



# QAST ALPINE CALENDAR 2023

COACHING PATHWAY 2009 <



JUNE						JULY						AUGUST						SEPTEMBER											
6	MOUNTAIN	PROGRAMME	TIME	DRYLAND	TIME	OTHER	7	MOUNTAIN	PROGRAMME	TIME	DRYLAND	TIME	OTHER	8	MOUNTAIN	PROGRAMME	TIME	DRYLAND	TIME	OTHER	9	MOUNTAIN	PROGRAMME	TIME	DRYLAND	TIME	OTHER		
31							1	CP	DEVO	8.00-2.30			WORK OR QAST SHADOWING	1															
1							2	CP	DEVO	8.00-2.30			WORK OR QAST SHADOWING	2															
2							3	CP	DEVO	8.00-2.30			WORK OR QAST SHADOWING	3															
3							4																						
4							5	CP	DEVO	8.00-2.30			WORK OR QAST SHADOWING	5	CP	QAST	7.30-1.00			INTERFIELD / NP TEAM			NIGHT SESSION 6-8PM						
5							6	CP	DEVO	8.00-2.30			WORK OR QAST SHADOWING	6	NZSKI					LEARNING ABOUT RACE ORGANISATION - INTERFIELD			RACE DEPARTMENT						
6							7	CP	DEVO	8.00-2.30			WORK OR QAST SHADOWING	7															
7							8	CP	DEVO	8.00-2.30			WORK OR QAST SHADOWING	8															
8							9							9															
9							10							10															
10							11	CP	DEVO	8.00-2.30			WORK OR QAST SHADOWING	11															
11							12	CP	DEVO	8.00-2.30			WORK OR QAST SHADOWING	12	RE	QAST	9.00-2.00			INTERFIELD / NP TEAM			SHADOWING						
12							13	CP	DEVO	8.00-2.30			WORK OR QAST SHADOWING	13	RE	QAST	9.00-2.00			INTERFIELD / NP TEAM			SHADOWING						
13							14							14															
14							15	CP	DEVO	8.30-2.30			WORK OR QAST SHADOWING	15															
15							16	CP	DEVO	8.30-2.30			WORK OR QAST SHADOWING	16															
16							17							17															
17	CP	QAST	9.00-2.00		INTERFIELD / NP TEAM	NIGHT SESSION 6-8PM	18							18															
18	CP	NZSKI	9.00-12.00		LEVEL 1	TRAINING	19							19	CP	QAST	7.30-1.00			INTERFIELD / NP TEAM			SHADOWING						
19							20							20	CP	QAST	7.30-1.00			INTERFIELD / NP TEAM			SHADOWING						
20							21							21															
21							22	CP	QAST	8.00-1.00			INTERFIELD / NP TEAM	NIGHT SESSION 6-8PM	22														
22							23	CP	NZSKI	9.00-12.00			INTERACTION BODY / SKIS	TRAINING	23														
23							24							24															
24	CP	NZSKI	9.00-4.00		DEVO PROGRAM	TRAINING	25							25															
25	CP	NZSKI	9.00-4.00		DEVO PROGRAM	NIGHT SESSION 6-8PM	26							26	RE	QAST	9.00-2.00			INTERFIELD / NP TEAM			SHADOWING						
26	NZSIA LEVEL 1 EXAM						27							27	RE	QAST	9.00-2.00			INTERFIELD / NP TEAM			SHADOWING						
27							28					28						28											
28							29	CP	QAST	8.00-1.00		INTERFIELD / NP TEAM	NIGHT SESSION 6-8PM	29					29										
29							30	CP	NZSKI	9.00-12.00		INTERACTION BODY / SKIS	TRAINING	30					30										
30							31						31																
TOTAL JUNE	NIGHT SESS.	TRAINING	SHADOWING	RACE DEPT.	NZSIA EXAMS	TOTAL JULY	NIGHT SESS.	TRAINING	SHADOWING	RACE DEPT.	NZSIA EXAMS	TOTAL AUGUST	NIGHT SESS.	TRAINING	SHADOWING	RACE DEPT.	NZSIA EXAMS	TOTAL SEPTEMBER	NIGHT SESS.	TRAINING	SHADOWING	RACE DEPT.	NZSIA EXAMS						
	2	1	1	2	5		2	2	2	12	0		1	0	7	1	0		2	2	10	1	2						
<b>TOTAL SEASON</b>	<b>7</b>	<b>5</b>	<b>20</b>	<b>16</b>	<b>7</b>																								

