



## U14 Weekly Update January 10<sup>th</sup>

Our snow base is looking much better, thanks to the last two recent snowfalls! Last weekend, we enjoyed a perfect balance of gate training on Upper Dave Murray and deep powder turns in the alpine. We can't disclose the location of our secret powder stashes, so you'll have to take our word for it 😊

We will be continuing our gate training on Upper Dave Murray this week, with the focus shifting to more specific race preparation in anticipation of our first zone race in Mt Washington January 20-21.

We are expecting a **cold snap** this week. We will have access to Garbo Hut and Raven's Nest as warm-up locations and will be taking multiple breaks. Please ensure athletes are prepared with:

- Multiple extra layers
- Glove liners
- Hand and toe warmers
- Boot heaters or heated socks if you have them
- Boot gloves
- Buffs (tape or lip balm can also be applied to the side of the face to prevent frostbite)
- Warm beverage in backpack (tea or hot chocolate)

Please read the information below for the training schedule and important details about our Mt Washington Race.

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

### Meeting Times and Locations

#### Notes

1. **Upload:** We are back on the "regular" program with early uploads on weekends only. *Athletes must be present at 7:45am otherwise they will have to upload with the public and be delayed.*
2. **Download:** The ski-out is now open to Whistler Village however we will be encouraging athletes to download with a buddy. Please set an end-of-day meeting location with your child prior to training.

#### Thursday, January 11<sup>th</sup> (Extended)

**Discipline:** SL Environments

**Equipment:** SL Skis and Poles, SL Protective Equipment including chin bar, Backpack, Ski Journal

**Upload:** 8:15am at the *Fitzsimmons Chair with public* (then up Garbanzo chair)

**Meeting Location:** 8:45am at Garbo Hut (top of Garbanzo Chair)

**Finish:** 2:30pm

#### Friday, January 12<sup>th</sup> (Core Plus)

**Discipline:** SL Environments

**Equipment:** SL Skis and Poles, SL Protective Equipment including chin bar, Backpack, Ski Journal

**Upload:** 8:15am at the *Fitzsimmons Chair with public* (then up Garbanzo chair)

**Meeting Location:** 8:45am at Garbo Hut (top of Garbanzo Chair)

**Finish:** 2pm

**Tuning Session:** 3-4:30pm at the WMSC Club Cabin (*bring SL skis and tuning kit*)

#### Saturday, January 13<sup>th</sup> (All Programs)

**Discipline:** SL Environments

**Equipment:** SL Skis and Poles, SL Protective Equipment including chin bar, Backpack, Ski Journal

**Upload:** 7:45am at the *Fitzsimmons Chair* for early upload (then up Garbanzo chair)

**Meeting Location:** 8:15am at Garbo Hut (top of Garbanzo Chair)

**Finish:** 2pm

**Dryland:** 3-4pm at the Whistler Racket Club for pickleball (*indoor shoes mandatory*)

#### Sunday, January 14<sup>th</sup> (All Programs)

**Discipline:** SL Environments

**Equipment:** SL Skis and Poles, SL Protective Equipment including chin bar, Backpack, Ski Journal

**Upload:** 7:45am at the *Fitzsimmons Chair* for early upload (then up Garbanzo chair)

**Meeting Location:** 8:15am at Garbo Hut (top of Garbanzo Chair)

**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 – Jan 20-21** \*actions\*

We are all so happy the race is going ahead after a rough start to the season. To accommodate for the little training most teams have had, this race will now consist of a SLALOM (Saturday) and a PANEL SLALOM (Sunday). This race remains the qualifying event for BC Winter Games.

Discounted lift tickets are available to parents at \$74.55/day. Please fill out [THIS FORM](#) to order your ticket before this Friday, January 12. Note, a parent coordinator must pick-up all parent tickets to distribute in the morning.

- If you are interested in volunteering at this race, click [HERE](#).
- We are hosting training in Whistler on Thursday, January 18 (full day) and Friday, January 19 (until early afternoon).
- Race Social for athletes, parents, coaches, and volunteers on Saturday, January 20 at 4:30pm.
- The registration fee includes lift tickets and race entries, you do not have to pay for those (I submit one entry on behalf of the whole team).
- For return travel on Sunday, January 21, book the 5:55pm ferry from Departure Bay to Horseshoe Bay (leave the mountain around 3:15pm) or later.
- Race tear down is part of the event. The expectation is that ALL athletes take part in tear down. Coaches stationed at the top of the course will ensure this is a team effort. If your athlete must leave early in a special circumstance, please send me a message in advance. The same goes with attending the awards ceremony to show our sportsmanship and support!

\*\*\* If your athlete is not attending the race and would like to train in Whistler on January 20-21, please email me as soon as possible so I can coordinate this with coach Scott.

#### **Grouse Zone Race \*action\***

Fill out [this Form](#) to let me know whether I need to order lift tickets for your athlete.

#### **Friday Night Lights – Cancelled**

Due to low interest, the Friday Night Lights program is cancelled. We will be replacing this with dryland at the club cabin most Fridays after skiing.

#### **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](#).

- [Cypress Zone Race](#) | March 2<sup>nd</sup> and 3<sup>rd</sup>
- [Big White SX Race](#) | March 7<sup>th</sup> to 10<sup>th</sup>
- [Red Mountain Provincials](#) | March 28<sup>th</sup> to 31<sup>st</sup>

## Resources

### Athletes' Videos

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

### Important Dates

- Jan 12<sup>th</sup> | Athlete Tuning Session
- Jan 20<sup>th</sup>-21<sup>st</sup> | Mt Washington Zone Race
- Feb 1<sup>st</sup>-4<sup>th</sup> | U14 GS Camp on the DMNTC

Thank you!

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