

WOMEN'S 3 DAY CLINIC SCHEDULE

Wednesday November 23

- 7:00 – 8:00 PM Check – In (HICA)
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 Holiday Inn Conference Area (HICA)

Thursday November 24

- 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
7:30 PM Happy Thanksgiving. No Lecture, Expo Closed

Friday November 25

- 8:00 AM Classic waxing assistance (optional)
8:30 AM Classic drills, Technique overview (Indoors)
9:00 – 11:00 AM Classic progression (On snow)
Lunch
2:00 – 4:00 PM Skating progression (On snow)
4:00 – 6:00 PM Women, Wine, Waxing (bring your skis to wax)
Dinner
7:00 PM Festival's Keynote Speaker Conrad Anker. WYSEF Raffle - HICA

Saturday November 26

- 8:00 AM Classic waxing assistance (optional)
8:30 AM 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
6:00 – 7:00 PM Speaker Rick Kapala from Sun Valley Ski Education Foundation - HICA
7:00 – 9:00PM End of Festival Clinic Social – HICA