



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 | Departure Point: Bridge Departure Time: 3:30 PM |
| Dec 19, 2023 | Tue | Practice (On snow training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM |
| Dec 20, 2023 | Wed | Practice (On snow training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM |

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| CANCELLED Jan 2, 2024 | Tue | Practice (GS Training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM | |
| Jan 3, 2024 | Wed | Practice (GS Training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM | |
| Jan 4, 2024 | Thu | Practice (GS Training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM | |
| Jan 8, 2024 | Mon | Practice (SL Training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM | |
| POSTPONED Jan 9, 2024 | Tue | Practice (SL Training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM | |
| Jan 10, 2024 | Wed | Practice (SL Training) | N/A | 3:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM | |
| Jan 11, 2024 | Thu | Practice (SL Training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:15 PM | |
| POSTPONED Jan 13, 2024 | Sat | Regular Season (Johnstown Invy) | @ TBD | 9:30 AM | | Royal Mountain | Departure Point: Under the Bridge Departure Time: 6:30 AM | L |
| Jan 15, 2024 | Mon | Regular Season (Brandon Sherwood Mem.) | @ TBD | 9:00 AM | | Gore Mountain Ski Resort | Departure Point: Under the Bridge Departure Time: 6:45 AM | L |
| Jan 16, 2024 | Tue | Practice (GS Training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM | |
| Jan 17, 2024 | Wed | Regular Season (Glens Falls Invy) | @ TBD | 5:00 PM | | West Mountain Ski Resort | Departure Point: Under the Bridge Departure Time: 3:15 PM | L |
| Jan 22, 2024 | Mon | Regular Season (Niskayuna Invy) | @ TBD | 5:00 PM | | Willard Mountain | Departure Point: Under the Bridge Departure Time: 2:30 PM | L |
| Jan 23, 2024 | Tue | Practice (SL Training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM | |
| Jan 29, 2024 | Mon | Practice (GS Training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM | |
| Jan 30, 2024 | Tue | Practice (SL Training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM | |

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| Jan 31, 2024 | Wed | Regular Season (Saratoga Invy) | @ TBD | 5:00 PM | | West Mountain Ski Resort | Departure Point: Under the Bridge Departure Time: 3:15 PM | L |
| Feb 5, 2024 | Mon | Regular Season (Stillwater Invy) | @ TBD | 5:00 PM | | Willard Mountain | Departure Point: Under the Bridge Departure Time: 2:30 PM | L |
| Feb 6, 2024 | Tue | Practice (GS Training) | N/A | 4:00 PM | 6:00 PM | West Mountain Ski Resort | Departure Point: Bridge Departure Time: 3:30 PM | |
| Feb 7, 2024 | Wed | Regular Season (Queensbury Invy) | @ TBD | 5:00 PM | | West Mountain Ski Resort | Departure Point: Under the Bridge Departure Time: 3:15 PM | L |
| Feb 10, 2024 | Sat | Regular Season (BP Invy) | @ TBD | 9:30 AM | | Oak Mountain | Departure Point: Under the Bridge Departure Time: 6:20 AM | L |
| Feb 14, 2024 | Wed | Post-Season (Sectional Championship) | @ TBD | 9:00 AM | | Gore Mountain Ski Resort | Departure Point: Under the Bridge Departure Time: 6:45 AM | L |

Date: 2024-05-01