

Cochran's Ski Club

REGULAR WEEKLY TRAINING (once the regular season begins)

Group	Weekday Sessions	Weekend Sessions
U8 & U10	Tue & Thu, 3:15–5:00	Sat & Sun, 1:00–4:00
U12	Tue & Wed, 3:15–5:00	Sat & Sun, 1:00–4:00
U14	Tue, Wed & Thu, 5:15–7:00	Sat & Sun, 9:00–12:00
U16+	Tue, Wed & Thu, 5:15–7:00	Sat & Sun, 9:00–12:00

OFF-SITE TRAINING (tentative)

Group	Location	Day & Time	Notes
U12 / U14	Mad River	Fridays, 3:00–5:00, starting Jan 22	Set for U12 but open to anyone
U14	Bolton	Tuesdays, 4:00–6:00	Set for U14/16+ but U12s are welcome

There may be other training opportunities that come up — coaches will communicate those with you as they arise.