

Development Training Schedule February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Competition basics. Jumps: Approach, Takeoff, Initiation
15 Competition basics. Jumps: Approach, Takeoff, Initiation	16	17	18	19	20	21 Contest Preparation Mindset-warmup- judging
22 Contest Preparation Mindset-warmup- judging	23	24	25	26	27	28 Clean initiation of turns, reducing skid at edge change