

Coaches:

- Kandi KelleyChristopher Brown

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	LEAGU DEPARTURE TRANSPORTATION / NON- LEAGU
Nov 15, 2022	Tue	Practice (Alpine Varsity Team Meet)	N/A	TBD	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Nov 16, 2022	Wed	Practice (Dryland Training)	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Nov 17, 2022	Thu	Practice (Dryland Training)	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Nov 28, 2022	Mon	Practice (Dryland Training)	N/A	3:30 PM	4:45 PM	Lake George High School High School - Gymnasium Lobby	
Nov 30, 2022	Wed	Practice (Dryland Training)	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Dec 1, 2022	Thu	Practice (Dryland Training)	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Dec 5, 2022	Mon	Practice	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Dec 8, 2022	Thu	Practice	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Dec 9, 2022	Fri	Practice	N/A	3:15 PM	4:30 PM	Lake George High School	
Dec 12, 2022	Mon	Practice	N/A	3:15 PM	4:30 PM	Lake George High School - Weightroom/Fitness Center	
Dec 13, 2022	Tue	Practice	N/A	3:15 PM		Lake George High School - Weightroom/Fitness Center	
Dec 16, 2022	Fri	Practice	N/A	3:30 PM	4:45 PM	Lake George High School - Weightroom/Fitness Center	
Dec 19, 2022	Mon	Practice	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Dec 21, 2022	Wed	Practice	N/A	3:15 PM	4:30 PM	Lake George High School High School - Gymnasium Lobby	
Jan 3, 2023	Tue	Practice (West Mountain Practice)	N/A	TBD		West Mountain Ski Resort	Departure Time: 3:30 PM
Jan 4, 2023	Wed	Practice (West Mountain Practice)	N/A	TBD		West Mountain Ski Resort	Departure Time: 3:30 PM
Jan 5, 2023	Thu	Practice (West Mountain Practice)	N/A	TBD		West Mountain Ski Resort	Departure Time: 3:30 PM
Jan 6, 2023	Fri	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort	Departure Point: Bridge Departure Time: 3:30 PM
Jan 9, 2023	Mon	Practice (West Mountain Practice)	N/A	TBD		West Mountain Ski Resort	Departure Time: 3:30 PM

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON- LEAGUE
Jan 10, 2023	Tue	Practice	N/A	3:30 PM		West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
Jan 11, 2023	Wed	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Time: 3:15 PM	
POSTPONED Jan 16, 2023	Mon	Regular Season (Broadalbin- Perth Invy - 1 Run GS)	Glens Falls (Coed Alpine), Schuylerville (Schuylerville/Greenwich Alpine), Shenendehowa High School (Alpine), Niskayuna High School (Alpine), Albany Academies, Ballston Spa High School (Alpine), Stillwater (Alpine), Stillwater (Alpine), Shaker High School (Alpine), South Glens Falls, Emma Willard, Saratoga Springs High School (Alpine), Johnstown (Alpine), Johnstown (Alpine), Queensbury (Alpine) @ Broadalbin-Perth (BP/Amsterdam Alpine Skiing)	10:00 AM		Oak Mountain Ski Center		Departure Time: 7:15 AM	L
Jan 17, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
Jan 18, 2023	Wed	Regular Season (Nisky Invy)	Queensbury (Alpine), Ballston Spa High School (Alpine), Saratoga Springs High School (Alpine), Glens Falls (Coed Alpine), Schuylerville (Schuylerville/Greenwich Alpine), TBD @ Niskayuna High School (Alpine)	5:00 PM		West Mountain		Departure Time: 3:00 PM	L
Jan 24, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
POSTPONED Jan 25, 2023	Wed	Regular Season (Glens Falls Invy)	Glens Falls (Coed Alpine)	5:00 PM		West Mountain Ski Resort		Departure Time: 3:00 PM	L
Jan 26, 2023	Thu	Practice (SL Training at West Mountain)	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort	Bus/Driver: Lake George	Departure Date: Jan 26, 2023 Departure Time: 3:30 PM	
Jan 28, 2023	Sat	Regular Season (Johnstown Invy)	Johnstown (Alpine)	9:30 AM		Royal Mountain		Departure Time: 6:30 AM	NL
Jan 30, 2023	Mon	Regular Season (Brandon Sherwood Mem.)	TBD	5:00 PM		West Mountain Ski Resort		Departure Time: 3:00 PM	L
Jan 31, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
Feb 1, 2023	Wed	Practice	N/A	4:00 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	E TRANSPORTATION	LEAGUE / NON- LEAGUE
Feb 1, 2023	Wed	Regular Season (Saratoga Invy)	Ballston Spa High School (Alpine), Johnstown (Nordic), Glens Falls (Coed Alpine), Schuylerville (Schuylerville/Greenwich Alpine) @ Saratoga Springs High School (Alpine)	5:00 PM		Willard Mountain		Departure Time: 1:45 PM	L
Feb 6, 2023	Mon	Regular Season (Stillwater Invy)	Stillwater (Alpine)	5:00 PM		Willard Mountain	Class Dismissal: 2:15 PM	Departure Time: 2:30 PM	L
Feb 7, 2023	Tue	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
Feb 8, 2023	Wed	Regular Season (Queensbury Invy)	Saratoga Springs High School (Alpine), Ballston Spa High School (Alpine), Johnstown (Alpine) @ Queensbury (Alpine)	5:00 PM		West Mountain		Departure Time: 3:00 PM	L
Feb 13, 2023	Mon	Practice	N/A	3:30 PM	6:00 PM	West Mountain Ski Resort		Departure Point: Bridge Departure Time: 3:30 PM	
Feb 14, 2023	Tue	Regular Season (Sectional Championship)	TBD	9:30 AM		West Mountain Ski Resort		Departure Time: 7:00 AM	L
CANCELLED Feb 27, 2023	Mon	Regular Season (State Championship)		9:30 AM		bristol mountain		Departure Time: 7:00 AM	L

Date: 2024-05-17