



2022-23 Training Schedule

Our on-snow training for the 22-23 season will be subject to change as we continue planning for the upcoming season. This schedule represents our current expectations. Stay flexible and stay tuned.

Watch for updates on Heja, and RSVP to all events you plan to attend on Heja. Regular Ski Club training outlined below begins in December as soon as temperatures and snowfall allow.

U8-U10

Tuesdays 3:15-5:15 pm

Thursdays 3:15-5:15pm

Saturdays **TBA by coaches**, usually 9:00-noon or 1:00-4:00pm

Sundays – **TBA by coaches**, usually 9:00-noon or 1:00-4:00pm

U12

Tuesdays 3:15-5:15 pm

Wednesdays 3:15-5:15pm

Thursdays 3:15-5:15pm

Saturdays **TBA by coaches**, usually 9:00-noon or 1:00-4:00pm

Sundays – **TBA by coaches**, usually 9:00-noon or 1:00-4:00pm

U14

Tuesdays 5:15-7:15pm

Wednesdays 5:15-7:15pm

Thursdays 5:15-7:15pm

Fridays or Wednesdays – **TBA by coaches** - Optional big-mountain training, if available, to be announced; sign up separately, additional fees apply

Saturdays and Sundays – **TBA by coaches**, usually 9:00-noon or 1:00-4:00pm

U16-U18

Tuesdays 5:15-7:15pm

Wednesdays 5:15-7:15pm

Thursdays 5:15-7:15pm

Fridays or Wednesdays – **TBA by coaches** - Optional big-mountain training, if available, to be announced; sign up separately, additional fees apply

Saturdays and Sundays – **TBA by coaches**, usually 9:00-noon or 1:00-4:00pm

Training summary by day of week:

Mondays - Cochran's Ski Area is closed to the public

Tuesdays – **U8-10-12**, 3:15-5:15; **U14 and U16-18**, 5:15-7:15pm

Wednesdays – **U12**, 3:15-5:15; **U14 and U16-18**, 5:15-7:15pm

Thursdays – **U8-10-12**, 3:15-5:15pm; **U14 and U16-18**, 5:15-7:15pm

Fridays – free ski and dual slalom with Cochran's Ski Area

Saturdays – **TBA by coaches**, usually 9:00-noon or 1:00-4:00pm

Sundays – **TBA by coaches**, usually 9:00-noon or 1:00-4:00 pm