



## U14 Weekly Update December 20<sup>th</sup>

Thank you to the whole group for fantastic attendance last weekend! We had access to a few more runs as the resort staff works to extend the available terrain. The conditions remain tricky with loads of public and rocky areas, so the kids are keeping their heads on a swivel to stay safe out there. Our technical focus revolved around hip position, and we continued with athletic-ready position. I know many groups worked on synchro skiing to promote rhythm and coordination. Thank you to Zack who led a parent & athlete tuning presentation last week. We will be hosting a hands-on tuning clinic over the Holiday Camp, facilitated by coaches.

Groupings are now finalized with each athlete assigned to a Connection Coach. Each crew has chosen a country to represent their group – this will be used to easily recognize groups and for fun team-dynamics and games. A friendly reminder that we will remix the groupings on select days and powder days. Due to the current conditions, we have been freeskiing quite a bit, which has put a greater emphasis on the groupings. Please remember that, once we have access to the training centre, athletes are welcome to lap with friends in other groups to maximize social connection.

Connection Coaches will be reviewing goal setting and ski journals, uploading videos, and managing video review, and leading the on-snow warm-up and end-of-day debrief with their group of athletes.

Connection Coaches will lead the athletes through a **Skills Assessment practice this weekend** as we work to establish technical baselines for the season.

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

**Look for the \*Race Updates\* and \*Upcoming Events\* as well!**

### Meeting Times and Locations

**Remember, there is no training this Sunday, December 24<sup>th</sup>.**

#### Notes

1. **Upload:** On Thursday/Friday, athletes may upload the Whistler Gondola or Creekside/Red Chair. **On Saturday, all athletes MUST upload the Fitzsimmons Chair.**
2. **Download:** Athletes will be skiing down and downloading with coaches or buddies this weekend to develop good “ski-out habits”. Please set an end-of-day meeting location with your child prior to training.

#### Thursday, December 21<sup>st</sup> (Extended)

**Discipline:** SL Technical Freeskiing

**Equipment:** SL Skis and Poles, Backpack, Ski Journal in Ziplock

**Meeting Location:** 9am at the Whistler Lightboard (top of Whistler near Roundhouse)

**Finish:** 2:30pm

Friday, December 22<sup>nd</sup> (Core +)

**Discipline:** SL Technical Freeskiing

**Equipment:** SL Skis and Poles, Backpack, Ski Journal in Ziplock

**Meeting Location:** 9am at the Whistler Lightboard (top of Whistler near Roundhouse)

**Finish:** 2pm

**Dryland:** 3-4pm Dryland at the WMSC Studio (*indoor shoes mandatory*)

Saturday, December 23<sup>rd</sup> (All Programs)

**Discipline:** SL Technical Freeskiing

**Equipment:** SL Skis and Poles, Backpack, Ski Journal in Ziplock

**Upload:** Early upload at 7:45am at the Fitzsimmons Chair (athletes will then take Garbanzo Chair)

**Meeting Location:** 8:15am at the Chic Pea

**Finish:** 2pm

## Reminders

### Weekly Communication

- **Weekly Update** – Sent to Parents (Team Pages) and Athletes (WhatsApp) each Wednesday.
- **Reminders and Last-Minute Updates** – Sent to Parents (Coach Updates WhatsApp).

The Weekly Updates are always saved under [U14 Program > Documents](#) or your reference.

### Extra Training Days

All athletes attending an extra training day MUST be registered in advance. Register before the Sunday of each week: [U14 Program > Extra Training Days](#).

## Races, Events and Links

### Mt Washington Zone Race \*Race Update\* \*Action\*

The Mt Washington Zone Race will be the **qualifying event** for the BC Winter Games. The athletes will be selected based on best 3 out of 4 runs (2x SL and 2x GS) and on quotas allocated to each zone.

[There will be training in Whistler on Friday, January 19<sup>th</sup> prior to the race.](#)

For Core Program athletes who register to this race: the registration will prompt you to select an Extra Day. This was to account for coaches' travel to Mt Washington. That travel schedule has now changed and that charge will be credited to your racer account upon reconciliation, after the event. Note that if your child would like to train in Whistler before the race, you may register for the [Extra Training Day](#) using the regular link.

The **registration deadline** is approaching! Register your athlete [HERE](#) before this Saturday, Dec 23<sup>rd</sup>.

### **Grouse Zone Race** \*Race Update\*

This event was originally scheduled for Friday, February 9<sup>th</sup> and Saturday, February 10<sup>th</sup>. As per last week's update, the race has now been rescheduled to the following days:

[Sunday, February 11<sup>th</sup> – Slalom](#) | [Monday, February 12<sup>th</sup> – GS](#)

Note that all U14 Programs (Extended, Core Plus, Core) are cancelled Saturday, February 10<sup>th</sup>. This program day is now replaced by Monday, February 12<sup>th</sup>.

