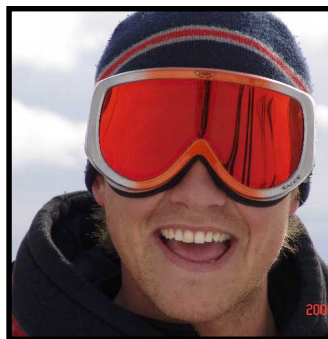


Fast Times in the Summer Time!

Sixteen Days of Summer Glacier training on Blackcomb has come and gone. Three 5-day camps for all ages followed by the summer classic that was won by Brittany McGovern and Matt Leduc. What a month!

Now we get down to business. The business of preparing for a little R and R is underway. Recovery and regeneration is what I am talking about. Fitness training is all part of it and we are gladly running at least 4 sessions per week in Vancouver and in Whistler. You are paying for it along with the support of BC Alpine and the Coast Zone so get out there and stay active in order for you to be tip-top when fall camps start and ski season is rolling, you will have laid the foundation for skill building and all-out racing! There is no substitute for skill, strength, speed, suppleness, stamina and snow time. If you weren't able to join us on the T-bars for skiing since April then you still have time to catch up and get out to any of our dry-land sessions. Look for Willy, Tova, Ollie, Brent, Jordan, Jeff, Rob or me at any of the venues whether it is for soccer, sprints, lifting, games, hikes or stretching. If you have 90 minutes a day to spend with your body making it better then you will save time in the winter perfecting your turns. Do it now! At home, at the cottage, at camp, on the sailboat, with your cousins, with your mom, with your friends or with us! If you have not seen us in a while send me a photo of you training along with a tagline or short story about what you are doing to keep fit this summer and how you will be faster, higher and stronger next season. I look forward to getting your news on our re-vamped website! A great big thanks to Peter Dolman, Grouse Tyee Program Director for his efforts in Vancouver to head up the Coast Zone initiatives to give better access and coaching at summer fitness.

We are happy to announce the appointment of Jeff Hume as Head Coach of our 1st Year FIS Team replacing Sead Causevic who is going back to school. Jeff brings with him almost a decade experience with the Canadian Alpine Ski Team as well as the enthusiasm of a teenager! He will lead our troops into FIS racing as they move out of K2. Jeff is currently coaching at Thredbo in Australia based on his performance as a coach of some of our guest racers who were so impressed with him that they hired him! We look forward to his return in early September.



Jeff Hume



Nigel ready to take off on his bike for some much needed R and R



Jordan Williams

Also on the human resources front we welcome back Jordan Williams (don't tell him I told you, but it's his 20th year as a coach here!) as the Head FIS Coach of the newly formed Lady's FIS Team. Jordan has been busy all summer working double time at both WMSC and B2B FIS camps and is on Hornby Is-

land now running a Dryland camp. He will also Head to Chile in August with the yet to be named Men's FIS Head Coach. As we go to print our Kinder coaching staff is status quo but we are working hard to make sure we are maximizing our resources to get the right girls and guys coaching your kids and fitting into our Long Term Athlete Development plan that Ollie continues to work hard with. Linas is busy preparing for an August 12 wedding in Vegas with his Canadian sweetheart Eva who I introduced him to on his first week back in town last fall. We're very excited to see his bow-hunting ski racing babies in the future. Jeff Mac and Willy each directed one of the summer camps and have been making there yearly plans for 06/07.



Willy Raine



Jeff MacLennan

All in all we are very fortunate to have the commitment of these guys on our side.

While the coaches are all lined up and preparing for a fresh season the board of directors is holding a week-end thinktank. Members are invited to submit ideas to Irene Whitney at irenewhitney@telus.net by July 26.

Over the next 30 days the head Coaches will be making plans and relaxing with their families. If you have any questions you may email them at any time to help you with your programming now or for winter. I hope you are all enjoying your holidays and look forward to reporting back to you in August.

Nigel

Nigel Cooper, Program Director, WMSC

Summer Fun Up On The Glacier

There is still lots of snow in the alpine! Our ski racers had excellent conditions at glacier camps this past few weeks. Snow is still sufficient to ski out from the Glacier to the top of Solar Coaster Quad. Irene and Al Whitney were up on the Glacier to help with the summer race on July 10. Irene said, "It was good hard conditions and the racers were all amazed when I insisted they strip down to their downhill suits to take it all seriously!"

Jeff MacLennan had these words to say, "Many thanks to the WMSC crew for doing an awesome job (as always) up there in "our" office on "our" glacier.

