



August 2009

Fall Training Schedule - Year 1

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----------------------------------|--------------------------------|-----|-----|-----|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 <i>SK111 Orientation</i> 0900 → | 24 → | 25 <i>OL104 First Aid</i> → | 26 | 27 | 28 | 29 |
| 30 <i>Prep Day</i> | 31 <i>SK111 Coastal Hike</i> → | <i>Cont...</i> | | | | |

September 2009

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------|---------|---|-----|--|--|---|
| | | 1 <i>Coastal Hike cont...</i> | 2 | 3 | 4 | 5 |
| 6 → | 7 | 8 <i>Fitness 0630</i> <i>OL101</i> <i>Navigation 1</i> | 9 | 10 | 11 <i>Field Day</i> <i>Capsize and Recovery</i> <i>Training</i> <i>0800 on deck</i> | 12 <i>Kayaking Club</i> <i>Intro to Kayaking</i> <i>Training</i> <i>Time, Loc. TBA</i> |
| 13 | 14 | 15 <i>Fitness 0630</i> <i>OL101</i> <i>Navigation 2</i> | 16 | 17 <i>Alpine Trip (A)</i> <i>Ocean Trip (B)</i> <i>1700 on deck</i> | 18 | 19 |
| 20 | 21 → | 22 <i>Fitness 0630</i> <i>OL101</i> <i>Navigation 3</i> | 23 | 24 <i>Alpine Trip (B)</i> <i>Ocean Trip (A)</i> <i>1700 on deck</i> | 25 | 26 |
| 27 | 28 → | 29 <i>Fitness 0630</i> <i>OL101</i> <i>Navigation 4</i> | 30 | | | |

October 2009

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|-----|-----|--|-----|
| | | | | 1 | 2 Kayaking Club Intro to Kayaking Training Time, Loc. TBA | 3 |
| 4 | 5 | 6 Fitness 0630 OL101 Navigation Exam | 7 | 8 | 9 Thanksgiving | 10 |
| 11 | 12 | 13 Fitness 0630 OL101 Hazard and Emer- gency Management 1 | 14 | 15 | 16 Field Day Rope Systems 1(A) 0800 on deck Intro to Swiftwater (B) 0700 on deck | 17 |
| 18 | 19 | 20 Fitness 0630 OL101 Hazard and Emer- gency Management 2 | 21 | 22 | 23 Field Day Rope Systems 1(B) 0800 on deck Intro to Swiftwater (A) 0700 on deck | 24 |
| 25 | 26 | 27 Fitness 0630 OL101 Hazard and Emer- gency Management 3 | 28 | 29 | 30 Field Day Rope Systems 2 (A) Kayaking Club day (B) Time, Loc. TBA | 31 |

November 2009

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|-----|------------------------|---|-----|
| 1 | 2 | 3 Fitness 0630 OL101 Hazard and Emer- gency Management 4 | 4 | 5 | 6 Field Day Rope Systems 2 (B) Kayaking Club day (A) Time, Loc. TBA | 7 |
| 8 | 9 | 10 Fitness 0630 OL101 Hazard and Emer- gency Management Exam | 11 | 12 | 13 Field Day SAR Scenario 0600 on deck | 14 |
| 15 | 16 | 17 Fitness 0630 OL101 Expedition Theory 1 Planning/Logistics | 18 | 19 | 20 SAR & Emergency Response Evaluation 0400 on deck → | 21 |
| 22 | 23 | 24 Fitness 0630 OL101 Expedition Theory 2 Planning/Logistics | 25 | 26 Thanksgiving USA | 27 | 28 |
| 29 | 30 | | | | | |

December 2009

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------------|---|-----|-----|-----|-----|
| | | <i>1 Fitness 0630 OL101 Expedition Theory 3 Foods</i> | 2 | 3 | 4 | 5 |
| 6 | 7 | <i>8 Fitness 0630 OL101 Expedition Theory 4 Foods</i> | 9 | 10 | 11 | 12 |
| 13 | 14 <i>Exam Week</i> | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |