

## Training Schedule

```
var gaJsHost = (("https:" == document.location.protocol) ? "https://ssl." : "http://www.");
document.write(unescape("%3Cscript src=" + gaJsHost + "google-analytics.com/ga.js"
type='text/javascript'%3E%3C/script%3E"));
```

```
try {
var pageTracker = _gat._getTracker("UA-12436141-1");
pageTracker._setDomainName("none");
pageTracker._setAllowLinker(true);
pageTracker._trackPageview();
} catch(err) {}
```

This public calendar will be updated periodically. Future training is always subject to change due to various factors. However, we will try to be as accurate as possible two weeks in advance.

Play around with this Calendar. You are able to view it in different formats. You are even able to view just your specific team using the small button on the upper right hand side of the calendar.

You can add the Training Calendar to your Google Calendar. If you do not have a Google Calendar it will create one for you.

Please note that the PHONE HOTLINE is always your first line of up-to-date and accurate information. If the phone hotline is unchanged, there is not enough information for us to adjust the training schedule and things are as stated. Please read below to find your way to your specific team hotline.

- Green = Far West Alpine Meadows Schedule
  
- Blue = Far West Boreal Schedule
  
- Yellow = Far West Race Schedule
  
- Pink = Development Team, Cisco Kids, Boreal Bombers Schedule
  
- EB = Early Bird Training 7:45am Lift Load
  
- AM = Morning Training Session 9:30am - 11:30am
  
- FIS-J45 = All Far West, FIS, J12, J3 and J45 Athletes

- SL = Slalom Training
  
- GS = Giant Slalom Training
  
- SG = Super G Training
  
- DH = Downhill Training
  
- FS = Free Skiing with Coaches
  
- FSD = Drills with Coaches

Phone Hotline:

The Phone Hotline is far and away the most effective way to get up to the minute schedule changes. Please use it first.

For the most recent updates, use the phone hotline, which can be accessed 24 hours a day at (530) 426-3313, then hit 3 for team updates. If you forget the number, it is the general number for the Auburn Ski Club Training Center.

- 0 ASC Race Arena Event
- 1 FW Development
- 2 FW J45
- 3 FW J3
- 4 FW J12/FIS
- 5 Cisco Kids and Boreal Bombers
- 6 General Alpine Information
- 7
- 8

Email Hotline:

How do I get on the AAST Hotline email list?

One of our best ways to keep the communication flowing is our Email Hotline. If you are not currently using this hotline and you would like to be added please hit the link below and you will be up and running. If you would like to be taken off the Email Hotline there is a link for you as well.

Add me to hotline.

Remove me from hotline.

Just send the email with nothing in it, and the hotline will send a confirmation. When the confirmation arrives, simply reply. Done!  
Web Hotline:

You are here!

Athlete Profile Worksheet