

March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ETD Halfpipe	2	3	4 Bigger Spins—Add an extra 180 to an existing trick	5 Clean Take-offs / Clean Landings (Check the pipe)	6	7 Slopestyle Contest Prep.—Have two runs prepared for next weeks competition
8 Halfpipe Contest Prep.—Repetition of runs for ETD	9	10	11 Snowboarding Mentality—Positive confident attitude— Snowboarding Jedi	12 Pipe runs and Slope runs	13	14 ETD SS
15 ETD HP	16	17	18 Nationals Prep. Bigger moves and better style	19 Nationals Prep. Bigger moves and better style	20	21 I love snowboarding because.....
22 Amplitude—More pop	23	24	25 Incorporating our bigger moves into runs	26 Dialing runs for Nationals	27	28 No practice—Freeride and continue Nationals Prep.
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