

5 DAY SKATE/CLASSIC TECHNIQUE, TRAINING, TACTICS CLINIC SCHEDULE

Monday November 21

7:00 – 8:00 PM Check In for the 5-day clinic – Holiday Inn Conference Area (HICA)
(Please check in tonight or Tuesday AM)

Tuesday November 22

7:45 – 8:15 AM Check In - Holiday Inn Conference Area (HICA)
8:00 AM Classic waxing assistance (optional) - HICA
8:30 AM Classic drills, Technique overview (Indoors) - HICA
9:00 – 11:00 AM Classic progression (On snow)
Lunch
2:00 PM Skating drills, Technique overview (Indoors) - HICA
2:30 – 4:30 PM Skating progression (On snow)
Dinner
7:00 PM Ski Expo – Opening night

Wednesday November 23

8:00 AM Classic waxing assistance (optional)
8:30 PM Classic drills, Technique overview (Indoors)
9:00 – 11:00 AM Classic progression (On snow)
Lunch
2:00 PM Skating drills, Technique overview (Indoors)
2:30 – 4:30 PM Skating progression (On snow)
Dinner
7:30 – 8:45PM “The Competitive Edge” Dr. Dan Heil, Professor, Exercise Physiology at
MSU, Bozeman and Director of the Movement Science/Human Performance Lab

Thursday November 24

8:00 AM Classic waxing assistance (optional) - HICA
8:30 – 11:00AM Classic progression & Video analysis (on snow). Meet at HICA
Lunch
2:00 – 4:30 PM Skating progression & Video analysis (on snow). Meet at HICA
Dinner
7:30 PM Happy Thanksgiving. No Lecture, Expo Closed

Friday November 25

8:00 AM Classic waxing assistance (optional)
8:30 AM Classic (Indoors)
9:00 – 11:00 AM Classic progression (On snow)
Lunch
2:00 – 4:30 PM Skating – Training concepts (On snow) – Meet HICA
Dinner
7:00 – 9:00 PM Festival’s Keynote Speaker Conrad Anker. WYSEF Raffle - HICA

Saturday November 26

8:00 AM Classic waxing assistance (optional)
8:30 – 11:00 AM Classic – Training concepts (On snow)
Lunch
2:00 – 4:30 PM Skating progression (On snow) – Meet HICA
Dinner

6:00 – 7:00

7:00 – 9:00PM

Speaker Rick Kapala from Sun Valley Ski Education Foundation

End of Festival Clinic Social – HICA