We see plenty of foreign clubs from all over North America coming up to use what we sometimes take for granted, and I must say I am very proud and happy knowing that we as a coaching group and a club definitely put our stamp of what can be achieved on snow at this time of year.

Each day our lane # 6 was definitely the envy of the rest of the coaches up there as we had it in the best shape with the innovation of our hopper / salad shooter to apply our salt each and every day.

Many heads were turned with our funny looking apparatus and even guys like Glacier Stu and Bob Dufor are interested in following the lead of our powerhouse staff.

Thanks to Willy for the 1st modification to the machine and many, many thanks to the guru of zap straps, copper pipe and duct tape Jeffy Hume to take Willy's initiative to the next level. You rock buddy and your legacy of the red hopper I've dubbed the Dennis Hopper will be I'm assuming will be imitated by many other impositors?

Fear not as I will have the trademark finalized as soon as they can decipher what the hell a "Dennis Hopper is"?"



Jeff having a good time while he guards the Salt Barrel



Irene and Al Whitney helping out with the Summer Series Race.

Fitness Update by Ollie Blake

The summer's fitness season is well under way in both Vancouver and Whistler. Fitness has been the focus in Vancouver for the past few weeks under the direction of Pete Dolman from Grouse and Brent Kehl from Cypress. This was the first consistent week of fitness training in Whistler after the June ski camps on Blackcomb Glacier.

During the ski camps, the Whistler Racquet Club helped the athletes learn new skills on the tennis court each afternoon. Some of the athletes have caught the tennis bug and are now excited to fit tennis into the weekly fitness schedule (Willy and Ollie too!).



The "Peace-Out" Gang



Ollie and Willy playing some doubles against some unsuspecting athletes!



Hiking for aerobic training days started with a group hike on Saturday, July 15th in Whistler. Only a few brave souls came out to challenge the slopes of Rainbow Mountain along the Flank trail. With Willy Raine and Toria Whitney navigating, the group was lead astray resulting in a vertical assault through thick brush! Fortunately we managed to find the trail and were treated to spectacular views. As the high alpine snow clears we will be progressing to more challenging hikes to Rainbow Lake, along Singing Pass and maybe even to the Black Tusk.



Toria Whitney and Elianne Taillefer scaling the side of Rainbow Mountain using their own personal '4-wheel drive'!



The hiking gang looking out onto Green Lake. Who is that 'guy' in the picture?

Soccer Sunday has turned into one of the most popular Whistler Mountain Ski Club events with more than 50 participants. The action has been intense with all age groups, from J4 through to parents and coaches, bringing their 'A-Game'. Unfortunately for the coaches, the youngest players are some of the best and they keep running circles around us!

A big thank you goes out to Bernard Messeguer for helping us with equipment, playing space and coaching tips each week.



Coach Bernard taking on water during half time

Soccer Sunday will take place at Whistler Secondary School on the following dates (all other Sundays, it will take place at Myrtle Philip as originally scheduled): July 23rd, August 6th and August 20th.



FITNESS TESTING ON THE HORIZON!

Fitness testing will take place at Whistler Secondary School Saturday August 5th for all athletes. The details are:

When: Saturday August 5th, 2006

- FIS start 9:00am
- J4, K1 and K2 start 10:00am

Where: Whistler Secondary School

Bring: Athletic attire – proper shoes, shorts and shirts that will enhance, not restrict movement.
Snack and Water – the test will take a couple of hours so make sure you have enough healthy snacks to get you through all of the tests (energy bars, fruit, nut mix, etc.).

Don't forget to check out the ski club website at www.wmsc.info for the latest schedules, news updates and photos from summer fitness. There are already some great photos from the epic Soccer Sunday encounters!

School For Racers Just Got A Lot More Flexible!

As of July 1, 2006 any student at any school in BC can now enroll at *both* their local school *and* a school offering distance education – *at no extra cost*. This offers ski racers a way to reduce the stress they often feel when away from regular classes for training camps. Now they have the option of taking some of their core subjects through self-paced, independent learning programs while still enrolled at their local school, taking some courses in regular classes. A mix of the two means more flexibility in completion dates, which is key when ski training and racing requires extended absence from school.

Teachers administer the courses and are available to assist in learning. Student blogs, on-line tutorials and other study support are also available to enhance each course.

No matter where a ski racer may be registered at school, learning options have become more accessible, and at no extra cost to the student. Check it out!