### **Club Race**

The Club Race is back on the calendar for December 31<sup>st</sup>. If conditions don't allow us to run the event, the back-up date is January 6<sup>th</sup>. Fingers crossed that Mother Nature will cooperate!

### **U14 Trip Registration** \*action\*

All U14 races are now OPEN for registration! Please register using the links posted in the [U14 Trip Registration Master List 2023-2024](#) on Team Pages under Documents or under [U14 Program > Races Sign Up](#).

### **U14 Meet and Greet**

Save the date – we hope to see you at the Club Cabin from 4-5pm on December 29<sup>th</sup> for a casual coaches' and parents' meet and greet. This will be a BYOB and snacks if you'd like; it will give us all a chance to connect and chat about the season ahead!

## **Communication**

As we kick-off our on-hill training, please be mindful that I may not be able to reply to you promptly during the hours we are on-snow. My regular days off are Mondays and Tuesdays. My work week is Wednesday (office hours) to Sunday.

### **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.



## Resources

### Athletes' Videos

All videos will be uploaded on a Google Drive platform this season. All videos from Sun Peaks have been posted, and Connection Coaches are currently working on uploading the videos from the recent weeks.

Click Here to view videos: [U14 Videos](#)

### Tuning Equipment Discounts

- **Sidecut:** Click [here](#) for video instructions on how to create your personal account OR go to [www.sidecut.com](http://www.sidecut.com) and click on Pro Signup at the bottom of the home page, using the code CHGOLD.
- **Swix:** A Swix order form will be shared shortly. Athletes and parents receive a 30% discount.

### Important Dates

- Dec 21<sup>st</sup>-23<sup>rd</sup> Training Block | U14 Skills Assessment (on-snow)
- Dec 28<sup>th</sup>-31<sup>st</sup> | Holiday Camp 1
- Dec 29<sup>th</sup> | U14 Competition Rules Trivia
- Dec 29<sup>th</sup> | U14 Meet & Greet
- Dec 31<sup>st</sup> | Club Race
- Jan 3<sup>rd</sup>-7<sup>th</sup> | Holiday Camp 2
- Jan 6<sup>th</sup> | Athlete Tuning Session
- Jan 20<sup>th</sup>-21<sup>st</sup> | Mt Washington Zone Race

Thank you!

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



## U14 Trip Registration 2023-2024

The registration has now opened for all our U14 Trips this season! Please note the registration deadline for each trip. Friendly reminder that all trips are Parent-Led, meaning you are responsible for your athlete's lodging, meals, and transportation as indicated on the trip sheets.

### How to register & where to find the details:

- Click the links below to register your athlete.
- Access the registration on Team Pages under [U14 Program > Races Sign Up](#).
- All Trip Sheets are saved on Team Pages under [U14 Program > Documents > U14 Trips and Races 23-24](#) for your reference.

### Mt Washington Zone Race | January 20-21, 2024

- [Register here](#)
- Deadline: December 23, 2023
- Note this is a qualifying event for the BC Winter Games. The athletes will be selected based on best 3 out of 4 runs (2x SL and 2x GS) and on quotas allocated to each zone.

### Grouse Zone Race | February 11-12, 2024

- [Register here](#)
- Deadline: January 9, 2024
- Note this race is scheduled on a **Sunday (SL) and Monday (GS)** due to lane space availability at Grouse.
- There will be **NO training in Whistler on Saturday, February 10.** This program day is replaced by Monday, February 12.

### BC Winter Games in Quesnel | February 22-25, 2024

- This event is organized by the BC Games committee.
- The qualification to this event is taking place at the Mt Washington Zone Race (January 20-21, 2024).
- I will contact qualifying athletes shortly after the Mt Washington race and will require **confirmation of participation by January 24, 2024, end-of-day.**

### Cypress Zone Race | March 2-3, 2024

- [Register here](#)
- Deadline: February 2, 2024

### Big White Ski Cross Race (U14 and U16) | March 7-10, 2024

- [Register here](#)
- Deadline: February 1, 2024
- This is a popular event with limited spots. To secure a spot in the race, coaches will enter athletes to the event in advance (before our registration deadline of February 1, 2024).

- Please mark your child's attendance on Team Pages ***before January 10, 2024***, as an intent to participate. Coaches will then know to enter your athlete in the race before our registration deadline. *The attendance and the trip registration are two separate things. Athletes who marked attendance but did not register by February 1, 2024, will be pulled from the race entry list.*

#### How to mark your child's attendance?

Ensure you are logged in to Team Pages when marking your child's attendance. Visit [Team Pages > U14 Program > Calendar > Click on the Big White SX Event > Mark attendance](#).

#### **Red Mountain Provincials | March 28-31, 2024**

- [Register here](#)
- Deadline: February 1, 2024

Thank you!

Chloé Sigouin  
WMSC U14 – Lead Coach  
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(343) 204-2243