

Date	WEEK	Special Event	Lesson Activities	Races	Link for Race
07-Jan	1	Parents meeting at 12:15 in the Club House	Classic Progressions	Selection Jeux du Quebec in Morin-Heights (POSTPONED)	
14-Jan	2	Coffee and cookies	Skate Progressions		
21-Jan	3	Marshmallow Roast	Classic	1st Coupe des Fondeurs Race with JDQ qualifyer and Mont Saint Bruno JDQ qualifyer for Montreal (JAN22)	Coupe des Fondeurs: http://www.fondeurslaurentides.ca/evenement/coupe-des-fondeurs/ Mont Saint Bruno: http://skidefondquebec.ca/sites/default/files/docs/viree_hivernale_finalejdq_rivesud.pdf
28-Jan	4	Orienteering	Skate Progressions	JDQ qualifyer in Morin-Heights	http://skidefondquebec.ca/sites/default/files/docs/avis_finale_laurentide_lav_lsl.pdf
04-Feb	5		Classic Uphill/Downhill	3rd Coupe des Fondeurs	http://www.fondeurslaurentides.ca/evenement/coupe-des-
11-Feb	6	World Cup Weekend with a relay race involving multiple groups	Classic	Canadian Ski Marathon	
18-Feb	7	Loppet Prep	Classic - JR2 and up start at Montfort and ski to Morin-Heights	Noram Joliette	http://skidefondquebec.ca/evenement/invitation-la-22-edition-du-championnat-jeunesse
25-Feb	8		Skate Progressions	Loppet Weekend & Jeux du Québec (FEB24-4March)	Jeud du Québec: http://skidefondquebec.ca/evenement/52e-finale-des-jeux-du-quebec-alma
04-Mar	9		Skate long distance (Go for a long skate ski)		
11-Mar	10	Club Championships, Awards and Fun relay	Club Championships - Classic	Club Championships	