<http://www.mybcschool.gov.bc.ca/>

Good hydration is important for top performance. During the hot summer months, dehydration can occur more quickly. It is important to be adequately hydrated before you even start your activity. Aim to drink at least two cups (500mL) of water before you even leave the house. When exercising, do not wait to be thirsty to drink. Consume about 150 to 350 ml (2/3 - 1 ½ cup) of fluids every 15 to 20 minutes. If your exercise session lasts one hour or less and if you have eaten enough, water will do. For longer physical activity, sports drinks or a mixture of water and juice will help you to keep going longer. During the summer, you can take advantage of fruits that have a high water content such as watermelon, grapefruits and other sweet berries. Snack on a handful of fresh raspberries, blueberries or blackberries or top them with skim milk vanilla yogurt. Now is the time to freeze seasonal berries in one cup portion to pull out of the freezer to add to a blender with ½ cup of fresh or frozen yogurt and ¼ cup of skim milk to make a delicious hydrating smoothie during the winter months as well. Remember in the hot summer months, never leave home without your water bottle!

The following is an article written by Heather Petrie, M.Sc., P.Dt. and reviewed by Jennifer Sygo, Dt.P. and Heidi Smith, Dt. P.. It deals with hydration during exercise and Sports Drinks.

Why Do I Need to Drink During Exercise?

Anyone who exercises can be at risk for dehydration. When we exercise we produce heat, which our bodies can help to control through sweating. If our core body temperature climbs just a few degrees Celsius, then heat illness, heat stroke and even death can occur. When we sweat we can help cool our bodies but can become dehydrated. Many athletes can lose 0.4 to 2.0 L of sweat (1 to 4 lb loss) in just one hour, especially if exercising in the heat either intensely or for a long time

How Much Should I Drink During Exercise?

You should drink to replace the amount you lose in sweat. Weigh yourself before and after exercise. Any change will be water weight and that is how much you have left to replace. Even as little as 2% dehydration (e.g. a 3 lb. loss for a 150 lb individual) can hurt your athletic performance – but many athletes lose much more than this. You need to be sure to take your hydration seriously.

When Should I Choose a Sports Drink?

Sports drinks are specially designed to replace an athlete's losses and can benefit a wide variety of athletes, including those:

- ◆ With very high sweat rates (1L/h or more)
- ◆ Exercising either very hard or for a long time including endurance and team sport athletes
- ◆ Exercising in hot and humid conditions or while wearing protective sports equipment such as with hockey and football

What Should I Look For in a Sports Drink?

√ Water

This is the first and most important ingredient. Make sure your sports drink is not carbonated so that it is easy to drink and doesn't make you feel full or bloated.

√ Flavour

Adding flavour to a sports drink helps athletes drink more than when they are given water alone.

√ Sodium

Sweat contains more than water. Have you ever noticed a white powder on your workout clothes or skin? That is the salt you lose in sweat. Adding salt to a sports drink can not only help to prevent muscle cramps, but it can actually help you to stay better hydrated.

Sports drinks should contain at least 300 to 700 mg of sodium per liter although ultra-endurance athletes or athletes prone to cramping may require more.

√ Carbohydrate (sugar)

Sugar improves the taste, helps you drink more, keeps blood glucose from dropping, and helps fuel active muscles so that you can exercise longer and harder. Carbohydrates help to keep you from "bonking" (hitting the wall), which occurs when muscles run out of fuel, usually after 2 or more hours of activity.

Consuming between 30-60 grams of carbohydrate per hour of activity can improve endurance and high-intensity stop and go sport performance, prolong time to exhaustion, improve power output and delay fatigue.

On the other hand, too much carbohydrate can upset your stomach and hurt your performance. To prevent stomach and intestinal upset be sure your drink has no more than 80 grams of carbohydrate per liter (40-70 grams/L is best). Note that juice, pop, and energy drinks like Red Bull all contain more than 100 grams of carbohydrate per litre, so they are not intended for using during exercise.

Look for a combination of carbohydrates, including glucose, sucrose, fructose and/or maltodextrin on the label, which helps to speed absorption versus taking just one type of carbohydrate.

Bottom Line

Many different types of athletes can benefit from the use of a sports drink that contains the appropriate amounts of carbohydrate (40-70 g/L) and sodium (300-700 mg/L) to help improve their athletic performance. It is always better to try a sports drink in training first before using it in competition so that athletes may determine which brands and flavours they prefer. Athletes who are concerned about selecting the appropriate sports drink should consult with a Registered Dietitian who specializes in sports nutrition to help them develop a hydration routine that meets their individual needs.

