



## U14 Weekly Update October 11th

Hi All,

Last weekend's Ski Swap was a success, thanks to everyone who lent a helping hand and to everyone who joined us at the high school. Coaches are at BC Alpine meetings this weekend, so please double check the notes below and the Team Pages calendar to confirm which dryland sessions are still scheduled.

**Look for the \*Action Items\* below!**

### Dryland

Sports Saturday on October 14<sup>th</sup> is *BACK ON!* Thanks to coach Drew and some FIS athletes who will be running the show.

Strength Session on October 13<sup>th</sup> will be run by Jeremy (reduced session). Please arrive around 4:30pm to warm-up in the studio, session starts at 5pm.

The following sessions are **CANCELLED**:

- Skate 2 Ski Program on the weekend of October 14<sup>th</sup>-15<sup>th</sup> (Coaches at BC Alpine meetings)
- Agility Workout on Mon, October 16<sup>th</sup> (Coaches at BC Alpine meetings)
- Sports Saturday on Sat, Oct 28<sup>th</sup> (AGM and Club Fitness Challenge)

### Communication

#### WhatsApp Groups

Please join the two U14 WhatsApp Groups:

- U14 Coach Updates 2023/24 – for quick updates, important reminders, or schedule changes. This is for coaches to communicate with all parents.
- U14 Parent Group Chat – a space to ask questions or share information amongst parents. This is for parents to communicate amongst parents, coaches will not be active on this chat.



## How to reach me?

You can reach me via email at [chloe@wmsc.info](mailto:chloe@wmsc.info) (preference) or WhatsApp direct message at (343) 204-2243 for more time-sensitive communication. Please avoid using iMessages/text messages.

## Team Pages App

Please download the Team Pages App. Here you will find the club news, messages, calendars and more! Best to operate Team Pages on your mobile device.

## Resources

### Calendar

All events, training sessions, camps and races will be posted on the Team Pages Calendar that you will find under [Programs > U14 > Calendar](#).

### All Other Resources

You will find all important documents under [Program > U14 > Documents](#):

- Trip Sheets
- Fridge Calendar (not finalized yet)
- Updates 2023-24 Equipment Guidelines
- Weekly Updates

## Races, Events and Links

### Sun Peaks Pre-Season Camp | November 17<sup>th</sup> to 26<sup>th</sup> **\*action\***

This will be a Coach-Led/Team-Travel camp that includes transportation, lodging, meals. We will not require chaperones for this camp.

What to expect:

- Nov 17<sup>th</sup> (Whistler to Sun Peaks with stops in Squamish & North Van) – leaving in the morning.
- Nov 26<sup>th</sup> (Sun Peaks to Whistler with stops in Squamish & North Van) – leaving in the morning.
- Lodging at the Cahilty Hotel at the base of the hill, meal plan included.
- 7 days of skiing and a day off-snow (mix of freeskiing, GS and SL).
- Details on the specifics will be sent early November.

[Register Here](#)

**Deadline is Friday, October 13<sup>th</sup>**

### Red Mountain Provincials | March 28<sup>th</sup> to 31<sup>st</sup>

As announced back in September, this event will be a Parent-Led race. This means you will be responsible for the following: transportation to/from Whistler, lodging at Red Mountain for the duration of the event, and meals. I recommend trying to secure lodging as soon as possible: Red Mountain Lodging at 1-877-969-7669 or [lodging@redresort.com](mailto:lodging@redresort.com).

The event will consist of a training day on March 28<sup>th</sup>, followed by the race on March 29<sup>th</sup>-31<sup>st</sup>.

**Mt Washington Zone Race | January 20<sup>th</sup> and 21<sup>st</sup>**

We have been unable to secure on-hill accommodation for a large group of athletes for this event. As a result, this event will be Parent-Led. The logistics of staying off-hill with a group of 40 athletes takes away from the racing experience, and we believe this will allow athletes to be better prepared for the race.

We strongly encourage families to coordinate travel plans amongst each other to facilitate the logistics.

**Important Dates**

- Oct 28<sup>th</sup> | AGM and Club Fitness Challenge
- Oct 28<sup>th</sup> | Fundraising Gala
- Oct 25<sup>th</sup> and Oct 29<sup>th</sup> | Officials Level 1 and 2 Courses
- Nov 6<sup>th</sup> and 7<sup>th</sup> | Officials Level 3 Course
- Dec 7<sup>th</sup> | On-Snow Training Kick-Off

Thank you!

Chloé Sigouin  
WMSC U14 – Lead Coach  
[chloe@wmsc.info](mailto:chloe@wmsc.info)  
(343) 204-2243



### Trip # 25 U14 Pre-Season

**THIS TRIP SHEET IS INTENDED TO BE READ IN CONJUNCTION WITH THE CLUB'S TRAVEL POLICY. IN CASE OF A DISCREPANCY BETWEEN THIS TRIP SHEET AND THE TRAVEL POLICY, THIS TRIP SHEET SHALL PREVAIL.**

