



# Lake George

## (B) 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                        | N/A       | 3:30 PM    | 5:00 PM  | Lake George Elementary   |           |                                                                                         |                     |
| Nov 15, 2022           | Tue      | Practice                        | N/A       | 3:30 PM    | 5:00 PM  | Lake George Elementary   |           |                                                                                         |                     |
| Nov 16, 2022           | Wed      | Practice                        | N/A       | 3:30 PM    | 5:00 PM  | Lake George Elementary   |           |                                                                                         |                     |
| Nov 17, 2022           | Thu      | Practice                        | N/A       | 3:30 PM    | 5:00 PM  | Lake George Elementary   |           |                                                                                         |                     |
| Nov 18, 2022           | Fri      | 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       | 2:00 PM    |          | Gore Mountain Ski Resort |           | <b>Departure Point:</b><br>LGHS - Under the Bridge<br><b>Departure Time:</b><br>8:00 AM | 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<br><b>Departure Time:</b> 3:15 PM<br><b>Return Date:</b><br><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 Point:</b> LGHS - Under the Bridge<br><b>Departure Time:</b> 12:30 PM<br>L                                            |
| Dec 22, 2022           | Thu      | Practice (Practice)                | N/A                                                                                                                                     | 3:15 PM    | 5:00 PM  | Lake George Elementary       |                               |                                                                                                                                    |
| Dec 29, 2022           | Thu      | Practice (Wax Practice)            | N/A                                                                                                                                     | 1:00 PM    | 2:00 PM  | Lake George High School      |                               |                                                                                                                                    |
| Dec 30, 2022           | Fri      | Regular Season (Queensbury Relays) | Glens Falls (Coed Nordic Ski), Johnstown (Nordic), Scotia-Glenville, Saratoga Springs High School (Cross Country) @ Queensbury (Nordic) | 10:00 AM   |          | Gore Mountain Ski Resort     |                               | <b>Departure Point:</b> Under the Bridge<br><b>Departure Time:</b> 8:00 AM<br>NL                                                   |
| CANCELLED Dec 30, 2022 | Fri      | Regular Season (Q-Relays)          | @ Queensbury (Nordic)                                                                                                                   | 2:00 PM    |          | Queensbury HS                |                               | <b>Departure Point:</b> LGHS - Under the Bridge<br><b>Departure Time:</b> 8:30 AM<br>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><br>Under Bridge at HS<br><b>Departure Time:</b><br>3:15 PM<br><b>Return Date:</b><br><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    |                        | <b>Departure Point:</b><br>LGHS - Under the Bridge<br><b>Departure Time:</b><br>10:00 AM                                                 | 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><br>Under Bridge at HS<br><b>Departure Time:</b><br>3:15 PM<br><b>Return Date:</b><br><b>Return Time:</b> 5:30 PM |                     |
| Jan 10, 2023           | Tue      | Practice (Wax Practice)          | N/A       | 3:15 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 Point:</b><br>LGHS - Under the Bridge<br><b>Departure Time:</b><br>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><br>Under Bridge at HS<br><b>Departure Time:</b><br>3:15 PM<br><b>Return Date:</b><br><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 Point:</b><br>LGHS - Under the Bridge<br><b>Departure Time:</b><br>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><br>Under Bridge at HS<br><b>Departure Time:</b><br>3:15 PM<br><b>Return Date:</b><br><b>Return Time:</b> 5:30 PM |                     |

| DATE                   | WEEK DAY | TYPE                                          | OPPONENTS          | START TIME | END TIME | LOCATION                            | DEPARTURE                     | TRANSPORTATION                                                                                                                     | LEAGUE / NON-LEAGUE |
|------------------------|----------|-----------------------------------------------|--------------------|------------|----------|-------------------------------------|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Jan 24, 2023           | Tue      | Practice (Practice)                           | N/A                | 3:15 PM    | 5:00 PM  | Lake George Elementary              |                               |                                                                                                                                    |                     |
| 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) | TBD                | 2:00 PM    |          | Gore Mountain Ski Resort            |                               | <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<br><b>Departure Time:</b> 3:15 PM<br><b>Return Date:</b><br><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 Point:</b> LGHS - Under the Bridge<br><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<br><b>Departure Time:</b> 3:15 PM<br><b>Return Date:</b><br><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<br><b>Departure Time:</b> 3:15 PM<br><b>Return Date:</b><br><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 Point:</b> LGHS - Under the Bridge<br><b>Departure Time:</b> 2:15 PM                                                  | L                   |

| DATE                  | WEEK DAY | TYPE                      | OPPONENTS | START TIME | END TIME | LOCATION                    | DEPARTURE              | TRANSPORTATION                                                                                                                           | LEAGUE / NON-LEAGUE |
|-----------------------|----------|---------------------------|-----------|------------|----------|-----------------------------|------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Feb 13, 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><br>Under Bridge at HS<br><b>Departure Time:</b><br>3:15 PM<br><b>Return Date:</b><br><b>Return Time:</b> 5:30 PM |                     |
| 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 Point:</b><br>LGHS - Under the Bridge<br><b>Departure Time:</b><br>8:30 AM                                                  | L                   |
| POSTPONED Mar 2, 2023 | Thu      | Practice (Practice)       | N/A       | 3:15 PM    | 5:00 PM  | Lake George Elementary      |                        |                                                                                                                                          |                     |
| POSTPONED Mar 3, 2023 | Fri      | Practice (Practice)       | N/A       | 3:15 PM    | 5:00 PM  | Lake George Elementary      |                        |                                                                                                                                          |                     |

Date: 2025-12-10