

WEEK OF: \_\_\_\_\_

# SKI LOG

NAME: \_\_\_\_\_

Day of Week	Time IN	Time OUT	Discipline	I personally worked on:	Extras / Comments	Coach's Signature*
Tuesday 2/14	12:47	4:17	SL GS SG	Keeping my upper body still and getting forward in my boots  ---- <i>EXAMPLE</i> --	Had to hike up Chair 10 4 times	
Friday (previous week)			SL GS SG			
Tuesday			SL GS SG			
Wednesday			SL GS SG			
Thursday			SL GS SG			

\* Ski Coach's signature verifies that all information above is true and correct and skier was present during the time and date stated.