



Planification préparation été-automne 2019 / TEAM COURSES & PLUS / CADETS

| Juin | | Juillet | | Août | | Septembre | | Octobre | | Novembre | | | | | | | |
|------|---|--------------|----|------|---|-----------|---|------------------------|----|----------|---------------------------------|----|---|-------------------------|----|---|-------------------------|
| 1 | S | | 1 | L | | 1 | J | 1ER AOUT ACM | 1 | D | | 1 | M | | 1 | V | SKI SAAS-FEE CADETS (2) |
| 2 | D | | 2 | M | | 2 | V | | 2 | L | | 2 | M | | 2 | S | |
| 3 | L | | 3 | M | | 3 | S | | 3 | M | | 3 | J | condi | 3 | D | |
| 4 | M | | 4 | J | | 4 | D | | 4 | M | | 4 | V | | 4 | L | |
| 5 | M | | 5 | V | | 5 | L | | 5 | J | condi | 5 | S | | 5 | M | |
| 6 | J | | 6 | S | | 6 | M | | 6 | V | | 6 | D | | 6 | M | |
| 7 | V | | 7 | D | | 7 | M | | 7 | S | SKI SAAS-FEE CADETS | 7 | L | | 7 | J | condi |
| 8 | S | CLEANING DAY | 8 | L | | 8 | J | | 8 | D | | 8 | M | | 8 | V | |
| 9 | D | | 9 | M | | 9 | V | | 9 | L | | 9 | M | | 9 | S | |
| 10 | L | | 10 | M | | 10 | S | | 10 | M | | 10 | J | condi | 10 | D | |
| 11 | M | | 11 | J | | 11 | D | | 11 | M | | 11 | V | | 11 | L | |
| 12 | M | | 12 | V | | 12 | L | | 12 | J | | 12 | S | | 12 | M | |
| 13 | J | | 13 | S | | 13 | M | | 13 | V | | 13 | D | | 13 | M | |
| 14 | V | | 14 | D | | 14 | M | camp SKI TAPIS MORZINE | 14 | S | week-end condi & nuit en cabane | 14 | L | | 14 | J | condi |
| 15 | S | | 15 | L | | 15 | J | | 15 | D | | 15 | M | | 15 | V | |
| 16 | D | | 16 | M | | 16 | V | | 16 | L | | 16 | M | | 16 | S | |
| 17 | L | | 17 | M | | 17 | S | | 17 | M | | 17 | J | condi | 17 | D | SKI SAAS-FEE CADETS |
| 18 | M | | 18 | J | | 18 | D | | 18 | M | | 18 | V | | 18 | L | |
| 19 | M | | 19 | V | | 19 | L | | 19 | J | condi | 19 | S | | 19 | M | |
| 20 | J | | 20 | S | | 20 | M | | 20 | V | | 20 | D | SKI SAAS-FEE CADETS (1) | 20 | M | |
| 21 | V | | 21 | D | | 21 | M | | 21 | S | | 21 | L | | 21 | J | condi |
| 22 | S | | 22 | L | | 22 | J | | 22 | D | | 22 | M | | 22 | V | |
| 23 | D | | 23 | M | SKI SAAS-FEE CADETS (4 jours du 22 au 25) | 23 | V | | 23 | L | | 23 | M | | 23 | S | |
| 24 | L | | 24 | M | | 24 | S | condi | 24 | M | | 24 | J | | 24 | D | |
| 25 | M | | 25 | J | | 25 | D | | 25 | M | | 25 | V | | 25 | L | |
| 26 | M | | 26 | V | | 26 | L | | 26 | J | condi | 26 | S | | 26 | M | |
| 27 | J | | 27 | S | | 27 | M | SOIREE ACM | 27 | V | | 27 | D | | 27 | M | |
| 28 | V | | 28 | D | | 28 | M | | 28 | S | SKI SAAS-FEE CADETS | 28 | L | | 28 | J | condi |
| 29 | S | | 29 | L | | 29 | J | condi | 29 | D | | 29 | M | | 29 | V | |
| 30 | D | | 30 | M | | 30 | V | | 30 | L | | 30 | M | SKI SAAS-FEE CADETS (2) | 30 | S | SKI A DEFINIR |
| | | | 31 | M | | 31 | S | | | | | 31 | J | | | | |

| | nb jrs |
|-------------------------|--------|
| condition physique soir | 17 |
| SKI CADETS | 15 |

(total 19, mais à choix vac. automne)

| Horaires condition physique | |
|-----------------------------|-------------|
| Jeudi | 17.00-18.30 |

Camp d'automne (1) ou (2) :
Choisir le camp 1 ou 2.

cours de condi jusqu'à mi-décembre
ski le mercredi apm dès l'ouverture du domaine skiable

Vacances scolaires

| | | |
|----|---------------|---------------|
| VS | 20.06.-18.08. | 24.10.-03.11. |
| GE | 25.07.-25.08. | 19.10.-27.10. |
| VD | 06.07.-25.08. | 12.10.-27.10. |
| FR | 06.07.-28.08. | 19.10.-03.11. |

Recommandation participation :

| Cadets | minimum | maximum |
|-----------|---------|---------|
| jours ski | 6 | 15 |
| condi | 70% | 100% |

Un 3e saison cadets devrait se rapprocher des 90-100%, un 1ère saison des 60-70%