



Lake George

(B) V Skiing (Alpine)

Coaches:

- Kandi Kelley
- Christopher Brown

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Nov 20, 2023	Mon	Practice (Athlete Meet and Greet)	N/A	3:30 PM	4:30 PM	Lake George High School - Weightroom/Fitness Center	
Nov 20, 2023	Mon	Practice (Alpine Parent/Athlete meeting to follow athlete meet and greet.)	N/A	4:30 PM	5:00 PM	Lake George High School - Weightroom/Fitness Center	
Nov 27, 2023	Mon	Practice (Dryland Training)	N/A	3:30 PM	4:30 PM	Lake George High School - Weightroom/Fitness Center	
Nov 28, 2023	Tue	Practice (Dryland Training)	N/A	3:30 PM	4:30 PM	Lake George High School - Weightroom/Fitness Center	
Nov 29, 2023	Wed	Practice (Dryland Training)	N/A	3:30 PM	4:30 PM	Lake George High School - Weightroom/Fitness Center	
Dec 4, 2023	Mon	Practice (Dryland Training)	N/A	3:30 PM	4:30 PM	Lake George High School - Weightroom/Fitness Center	
Dec 6, 2023	Wed	Practice (Dryland Training)	N/A	3:30 PM	4:30 PM	Lake George High School - Weightroom/Fitness Center	
Dec 8, 2023	Fri	Practice (Dryland Training)	N/A	3:15 PM	3:45 PM	Lake George High School - Gymnasium	
Dec 11, 2023	Mon	Practice (Dryland Training)	N/A	3:00 PM	4:00 PM	Lake George High School - Weightroom/Fitness Center	
Dec 12, 2023	Tue	Practice (Dryland Training)	N/A	3:00 PM	4:00 PM	Lake George High School - Weightroom/Fitness Center	
Dec 13, 2023	Wed	Practice (Dryland Training)	N/A	3:00 PM	4:00 PM	Lake George High School - Weightroom/Fitness Center	
Dec 18, 2023	Mon	Practice (On snow training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM
Dec 19, 2023	Tue	Practice (On snow training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM
Dec 20, 2023	Wed	Practice (On snow training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
CANCELLED Jan 2, 2024	Tue	Practice (GS Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	
Jan 3, 2024	Wed	Practice (GS Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	
Jan 4, 2024	Thu	Practice (GS Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	
Jan 8, 2024	Mon	Practice (SL Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	
Jan 10, 2024	Wed	Practice (SL Training)	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	
Jan 11, 2024	Thu	Practice (SL Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	
POSTPONED Jan 13, 2024	Sat	Regular Season (Johnstown Invy)	@ TBD	9:30 AM		Royal Mountain	Departure Point: Under the Bridge Departure Time: 6:30 AM	L
Jan 15, 2024	Mon	Regular Season (Brandon Sherwood Mem.)	@ TBD	9:00 AM		Gore Mountain Ski Resort	Departure Point: Under the Bridge Departure Time: 6:45 AM	L
Jan 16, 2024	Tue	Practice (GS Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	
Jan 17, 2024	Wed	Regular Season (Glens Falls Invy)	@ TBD	5:00 PM		West Mountain Ski Resort	Departure Point: Under the Bridge Departure Time: 3:15 PM	L
Jan 22, 2024	Mon	Regular Season (Niskayuna Invy)	@ TBD	5:00 PM		Willard Mountain	Departure Point: Under the Bridge Departure Time: 2:30 PM	L
Jan 23, 2024	Tue	Practice (SL Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	
CANCELLED Jan 24, 2024	Wed	Practice (SL Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	
Jan 29, 2024	Mon	Practice (GS Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	
Jan 30, 2024	Tue	Practice (SL Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 31, 2024	Wed	Regular Season (Saratoga Invy)	@ TBD	5:00 PM		West Mountain Ski Resort	Departure Point: Under the Bridge Departure Time: 3:15 PM	L
Feb 5, 2024	Mon	Practice (SL Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM	
Feb 5, 2024	Mon	Regular Season (Stillwater Invy)	@ TBD	5:00 PM		Willard Mountain	Departure Point: Under the Bridge Departure Time: 2:30 PM	L
Feb 7, 2024	Wed	Regular Season (Queensbury Invy)	@ TBD	5:00 PM		West Mountain Ski Resort	Departure Point: Under the Bridge Departure Time: 3:15 PM	L
Feb 10, 2024	Sat	Regular Season (BP Invy)	@ TBD	9:30 AM		Oak Mountain	Departure Point: Under the Bridge Departure Time: 6:20 AM	L
Feb 14, 2024	Wed	Post-Season (Sectional Championship)	@ TBD	9:00 AM		Gore Mountain Ski Resort	Departure Point: Under the Bridge Departure Time: 6:45 AM	L

Date: 2024-05-03