

# Nordic Skiing 2008-2009

Coach's Schedule (includes optional JOQ and ESGQ races)

	Day	Date	Location	Time	Competitors
	Sunday	Nov 23	Miller MS Roller Ski Race	12:00 pm	Optional
	Tuesday	Dec 2	Scrimmage TBD	3:30 pm	All Schools
	Thursday	Dec 4	Scrimmage TBD	3:30 pm	All Schools
	Tuesday	Dec 9	Mohonk	3:30 pm	All Schools
	Thursday	Dec 11	Mohonk	3:30 pm	All Schools
	Saturday	Dec 13	Mohonk	1:00 pm	All Schools
	Saturday	Dec 13	Coaching Clinic- Lake Placid	TBD	
	Sunday	Dec 14	Lake Placid ESG	TBD	Optional
	Tuesday	Dec 16	Mohonk	3:30 pm	All Schools
	Tuesday	Dec 18	Mohonk	3:30 pm	All Schools
	Saturday	Dec 20	Osceola JOQ	TBD	Optional
	Sunday	Dec 21	Lapland ESG	TBD	Optional
	Thursday	Jan 1	Old Forge ESG	TBD	Optional
	Saturday	Jan 3	Glens Falls Invitational JOQ	10:00 am	All Varsity
	Tuesday	Jan 6	Mohonk	3:30 pm	All Schools
	Thursday	Jan 8	Mohonk	3:30 pm	All Schools
	Saturday	Jan 10	Mohonk	1:00pm	All Schools
	Sunday	Jan 11	Salmon Hills ESG	TBD	Optional
	Tuesday	Jan 13	Mohonk	3:30 pm	All Schools
	Thursday	Jan 15	Mohonk	3:30 pm	All Schools
	Saturday	Jan 17	Rochester JOQ (Duathlon)	TBD	Optional
	Sunday	Jan 18	Rochester JOQ (Cl. Sprints)	TBD	Optional
	Wednesday	Jan 21	Mohonk	3:30 pm	All Schools
	Saturday	Jan 24	Lake Placid JOQ (Skate)	TBD	Optional
	Sunday	Jan 25	Lake Placid JOQ (Classic)	TBD	Optional
	Tuesday-Friday	Jan 27-30	Regents Testing Period		
	Saturday	Jan 31	Old Forge JOQ (classic)	TBD	Optional
	Sunday	Feb 1	Old Forge JOQ (skate)	TBD	Optional
	Tuesday	Feb 3	Mohonk	3:30 pm	All Schools
	Thursday	Feb 5	Mohonk	3:30 pm	All Schools
	Friday-Sunday	Feb 6-8	Section 9 Ski Camp		By Invitation
	Wednesday (snow date Thursday)	Feb 11 (Feb 12)	Sectional Meet Mohonk or Prospect Mtn, Vt.	12:00 pm	All Qualifiers
	Sunday	Feb 22	Leave for State Meet/ Sectional Practice	Available all day	All Qualifiers
	Tuesday	Feb 24	Rochester- Classic Race	10:00 am	All Qualifiers
	Wednesday	Feb 25	Rochester- Skate Relay	10:00 am	All Qualifiers

Lack of local snow may require changes of venues, including a possible shift to Sawkill Family Ski Center in Kingston , The Rocking Horse Ranch in Highland, Minnewaska State Park, and Catskill Mountain Multisport. In addition Lapland Lake in Benson, NY may be used for the sectional meet. These changes will only take place after consultation with and agreement by the athletic directors from all affected school districts.