**REGISTRATION DEADLINE:**

**October 13th**

<b>Destination</b>	Sun Peaks Resort																																												
<b>Date</b>	November 17th-26th, 2023																																												
<b>Athletes</b>	U14 Athletes																																												
<b>Coaches &amp; Contact #'s</b>	Chlo� Sigouin   chloe@wmisc.info   (343) 204-2243																																												
<b>Accommodation/Contact #s /Meals</b>	Accommodation: Cahilty Hotel (3-4 athletes per room) Contact Bear Country Lodging at 1-800-811-4588 if you are interested in a discounted room booking (mention you a racer parent). Meal Plan: Cahilty Creek Kitchen & Taproom, Kelly 250-434-0279 kellydye13@gmail.com																																												
<b>Camp/Trip/Race Budget Breakdown</b>	<div>Based off 24 Total Athletes</div> <div>Payment Due October 13th, 2023</div> <div><a href="https://campscui.active.com/orgs/WhistlerMountainSkiClub?season=3279146&amp;session=60828646">https://campscui.active.com/orgs/WhistlerMountainSkiClub?season=3279146&amp;session=60828646</a></div> <div><table><tr><th colspan="2">Based off # Breakdown</th><th>24</th><th>0</th></tr><tr><th></th><th>With Team</th><th>With Parents <sup>4</sup></th><th></th></tr><tr><td>• Transport (Vehicles, fuel)</td><td>\$ 232.92</td><td>\$ -</td><td>-</td></tr><tr><td>• Lodging (Includes ski room)</td><td>\$ 509.85</td><td>\$ -</td><td>-</td></tr><tr><td>• Lift tickets/Lane fees</td><td>\$ 46.67</td><td>\$ -</td><td>-</td></tr><tr><td>• Race entry</td><td>\$ 764.40</td><td>\$ -</td><td>-</td></tr><tr><td>• Meals <sup>1</sup></td><td>\$ 614.12</td><td>\$ -</td><td>-</td></tr><tr><td>• Coaches expenses <sup>2</sup></td><td>\$ 20.63</td><td>\$ -</td><td>-</td></tr><tr><td>• Administration</td><td>\$ 87.54</td><td>\$ -</td><td>-</td></tr><tr><td>• Coaching Fees <sup>3</sup></td><td>\$ 331.25</td><td>\$ -</td><td>-</td></tr><tr><td></td><td>\$2,630</td><td>\$0</td><td></td></tr></table></div> <div><div><sup>1</sup> Meals on travel days are NOT included. Pack lunch, snacks and water for travel to Sun Peaks on Nov 17th. Bring on-hill snacks. Bring money to purchase a lunch during the drive back to S2S on Nov 26th.</div><div><sup>2</sup> Coach expenses include per diems for coaches on travel days or when there is no meal plan with team.</div></div>	Based off # Breakdown		24	0		With Team	With Parents <sup>4</sup>		• Transport (Vehicles, fuel)	\$ 232.92	\$ -	-	• Lodging (Includes ski room)	\$ 509.85	\$ -	-	• Lift tickets/Lane fees	\$ 46.67	\$ -	-	• Race entry	\$ 764.40	\$ -	-	• Meals <sup>1</sup>	\$ 614.12	\$ -	-	• Coaches expenses <sup>2</sup>	\$ 20.63	\$ -	-	• Administration	\$ 87.54	\$ -	-	• Coaching Fees <sup>3</sup>	\$ 331.25	\$ -	-		\$2,630	\$0	
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	<sup>3</sup> Coaching fees: this cost is only for trips/camps outside of the scheduled winter season.
<b>Payments and Refunds:</b>	Full payment due at registration. See Club Travel Policy for refunds details.
<b>Chaperone Requirements and Subsidies</b>	Number of Chaperones, and subsidies, to be determined once preliminary athlete numbers are in. Chaperones are subject to the Club Travel Policy and must complete: <ul style="list-style-type: none"> <li>• Respect In Sport Parent Module <a href="https://alpine-canada-parent.respectgroupinc.com/">https://alpine-canada-parent.respectgroupinc.com/</a></li> <li>• A Criminal Record Check <a href="https://justice.gov.bc.ca/eCRC/">https://justice.gov.bc.ca/eCRC/</a> Access Code: RCEZV57JY2</li> </ul>
<b>Parent Volunteers</b>	All parents transporting and supervising athletes (other than their own children) must complete: <ul style="list-style-type: none"> <li>• Respect In Sport Parent Module <a href="https://alpine-canada-parent.respectgroupinc.com/">https://alpine-canada-parent.respectgroupinc.com/</a></li> <li>• A Criminal Record Check <a href="https://justice.gov.bc.ca/eCRC/">https://justice.gov.bc.ca/eCRC/</a> Access Code: RCEZV57JY2</li> </ul>
<b>Guest Racers</b>	Not Applicable
<b>Vehicle Usage</b>	50 passenger bus for all athletes and coaches
<b><i>Schedule</i></b>	Nov 17th - Travel to Sun Peaks (morning departure) Nov 18th-21st - Training Bloc 1 (please have both SL and GS skis ready) Nov 22nd - Day off-snow Nov 23rd-25th - Training Bloc 2 Nov 26th - Travel back to Sea to Sky (morning departure)  *Schedule is subject to change. *Specific daily plans will be communicated closer to the camp.
<b><i>Bring</i></b>	<ul style="list-style-type: none"> <li>• SL and GS skis, tuned and ready to go for day 1</li> <li>• Protective gear, speed suits, etc.</li> <li>• Proper clothing, proper lenses for fog, rain or shine</li> <li>• Whistler Season Lift Pass for 50% discounted lift ticket (may not be applicable for Epic Pass holders)</li> <li>• Homework</li> <li>• Indoor and outdoor dryland attire, foam rollers</li> </ul>
<b>Disclosure and Consent Forms</b>	<ul style="list-style-type: none"> <li>• Updated Medical Disclosure and Consent Form due not less than five (5) days before departure.</li> </ul>
<b><i>Other</i></b>	<ul style="list-style-type: none"> <li>• Wifi available for homework</li> <li>• Communicate with school/teachers about time commitments to training/racing schedule</li> </ul>