



# Lake George

## (G) 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, 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	<b>Departure Point:</b> Bridge <b>Departure Time:</b> 3:30 PM
Dec 19, 2023	Tue	Practice (On snow training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	<b>Departure Point:</b> Bridge <b>Departure Time:</b> 3:30 PM
Dec 20, 2023	Wed	Practice (On snow training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	<b>Departure Point:</b> Bridge <b>Departure Time:</b> 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	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:30 PM
Jan 3, 2024	Wed	Practice (GS Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:30 PM
Jan 4, 2024	Thu	Practice (GS Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:30 PM
Jan 8, 2024	Mon	Practice (SL Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:30 PM
POSTPONED Jan 9, 2024	Tue	Practice (SL Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:30 PM
Jan 10, 2024	Wed	Practice (SL Training )	N/A	3:00 PM	6:00 PM	West Mountain Ski Resort	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:30 PM
Jan 11, 2024	Thu	Practice (SL Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:15 PM
Jan 16, 2024	Tue	Practice (GS Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:30 PM
Jan 23, 2024	Tue	Practice (SL Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:30 PM
Jan 29, 2024	Mon	Practice (GS Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:30 PM
Jan 30, 2024	Tue	Practice (SL Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:30 PM
Feb 6, 2024	Tue	Practice (GS Training)	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort	Bridge	<b>Departure Point:</b> <b>Departure Time:</b> 3:30 PM

Date: 2024-05-17