



## Lake George (G) V Skiing (Nordic)

### Coaches:

- Daryl Ludlow, Head Coach
- Jason Willett

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 14, 2022	Mon	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary			
Nov 15, 2022	Tue	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary			
Nov 16, 2022	Wed	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary			
Nov 17, 2022	Thu	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary			
Nov 18, 2022	Fri	Practice (Practice)	N/A	3:30 PM	5:00 PM	Lake George Elementary			
Nov 21, 2022	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Nov 22, 2022	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Nov 28, 2022	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Nov 29, 2022	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Nov 30, 2022	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George High School			
Dec 1, 2022	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Dec 2, 2022	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Dec 5, 2022	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Dec 6, 2022	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Dec 7, 2022	Wed	Practice (High School Practice)	N/A	3:15 PM	5:00 PM	Lake George High School			
Dec 8, 2022	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Dec 9, 2022	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
POSTPONED Dec 10, 2022	Sat	Scrimmage (Pre-Season Sprints)	TBD	10:00 AM		Gore Mountain Ski Resort			L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 12, 2022	Mon	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary		
Dec 13, 2022	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary		
Dec 14, 2022	Wed	Practice (High School Practice)	N/A	3:15 PM	5:00 PM	Lake George High School		
Dec 15, 2022	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary		
Dec 16, 2022	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary		
Dec 19, 2022	Mon	Practice (Gore Practice)	N/A	4:00 PM	5:00 PM	North Creek Ski Bowl (NCSB)	<b>Bus/Driver:</b> School Bus	<b>Departure Point:</b> Under Bridge at HS <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM
Dec 20, 2022	Tue	Practice (High School Practice)	N/A	3:15 PM	5:00 PM	Lake George High School		
Dec 21, 2022	Wed	Regular Season (Johnsburg Invy)	@ TBD	3:00 PM		Garnet Hill, North River, NY		<b>Departure Time:</b> 12:30 PM L
Dec 22, 2022	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George High School		
Dec 29, 2022	Thu	Practice (High School Practice)	N/A	1:00 PM	2:00 PM	Lake George High School		
Dec 30, 2022	Fri	Regular Season (Queensbury Relays)	Johnstown (Nordic), Scotia-Glenville, Saratoga Springs High School (Cross Country), Guilderland High School (Cross Country) @ Queensbury (Nordic)	10:00 AM		Gore Mountain Ski Resort		<b>Departure Point:</b> Under the Bridge <b>Departure Time:</b> 8:00 AM NL
CANCELLED Dec 30, 2022	Fri	Regular Season (Q-Relays)	@ Queensbury (Nordic)	2:00 PM		Queensbury HS		L
Jan 3, 2023	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary		
Jan 4, 2023	Wed	Practice (High School Practice)	N/A	3:15 PM	5:00 PM	Lake George High School		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 5, 2023	Thu	Practice (Gore Practice)	N/A	4:00 PM	5:00 PM	North Creek Ski Bowl (NCSB)	Bus/Driver: School Bus	<b>Departure Point:</b> Under Bridge at HS <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Jan 6, 2023	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
POSTPONED Jan 7, 2023	Sat	Regular Season (Q- Invite/JNQ)	@ TBD	12:30 PM		Gore Mountain Ski Resort			L
