

# 2024-25 Western Conference Ski & Snowboard Schedule



## Dryland Training @ Bluffview Park, La Crosse

- Start date Thursday, November 7, 2024 (no training on 11/28/24 due to Thanksgiving)
- Tuesday and Thursday's 4:00 PM - 5:00 PM (*look for Coach Cooper and Coach Nick*)

## On-Snow Practices – at Mt. La Crosse

- Monday, Jan 6<sup>th</sup> is the practice start date (unless we get great snowfall and we can get on-snow before Christmas break)
- Monday & Tuesday – 4:30 PM to 6:00 PM
  - Athletes be READY and meet coaches by 4:25 pm to start practice
  - Meet coaches at designated locations
- Two additional flex hours performed individually between Thurs-Sun

## Conference Races - Wednesdays – *will be adding one additional date once the season is underway*

- We will alternate between Slalom and GS. It will be announced in Sunday evening emails what to expect each week for practices and races
- Course inspection at 4:00 pm
- Races start at 4:30 pm (run dual course, ski and snowboard at same time)
  - Jan. 15
  - Jan. 22
  - Jan. 29
  - Feb. 5

## WIARA State Meet

- February 14<sup>th</sup> – Snowboard competition (training day and BX course inspection)
- February 15<sup>th</sup> – Snowboard competition all disciplines
- February 16<sup>th</sup> – Alpine skiing competition
- February 17<sup>th</sup> – Alpine skiing competition

## Team Dinners and Waxing, Tuning Equipment Party

- December – last year they went GREAT, so we'll do them again!
  - Watch for info with time, date and location for Waxing & Tuning Events
    - If we have an interest for individual trainings, we'll set those later
  - Team Dinners will be preseason as well as during the season.
    - Locations to include, Milwaukee Burger, Pizza Ranch & South Lanes Pizza, etc
  - Parent/Athlete Meet & Greet – more details to come

## Conference Recognition & Awards Banquet

- Date in March TBA
- All racers and families are welcome