



U14 Weekly Update February 14th

Our group of athletes had amazing training volume last weekend, both on Whistler and Blackcomb. While I was out due to injury (back soon!), the group trained a variety of elements: GS gliding, start practice, SL combinations, SL drills for dynamic skiing, and full courses. Conditions have been ideal and served as a much-needed reminder to prepare our equipment accordingly – this means SHARP SKIS!

This upcoming training block is a busy one, with various training elements:

- Club Race on Saturday, February 17
- Mid-Season Skills Assessment on Saturday, February 17
- Goal Setting Follow-Up - Homework
- Parents Tuning Session with coach Scott - bring skis, vices, and tuning kit – on February 17

Look for the *Action Items* below!

Goal Setting Homework (due February 19)

Please fill out [this Form](#) as a follow-up to our pre-season Goal Setting. Connection Coaches will connect with athletes on-hill during the February 22-25 training block to review the answers.

Meeting Times and Locations

Thursday, February 15th

Discipline: GS ([race simulation with timing and bibs for the first 2 runs](#))

Equipment: GS Skis and Poles, Back Protector, Arm Guards (optional), Speed Suit

Upload: 8:15am with public (athletes may upload from Fitz or Creekside Gondola)

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

Finish: 2:30pm

Friday, February 16th

Discipline: GS ([race simulation with timing and bibs for the first 2 runs](#))

Equipment: GS Skis and Poles, Back Protector, Arm Guards (optional), Speed Suit, Training Bib

Upload: 8:15am with public (athletes may upload from Fitz or Creekside Gondola)

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

Finish: 2:30pm

Dryland: 3-4pm at the WMSC Club Cabin for indoor/outdoor dryland, weather dependent

Saturday, February 17th – CLUB RACE (panel-SL dual)

Discipline: SL

Equipment: SL Skis, Regular Poles, Back Protector, Arm Guards (optional), Speed Suit

Upload: 7:45am at the Fitzsimmons Chair for early upload

Meeting Location: 8:15am at Garbo Hut

Finish: 2pm

Dryland: 3-4pm at the Whistler Racket Club for a mix of outdoor dryland and pickleball

Parent Tuning Session: 4:45-5:45pm at the WMSC Lounge (this is a hands-on session; bring skis, vices, and tuning kit)

If time permits, the group will go through our mid-season Skills Assessment after the club race. If not, this will be covered on Sunday.

Sunday, February 18th

Discipline: GS (race simulation with timing and bibs for the first 2 runs)

Equipment: GS Skis and Poles, Back Protector, Arm Guards (optional), Speed Suit, Training Bib

Upload: 7:45am at the Fitzsimmons Chair for early upload

Meeting Location: 8:15am at Garbo Hut

Finish: 2pm

For athletes signed up to the Big White Skier Cross race in March – you will be joining Dave Duncan and Ryan Webster for a day of ski cross training! Bring all the same equipment as listed above.

- Lead/follow open GS training
- Skier proximity drills
- Air awareness and reading a feature
- Tactics and best practices

Races, Events and Links

Club Race | Saturday, February 17th

Come watch, cheer on, slip the course! This event will consist of a team panel SL dual. Teams will be a mix of athletes from all age groups, with a FIS athlete leader. If your athlete hasn't registered yet, they will be given a team the day-of.

U14 Cypress Race Update | March 2nd and 3rd *action*

It is official, the Cypress Zone Race is cancelled. If you have booked accommodation in the city, please go ahead and cancel it.

- **The Zone Race will instead take place [here in Whistler on March 2nd and 3rd](#).**
- The registration fee will be different than what you originally registered for; stay tuned for the updated trip sheet.
- The balance will be credited to racer accounts.
- If your athlete was **NOT originally registered** but now **would like to PARTICIPATE**, please register them using the link below:

[Register Here](#)

Deadline February 23 at midnight

New App *action*

The Club has now launched a new app – the WMSC Racer Account App. It is available for download on the Apple Store and Google Play. Experience a new level of convenience as you stay connected with your racer's schedule and receive important updates from the Club. Key features include: Event Schedule, Club-Wide Notifications, Easy Registration Process.

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](#).

WhatsApp Groups

- U14 Parent Group Chat – join [HERE](#).
- U14 Coach Updates – join [HERE](#).

Athletes' Videos

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

Important Dates

- Feb 17th | Club Race
- Feb 18th | Kvitfjell Downhill Party from 4-6pm at the WMSC Lounge (\$20 per person)
- Feb 22nd-25th | BC Winter Games now Apex Race
- March 2nd-3rd | U14 Cypress Zone Race
- March 7th-10th | U14/U16 Big White SX
- March 23rd | U14 Spaghetti Dinner at the WMSC Club Cabin

Thank you!

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