Jan 9, 2023	Mon	Practice (Gore Practice)	N/A	4:00 PM	5:00 PM	North Creek Ski Bowl (NCSB)	Bus/Driver: School Bus	<b>Departure Point:</b> Under Bridge at HS <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Jan 10, 2023	Tue	Practice (Wax Practice)	N/A	3:00 PM	5:00 PM	Lake George High School			
Jan 11, 2023	Wed	Regular Season (Toga/Shen Invy)	@ TBD	3:00 PM		North Creek Ski Bowl (NCSB)		<b>Departure Time:</b> 1:00 PM	L
Jan 12, 2023	Thu	Practice (High School Practice)	N/A	3:15 PM	5:00 PM	Lake George High School			
Jan 13, 2023	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
POSTPONED Jan 17, 2023	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Jan 18, 2023	Wed	Practice (Gore Practice)	N/A	4:00 PM	5:00 PM	North Creek Ski Bowl (NCSB)	Bus/Driver: School Bus	<b>Departure Point:</b> Under Bridge at HS <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Jan 19, 2023	Thu	Practice (Wax Practice)	N/A	3:00 PM	5:00 PM	Lake George High School			
Jan 20, 2023	Fri	Regular Season (Johnstown/Guild)	@ TBD	3:00 PM		North Creek Ski Bowl (NCSB)		<b>Departure Time:</b> 1:00 PM	L
POSTPONED Jan 23, 2023	Mon	Practice (Gore Practice)	N/A	4:00 PM	5:00 PM	North Creek Ski Bowl (NCSB)	Bus/Driver: School Bus	<b>Departure Point:</b> Under Bridge at HS <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Jan 24, 2023	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
POSTPONED Jan 25, 2023	Wed	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Jan 26, 2023	Thu	Practice (Wax Practice)	N/A	3:00 PM	5:00 PM	Lake George High School			
Jan 27, 2023	Fri	Regular Season (Lake George/Glens Falls Invy)	Johnstown (Nordic)	2:00 PM		Gore Mountain Ski Resort		<b>Departure Point:</b> Under the Bridge <b>Departure Time:</b> 12:30 PM	NL
Jan 30, 2023	Mon	Practice (Gore Practice)	N/A	4:00 PM	5:00 PM	North Creek Ski Bowl (NCSB)	<b>Bus/Driver:</b> School Bus	<b>Departure Point:</b> Under Bridge at HS <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Jan 31, 2023	Tue	Practice (Wax Practice)	N/A	3:00 PM	5:00 PM	Lake George High School			
Feb 1, 2023	Wed	Regular Season (Mayfield)	@ Mayfield	3:00 PM		Lapland Lake Nordic Vacation Center		<b>Departure Time:</b> 12:00 PM	L
Feb 2, 2023	Thu	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
POSTPONED Feb 3, 2023	Fri	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Feb 6, 2023	Mon	Practice (Gore Practice)	N/A	4:00 PM	5:00 PM	North Creek Ski Bowl (NCSB)	<b>Bus/Driver:</b> School Bus	<b>Departure Point:</b> Under Bridge at HS <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Feb 7, 2023	Tue	Practice (Practice)	N/A	3:15 PM	5:00 PM	Lake George Elementary			
Feb 8, 2023	Wed	Practice (Gore Practice)	N/A	4:00 PM	5:00 PM	North Creek Ski Bowl (NCSB)	<b>Bus/Driver:</b> School Bus	<b>Departure Point:</b> Under Bridge at HS <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	
Feb 9, 2023	Thu	Practice (Wax Practice)	N/A	3:00 PM	5:00 PM	Lake George High School			
Feb 10, 2023	Fri	Regular Season (Scotia-Glenville)	@ Scotia-Glenville	4:00 PM		North Creek Ski Bowl (NCSB)		<b>Departure Time:</b> 2:15 PM	L
Feb 13, 2023	Mon	Practice (Gore Practice)	N/A	4:00 PM	5:00 PM	North Creek Ski Bowl (NCSB)	<b>Bus/Driver:</b> School Bus	<b>Departure Point:</b> Under Bridge at HS <b>Departure Time:</b> 3:15 PM <b>Return Date:</b> <b>Return Time:</b> 5:30 PM	

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 14, 2023	Tue	Practice (Wax Practice)	N/A	3:00 PM	4:00 PM	Lake George High School			
Feb 15, 2023	Wed	Post-Season (Sectionals )	@ TBD	10:30 AM		North Creek Ski Bowl (NCSB)	<b>Departure Time:</b> 8:30 AM		L

Date: 2025-12-06