

## Coaches:

- Kandi KelleyChristopher BrownBenjamin Davenport

| DATE                     | WEEK<br>DAY | TYPE                                    | OPPONENTS | START<br>TIME | END<br>TIME | LOCATION   | DEPARTURE                              | LEAGU<br>TRANSPORTATION / NON-<br>LEAGU  |
|--------------------------|-------------|---|-----------|---------------|-------------|--|--|--|
| Nov 18, 2024             | Mon         | Practice                                | N/A       | 3:15<br>PM    |             | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| Nov 19, 2024             | Tue         | Practice                                | N/A       | 3:00<br>PM    | 4:30<br>PM  | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| Nov 20, 2024             | Wed         | Practice                                | N/A       | 3:00<br>PM    |             | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| Nov 25, 2024             | Mon         | Practice<br>(Parent/Athlete<br>Meeting) | N/A       | 3:30<br>PM    | 5:15<br>PM  | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| Nov 26, 2024             | Tue         | Practice                                | N/A       | 3:00<br>PM    |             | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| Dec 2, 2024              | Mon         | Practice                                | N/A       | 3:00<br>PM    | 4:30<br>PM  | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| Dec 3, 2024              | Tue         | Practice                                | N/A       | 3:00<br>PM    | 4:30<br>PM  | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| Dec 3, 2024              | Tue         | Practice (West<br>Mountain Pass<br>Day) | N/A       | 3:30<br>PM    |             | West Mountain Ski<br>Resort                                  | Bus/Driver:<br>Bolton Bus<br>Transport | Departure Point: Bolton Central School Departure Date: Dec 3, 2024 Departure Time: 3:00 PM Return Date: Dec 3, 2024 Return Time: 5:00 PM |
| Dec 4, 2024              | Wed         | Practice                                | N/A       | 3:00<br>PM    |             | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| Dec 6, 2024              | Fri         | Practice (Team<br>Photo)                | N/A       | 3:15<br>PM    |             | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| CANCELLED Dec<br>0, 2024 | Mon         | Practice                                | N/A       | 3:00<br>PM    |             | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| Dec 10, 2024             | Tue         | Practice                                | N/A       | 3:00<br>PM    |             | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| Dec 12, 2024             | Thu         | Practice (Dry<br>Land Training)         | N/A       | 3:30<br>PM    |             | Lake George High<br>School -<br>Weightroom/Fitness<br>Center |  |  |
| Dec 16, 2024             | Mon         | Practice                                | N/A       | 3:30<br>PM    | PM          | West Mountain Ski<br>Resort                                  |  |  |
| Dec 17, 2024             | Tue         | Practice                                | N/A       | 3:30<br>PM    |             | West Mountain Ski<br>Resort                                  |  |  |
| Dec 18, 2024             | \\/         | Practice                                | N/A       | 3:30<br>PM    | 5:30        | West Mountain Ski<br>Resort                                  |  |  |

