

MBSEF Competition Team Training February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Jumps: Approach, Take-off, set-up/initiation
15 Pipe: Approach, drop-in technique, practice heel and toe drop-ins	16	17	18 Pipe/Slope Rotations Timing – Board Release with Body Rotation	19 Overall line through park. Style and Control in the Air.	20	21 Slopestyle Contest Preparation; Mindset/ warm-up Judging. Practice comp run.
22 Halfpipe Contest Preparation Drop-in Pipe, hold line with speed; Judging Practice comp run	23	24	25 Contest Runs Know your run!!! Repetition	26 Contest Runs: Clean Line in Pipe Repetition	27	28 ETD Slopestyle Stomp Runs