

Rowmark B Team (60days)

Subject to change! Please check your email for weekly updates.						
2007-2008 Calendar Rowmark B Team						
60 day calendar						
Dryland & Fall activities						
Day	Month	Date	Time	What	Where	
Wed	Sept	5	6pm	New Parent meeting in Middle School	MS commons	
Fri	Sept	7		deadline for returning Rowmark enrollment forms	Rowmark Office	
Mon	Sept	10	3:45 - 5: 30	Agility/ game / balance	Middle School Soccer field	
Wed	Sept	12	3:45 - TBA	Mtn bike	Off campus	
Mon	Sept	17	3:45 - 6 PM	rollerblade / hockey	Off campus	
Wed	Sept	19	3:45 - 5: 30	Agility/ game / balance	Middle School Soccer field	
Mon-Fri	Sept	24-28	MS class trips	NO DRYLAND		
Mon	Oct	1	3:45 - 6 PM	rollerblade / hockey	Off campus	
Mon	Oct	1	7-8 PM	Equipment night at Sportsden	Sportsden	
Wed	Oct	3	3:45 - 5: 30	Hike/ leg routine	Off campus	
Mon	Oct	8	3:45 - TBA	Mtn bike	Off campus	
Wed	Oct	10	3:45 - 5: 30	Agility/ game / balance	Middle School Soccer field	
Mon	Oct	15	3:45 - 6 PM	rollerblade / hockey	Off campus	
Tu	Oct	16	5-8 PM	Fall BBQ	Middle School patio	
Wed	Oct	17	3:45 - 5: 30	Agility/ game / balance		
Mon	Oct	22	3: 45 - TBA	Pick up ParkCity season passes / Surefoot footbeds	Park City	
Wed	Oct	24	3:45 - 5: 30	Hike/ leg routine	Off campus	
Fri	Oct	26	4-6: 45 PM	pick up Snowbird passes and pizza	Snowbird	
Fri	Oct	26	7-9 PM	coat check at the swap	RHSM	
Fri-Sat	Oct	26-27		Rowmark Swap (B Team needed as volunteers)	RHSM	
Mon	Oct	29	3:45 - 5: 30	Agility/ game / balance	Middle School Soccer field	
Wed	Oct	31	3:45 - 6 PM	rollerblade / hockey	Off campus	
Mon	Nov	5	3:45 - 5: 30	Agility/ game / balance	Middle School Soccer field	
Wed	Nov	7	3:45 - 5: 30	hike / leg routine	Off campus	
Mon	Nov	12	3:45 - 5: 30	Agility/ game / balance	Middle School Soccer field	
Wed	Nov	14	3:45 - 6 PM	rollerblade / hockey	Off campus	
Mon	Nov	19	3:45 - 5: 30	Agility/ game / balance	Middle School Soccer field	
Wed	Nov	21		NO DRYLAND THANKS GIVING BREAK		
Mon	Nov	26	3:45 - 5: 30	Agility/ game / balance	Middle School Soccer field	
Wed	Nov	28	3:45 - 5: 30	hike / leg routine	Off campus	
Dryland Reminders						
Dryland starts on September 10th.						
Dryland starts after school at 3: 45 PM. Check times for pick up because it varies depending on the activity.						
Middle School outdoor patio is the location of our meeting for dryland at 3: 45 PM						
After Dryland, pick your child up by the Middle School soccer field -you can park on McClelland St.						
Athletes should wear athletic clothes, running shoes and bring water.						
Mtn biking: helmet, sweatshirt, water and snacks						
Rollerblading: hockey stick, knee, elbow, wrist pads. Gloves and helmet.						
On hiking days: running shoes, rainjacket or light jacket, and / or sweatshirt depending on weather.						
Bring snacks for after school in order to restore energy before physical exercise.						

