

## 2014-2015 Hibbing Nordic Ski Team – Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Location</b>	Carey Lake Trailhead #1	Carey Lake Trailhead #1	Carey Lake Trailhead #1	Carey Lake Trailhead #1	Carey Lake Trailhead #1
<b>Onsite Coach/Parent Volunteer</b>	Bryan	Cory & Lisa W	Cory & Lisa D	Cory & Luther	Pete & Bryan
<b>Training Activity</b>	Strength Training				
<b>Participants</b>	Competitive	Competitive & Club	Competitive & Club	Competitive	Competitive & Club

*Competitive: Hibbing High School Nordic Ski Team members that will be competing in races*

*Club: Hibbing Nordic Ski Club members that will not be competing in races*

*Training location will vary at the beginning of the season during "dry land" training.*

*You can find the most current version of this schedule at [www.hibbingnordic.org](http://www.hibbingnordic.org)*