

**2024 AWG Cross Country Ski Territorial Trials
ALTERNATE SELECTION SCHEDULE
December 14-16 Yellowknife**

U14 boys: 7 U16 boys: 3 U18 boys: 3
U14 girls: 7 U16 girls: 4 U18 girls: 3

Thursday, December 14 – It's -25°C

Yellowknife Ski Club – Welcome and Team Building

1:00pm Athletes, Chaperones and Coaches meet at YK Ski Club
1:10pm Introduction and overview from AWG Coaches of AWGs
1:30pm Indoor team-building exercise
2:30pm Time on skis
3:00pm Fun activity on skis
3:15pm Indoor team-building exercise
4:00pm Team meeting, coaches walk athletes through indoor selection process
4:30pm dinner provided
5:00pm Athletes depart for accommodations

Friday December 15 – It's -25°C

1:00pm Athletes, Chaperones and Coaches meet at YK Ski Club
1:10pm Overview from AWG Coaches of the exercises
1:20pm Warm up
1:45pm Strength Testing (Push-ups, Sit-ups, Box Jumps, Dips – 60 seconds each); Ski Erg (time or distance)
4:00pm Wrap up and break for the day

Saturday December 16 – It's -25°C

10:00am Athletes, Chaperones and Coaches meet at YK Ski Club
10:10am Overview from AWG Coaches of the technique evaluation
10:20am Wax skis and head outside
10:30am On-snow technique evaluation
11:45am Prepare to head to Fieldhouse

Field House – Endurance Test – All categories – 2000m run (10 laps of field), 30-second interval start

12:10pm Meet at Field House
12:15pm Warm up and timing set up
12:45pm U14 boys
1:00pm U14 girls
1:20pm U16/U18 boys
1:35pm U16/U18 boys
2:00pm Return to YK Ski Club
2:30pm Coaches meeting to review results
3:30pm AWG Team selection announcement
3:45pm organize race suits and warm up suits (compile order)