Rowmark B Team (60days)

Ski Season 2007-2008 = 60 days					
	Sat	Dec	1	8-3 PM	Park City
	Sun	Dec	2	8-3 PM	Snowbird
	Sat	Dec	8	8-3 PM	Snowbird
	Sun	Dec	9	8-3 PM	Park City
	Sat	Dec	15	8-3 PM	Snowbird
	Sun	Dec	16	8-3 PM	Snowbird
	Wed	Dec	19	12-5 PM	xmas camp / Park City
	Th	Dec	20	8-3 PM	xmas camp / Park City
	Fri	Dec	21	8-3 PM	xmas camp / Snowbird
	Sat	Dec	22	8-3 PM	xmas camp / Snowbird
	Sat	Dec	29	8-3 PM	Park City
	Sun	Dec	30	8-3 PM	Snowbird
	Wed	Jan	2	3: 45 - 8 PM	Park City
	Sat	Jan	5	check email	Snowbasin South Series GS
	Sun	Jan	6	check email	Snowbasin South Series GS
	Wed	Jan	9	3: 45 - 8 PM	Park City
	Fri	Jan	11	12-5 PM	Wintersports Park City (Team p day)
	Sat	Jan	12	check email	Park City training or Summit (c YSL race
	Sun	Jan	13	8-3 PM	Snowbird
	Wed	Jan	16	3: 45 - 8 PM	Park City
	Fri	Jan	18	12-5 PM	Wintersports Park City
	Sat	Jan	19	check email	PC YSL or train
	Sun	Jan	20	8-3 PM	Snowbird
	Mon	Jan	21	8-3 PM	MLK Day / Park City
	Wed	Jan	23	3: 45 - 8 PM	Jumping
	Fri	Jan	25	check email	Wintersports / Snowbasin SG
	Sat	Jan	26	check email	Snowbasin SG
	Sun	Jan	27	check email	Snowbasin SG
	Wed	Jan	30	3: 45 - 8 PM	jumping
	Fri	Feb	1	12-5 PM	Wintersports Park City
	Sat	Feb	2	check email	Snowbird South Series Dual SL
	Sun	Feb	3	check email	Snowbird South Series Dual SL
	Wed	Feb	6	3: 45 - 8 PM	Park City
	Th	Feb	7	8-3 PM	p/t conf: snowbird
	Fri	Feb	8	12-5 PM	p/t conf: Park City
	Sat	Feb	9	check email	Brighton YSL or Park City Sout SL
	Sun	Feb	10	check email	Park City South Series GS
	Wed	Feb	13	3: 45 - 8 PM	jumping
	Fri	Feb	15	12-5 PM	WS / Park City
	Sat	Feb	16	8-3 PM	Snowbird
	Sun	Feb	17	8-3 PM	Park City

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	Tu	Feb	19	8-3 PM	no school = Snowbird
	Wed	Feb	20	3: 45 - 8 PM	Park City
	Fri	Feb	22	12-5 PM	WS / Park City or travel to SV
	Sat	Feb	23	check email	SV N/S invitation series or Snowbird YSL
	Sun	Feb	24	check email	SV N/S invitation series or Snowbird
	Wed	Feb	27	3: 45 - 8 PM	Park City
	Sat	March	1	check email	YSL PBC / Park City train
	Sun	March	2	8-3 PM	Snowbird
	Wed	March	5	3: 45 - 8 PM	Park City
	Sat	March	8	check email	J4-5 North / South Series McCollins Snowbird train
	Sun	March	9	check email	J4-5 North / South Series McCollins Park City train
	Wed	March	12	3: 45 - 8 PM	Park City
	Sat	March	15	check email	Brianhead YSL champs / Train
	Sun	March	16	check email	Brianhead YSL champs / Snowbird
	Tu	March	18	check email	Spring Break / Train PC
	Wed	March	19	check email	Spring Break / Train PC
	Sat	March	22	check email	J1-5 South Series Champs, TBA
	Sun	March	23	check email	J1-5 South Series Champs, TBA
	Sat	March	29	8-3 PM	BBQ / Dual race: Park City

Important Notes

Skiing will begin on Sat Dec 1

B Team departs and returns from Rowmark Ski room (north side of RHSM lincoln campus near dumpster)

Bring a lunch and snacks to the mountain. We can be more efficient if the whole team packs a lunch instead of buying food

Wed Skiing time: 3: 45 PM - 8 PM

Sat Skiing time: 8-3 PM

Sun Skiing time: 8-3 PM

Friday skiing time: 12-5 PM

We will do video after training. Parents! We encourage you to join the team to watch video of your child's skiing, we do video at the center.

Justin cell # 801 694-1967

MM cell # 801 232-1562

Rowmark Office: 801 355-3943

Feel free to call these # 's throughout the ski season.