| DATE                      | WEEK<br>DAY | ТҮРЕ   | OPPONENTS  | START<br>TIME | END<br>TIME | LOCATION                    | DEPARTURE                     | TRANSPORTATION   | LEAGUE<br>/ NON-<br>LEAGUE |
|---------------------------|-------------|--|--|---------------|-------------|-----------------------------|-------------------------------|--|----------------------------|
| Jan 6, 2025               | Mon         | Practice (GS<br>Practice with<br>drop off ONLY)                              | N/A  | 3:15<br>PM    | 6:00<br>PM  | West Mountain Ski<br>Resort | Bus/Driver:<br>Lake<br>George | <b>Departure Point:</b><br>Bridge                                  |                            |
| Jan 7, 2025               | Tue         | Practice (GS<br>Practice with<br>drop off ONLY)                              | N/A  | 3:15<br>PM    | 6:00<br>PM  | West Mountain Ski<br>Resort | Bus/Driver:<br>Lake<br>George | <b>Departure Point:</b><br>Bridge                                  |                            |
| Jan 8, 2025               | Wed         | Practice (GS<br>Practice with<br>drop off ONLY)                              | N/A  | 3:15<br>PM    | 6:00<br>PM  | West Mountain Ski<br>Resort | Bus/Driver:<br>Lake<br>George | <b>Departure Point:</b><br>Bridge                                  |                            |
| Jan 13, 2025              | Mon         | Practice<br>(Slalom<br>Practice - Drop<br>off ONLY)                          | N/A  | 3:15<br>PM    | 6:00<br>PM  | West Mountain Ski<br>Resort | Bus/Driver:<br>Lake<br>George | <b>Departure Point:</b><br>Bridge                                  |                            |
| Jan 14, 2025              | Tue         | Practice (GS<br>Practice with<br>drop off ONLY)                              | N/A  | 3:15<br>PM    | 6:00<br>PM  | West Mountain Ski<br>Resort | Bus/Driver:<br>Lake<br>George | <b>Departure Point:</b><br>Bridge                                  |                            |
| Jan 15, 2025              | Wed         | Regular<br>Season (Glens<br>Falls Invy)                                      | @ TBD  | 5:00<br>PM    |             | West Mountain Ski<br>Resort |                               | Departure Point:<br>Under the Bridge<br>Departure Time:<br>3:15 PM | L                          |
| Jan 20, 2025              | Mon         | Regular<br>Season<br>(Brandon<br>Sherwood<br>Memorial)                       | @ TBD  | 9:00<br>AM    |             | Gore Mountain Ski<br>Resort |                               | Departure Point:<br>Under the Bridge<br>Departure Time:<br>6:30 AM | L                          |
| Jan 21, 2025              | Tue         | Practice<br>(Slalom<br>Practice - Drop<br>off ONLY)                          | N/A  | 3:15<br>PM    | 6:00<br>PM  | West Mountain Ski<br>Resort | Bus/Driver:<br>Lake<br>George | <b>Departure Point:</b><br>Bridge                                  |                            |
| Jan 22, 2025              | Wed         | Practice<br>(Slalom<br>Practice - Drop<br>off ONLY)                          | N/A  | 3:15<br>PM    | 6:00<br>PM  | West Mountain Ski<br>Resort | Bus/Driver:<br>Lake<br>George | <b>Departure Point:</b><br>Bridge                                  |                            |
| Jan 27, 2025              | Mon         | Regular<br>Season<br>(NIskayuna<br>Invy - Slalom)                            | @ TBD  | 5:00<br>PM    |             | Willard Mountain            |                               | Departure Point:<br>Under the Bridge<br>Departure Time:<br>2:45 PM | L                          |
| Jan 28, 2025              | Tue         | Practice<br>(Slalom<br>Practice with<br>drop off ONLY)                       | N/A  | 3:15<br>PM    |             | West Mountain Ski<br>Resort | Bus/Driver:<br>Lake<br>George | <b>Departure Point:</b><br>Bridge                                  |                            |
| POSTPONED Jan<br>29, 2025 | Wed         | Regular<br>Season (BP<br>Invy - 1 Run<br>SL & 1 Run<br>GS - Varsity<br>Only) | Albany Academies,<br>Schuylerville<br>(Schuylerville/Greenwich<br>Alpine), Stillwater<br>(Alpine), Emma Willard,<br>Shenendehowa High<br>School (Alpine), Shaker<br>High School (Alpine),<br>Saratoga Springs High<br>School (Alpine), South<br>Glens Falls, Ballston<br>Spa High School<br>(Alpine), Glens Falls<br>(Coed Alpine),<br>Johnstown (Alpine),<br>Queensbury (Alpine),<br>Niskayuna High School<br>(Alpine) @ Broadalbin-<br>Perth (BP/Amsterdam<br>Alpine Skiing) | 10:20<br>AM   |             | Oak Mountain Ski<br>Center  |                               | <b>Departure Time:</b> 7:00 AM                                     | NL                         |
| Feb 3, 2025               | Mon         | Regular<br>Season<br>(Stillwater<br>Invy- Slalom)                            | @ TBD  | 5:00<br>PM    |             | Willard Mountain            |                               | Departure Point:<br>Under the Bridge<br>Departure Time:<br>2:45 PM | L                          |
| Feb 4, 2025               | Tue         | Practice<br>(Slalom<br>Practice - Drop<br>off ONLY)                          | N/A  | 3:15<br>PM    |             | West Mountain Ski<br>Resort | Bus/Driver:<br>Lake<br>George | <b>Departure Point:</b><br>Bridge                                  |                            |

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|--------------|-------------|--|-----------|---------------|-------------|-----------------------------|-------------------------------|--|----------------------------|
| Feb 5, 2025  | Wed         | Regular<br>Season<br>(Queensbury<br>Invy)              | @ TBD     | 5:00<br>PM    |             | West Mountain Ski<br>Resort |                               | Departure Point:<br>Under the Bridge<br>Departure Time:<br>3:15 PM | L                          |
| Feb 8, 2025  | Sat         | Regular<br>Season<br>(Johnstown<br>Invy)               | @ TBD     | 9:30<br>AM    |             | Royal Mountain              |                               | Departure Point:<br>Under the Bridge<br>Departure Time:<br>6:00 AM | L                          |
| Feb 10, 2025 | Mon         | Practice<br>(Slalom<br>Practice with<br>drop off ONLY) | N/A       | 3:15<br>PM    | 6:00<br>PM  | West Mountain Ski<br>Resort | Bus/Driver:<br>Lake<br>George | <b>Departure Point:</b><br>Bridge                                  |                            |
| Feb 11, 2025 | Tue         | Post-Season<br>(Sectional<br>Championship)             | @ TBD     | 9:00<br>AM    |             | Gore Mountain Ski<br>Resort |                               | Departure Point:<br>Under the Bridge<br>Departure Time:<br>6:15 AM | L                          |

Date: 2025-12-18