Practice:

- Be on time to practice, let me know (or at least another skier) if you're not going to make it or may be late.
- Be prepared for the day's activity; check the training schedule to be sure you have the right equipment. Training schedule can be found on the comp/rec page of the Club's website.
- Bring water: A water belt is recommended, but you must at least have water in the vehicle for before and after practice; drink it! Hydration is vital.
- Bring food: having a snack after working out is a must to aid proper recovery. It's important to eat within 20 minutes; most of the time you won't get home to eat in that time window, so bring a snack. A carbohydrate and protein combo is ideal. Something like a pb&j sandwich, granola bar, or piece of fruit would be good options.
- Bring extra clothes! We get wet and sweaty in these workouts. In order to stay healthy, it's important to change out of your workout clothes and into dry ones. At least bring a change of top and warm layer to put on after practice. Check the weather. If it looks like rain, be prepared with a raincoat and more warm clothes for afterward.

Local Races:

I hope you'll join us at the local races. There will be race support and transportation to most of these. Here is the **tentative** schedule so that you can keep them in mind!

2011-2012 Tentative Race Schedule

December:

Kick out the Kinks, Essex
18th 5,10k freestyle

January:

Blacktail Bash
1nd 5, 13k freestyle
Ozone Pursuit: Seeley Lake
8th 7k classic, 10k freestyle
Glacier Glide
22nd 5,10, 20k freestyle
OSCAR: Seeley Lake
28th 25, 50k freestyle

February:

The Great American Broken Binding: Whitefish
12th 3,16,32,48k freestyle

March:

Yellowstone Rendezvous Race: West Yellowstone
3th 2,5,10,25,50k freestyle or 25k classic