

ALPINE & SX TEAMS - JUNE / JULY 2012

Date	<u>Race / Events Info</u>	<u>Schedule</u>	<u>Program Type</u>
Wednesday, 13 June 2012			
Thursday, 14 June 2012			
Friday, 15 June 2012			
Saturday, 16 June 2012		Train	Core program
Sunday, 17 June 2012		Train	Core program
Monday, 18 June 2012		Day Off	
Tuesday, 19 June 2012			
Wednesday, 20 June 2012			
Thursday, 21 June 2012			
Friday, 22 June 2012			
Saturday, 23 June 2012		Train	Core program
Sunday, 24 June 2012		Train	Core program
Monday, 25 June 2012		Day Off	
Tuesday, 26 June 2012		Mid week train	4-pack add on training
Wednesday, 27 June 2012		Mid week train	4-pack add on training
Thursday, 28 June 2012		Mid week train	4-pack add on training
Friday, 29 June 2012		Mid week train	4-pack add on training
Saturday, 30 June 2012		Train	Core program
Sunday, 1 July 2012		Train	Core program
Monday, 2 July 2012		Day Off	
Tuesday, 3 July 2012		Mid week train	4-pack add on training
Wednesday, 4 July 2012	Interschools Northern (Thredbo)	Mid week train	4-pack add on training
Thursday, 5 July 2012	Interschools Northern (Thredbo)	Mid week train	4-pack add on training
Friday, 6 July 2012	Interschools Northern (Thredbo)	Mid week train	4-pack add on training
Saturday, 7 July 2012	Interschools Northern (Thredbo)	Train	Core program
Sunday, 8 July 2012		Train	Core program
Monday, 9 July 2012	Scots Race	Day Off	
Tuesday, 10 July 2012	Redland Cup (Thredbo)	Mid week train	4-pack add on training
Wednesday, 11 July 2012	Interschools Sydney	Mid week train	4-pack add on training
Thursday, 12 July 2012	Interschools Sydney	Mid week train	4-pack add on training
Friday, 13 July 2012	Interschools Sydney	Mid week train	4-pack add on training
Saturday, 14 July 2012	Interschools Sydney	Train / Race Su	Core program
Sunday, 15 July 2012		Train	Core program
Monday, 16 July 2012		Day Off	
Tuesday, 17 July 2012	Freeride Series Slopestyle (Thredbo)	Mid week train	4-pack add on training
Wednesday, 18 July 2012		Mid week train	4-pack add on training
Thursday, 19 July 2012		Mid week train	4-pack add on training
Friday, 20 July 2012		Mid week train	4-pack add on training
Saturday, 21 July 2012	TSRC	Race Support	Core program
Sunday, 22 July 2012	TSRC	Train	Core program
Monday, 23 July 2012		Day Off	
Tuesday, 24 July 2012			
Wednesday, 25 July 2012	Interschools ACT/Southern		
Thursday, 26 July 2012	Interschools ACT/Southern		
Friday, 27 July 2012	Interschools ACT/Southern		
Saturday, 28 July 2012		Train	Core program
Sunday, 29 July 2012		Train	Core program
Monday, 30 July 2012		Day Off	
Tuesday, 31 July 2012	Freeride Series SX/BX (Thredbo)		

Core Program Days June / July	14
Additional mid week training days, purchasable as 4 packs only	16
Total number of packs June / July	4

Training Schedule is subject to change

ALPINE & SX TEAMS - AUGUST / SEPTEMBER 2012

	<u>Race / Events Info</u>	<u>Schedule</u>	<u>Program Type</u>
Wednesday, 1 August 2012			
Thursday, 2 August 2012			
Friday, 3 August 2012			
Saturday, 4 August 2012		Train	Core program
Sunday, 5 August 2012		Train	Core program
Monday, 6 August 2012		Day Off	
Tuesday, 7 August 2012		Mid week train	4-pack add on training
Wednesday, 8 August 2012		Mid week train	4-pack add on training
Thursday, 9 August 2012		Mid week train	4-pack add on training
Friday, 10 August 2012	Blue Cow Cup	Mid week train	4-pack add on training
Saturday, 11 August 2012	Blue Cow Cup	Race Support	Core program
Sunday, 12 August 2012	Blue Cow Cup	Race Support	Core program
Monday, 13 August 2012		Day Off	
Tuesday, 14 August 2012		Mid week train	4-pack add on training
Wednesday, 15 August 2012		Mid week train	4-pack add on training
Thursday, 16 August 2012		Mid week train	4-pack add on training
Friday, 17 August 2012		Mid week train	4-pack add on training
Saturday, 18 August 2012		Train	Core program
Sunday, 19 August 2012		Train	Core program
Monday, 20 August 2012		Day off	
Tuesday, 21 August 2012		Mid week train	4-pack add on training
Wednesday, 22 August 2012		Mid week train	4-pack add on training
Thursday, 23 August 2012	Interschools State (Thredbo)	Mid week train	4-pack add on training
Friday, 24 August 2012	Interschools State (Thredbo)	Mid week train	4-pack add on training
Saturday, 25 August 2012	Interschools State (Thredbo)	Train / Race Su	Core program
Sunday, 26 August 2012	Interschools State (Thredbo)	Train / Race Su	Core program
Monday, 27 August 2012		Day Off	
Tuesday, 28 August 2012		Mid week train	4-pack add on training
Wednesday, 29 August 2012		Mid week train	4-pack add on training
Thursday, 30 August 2012		Mid week train	4-pack add on training
Friday, 31 August 2012		Mid week train	4-pack add on training
Saturday, 1 September 2012		Train	Core program
Sunday, 2 September 2012		Train	Core program
Monday, 3 September 2012		Day Off	
Tuesday, 4 September 2012		Mid week train	4-pack add on training
Wednesday, 5 September 2012	Interschools National	Mid week train	4-pack add on training
Thursday, 6 September 2012	Interschools National	Mid week train	4-pack add on training
Friday, 7 September 2012	Interschools National	Mid week train	4-pack add on training
Saturday, 8 September 2012	Interschools National	Train / Race Su	Core program
Sunday, 9 September 2012	Interschools National	Train / Race Su	Core program
Monday, 10 September 2012		Day Off	
Tuesday, 11 September 2012		Mid week train	4-pack add on training
Wednesday, 12 September 2012		Mid week train	4-pack add on training
Thursday, 13 September 2012		Mid week train	4-pack add on training
Friday, 14 September 2012		Mid week train	4-pack add on training
Saturday, 15 September 2012		Train	Core program
Sunday, 16 September 2012		Train	Core program

Core Program Days August / September	14
Additional mid week training days, purchasable as 4 packs only	24
Total number of packs August / September	6

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