



FIS Update December 12th, 2023

Hello FIS Team,

I hope all the athletes are enjoying a break and catching up on schoolwork between our Panorama camps. For me living, working and being involved at the FIS level generally entails a lot of moving around and coordinating schedules. We tend to travel a lot while managing a full academic workload and creating time for our personal lives. I do believe that when this is done well athletes can achieve great things both in their academic and athletic trajectories.

A look Back at Last Week

After arriving home, we gave everyone the week off with an optional free-ski day on Friday followed by a weekend of freeskiing. As you all probably know by now the skiing on Whistler Blackcomb is a bit marginal while we await more snow. This did not stop the FIS team from getting on the mountain and having some fun. We had a good maintenance lift in the gym on Saturday followed with a tuning demo from Ryan on Sunday. I thought we had a great weekend given the conditions and I feel that some fun in the morning on skis followed with some focused off hill work was a great weekend between camps. We want to see the athletes moving some weight in the gym, so they maintain their strength from the prep period while giving the body some extra time to rest from the forces of running courses. Mix in an extra day or two at school and I hope we are all excited and looking forward to heading back to Panorama this weekend!

Returning to Panorama Round 2

We have a very full project ahead of us. We will be doing 3 days of training before a four-day race series. Panorama offers a great training and race arena and is also a track that holds multiple races throughout the season. For the athletes you will want to arrive in Panorama with all your skis tuned and ready to go aside from scrapping off your travel wax. This will help set you up for the week and lighten your workload in the tuning room. **Very important**, for this project we will be returning to purchasing our food as a team for our houses with a daily per diem and cooking in our individual houses. This will be paid for by the team and will be billed back to the parents after the camp. This was not included in the budget so unfortunately it will be billed back when we return. The reason for switching back to this system is after we conducted a poll with the athletes the results were 15-6 in favor of retuning to this system. I do know and understand that the parents poll gave us the reverse results, so we are open to trying to blend the two in the future. For this project we want to give the athletes what they have asked for as creating the best environment for them is our ultimate goal. We will cover the athlete's food on training and race days, and they will be responsible for covering their food on travel days. The athlete's will be given a \$35 dollar a day per diem per person per household or condo. For example, if we have 4 athletes in a house their

combined daily per diem will be \$140 dollars a day. With this system the athletes will learn to work with one another to accommodate all food restrictions and requests as much as possible to cook, clean and shop together as a team. We feel that \$35 dollars a day per head is a fair and reasonable budget to be able to cook and eat a well-balanced diet for 3 meals a day. The coaches worked off this model on our previous project and came in under budget while eating well. I know some are concerned about the added workload of cooking and cleaning and for me this is all part of learning to be able to manage yourself and your time at the FIS level. Our only food plan option in Panorama would be to eat at the lodge on their meal plan which I believe is around \$115 dollars a day per head and does not have a lot of options for athletes with food restrictions and will not have the same nutritional value that we can create for ourselves. We will have one group if they want to opt out of this food plan may do so and they are free to manage their food plan the same as the previous trip. I would encourage this room to collaborate and work together to try and create some group dinners so each athlete will be responsible for one house dinner and amongst themselves can figure out the remaining days. This house/group is as follows:

Thea Lutz *Marlowe Cook*

Hannah Jensen *Nicole Webb*

Brooke Bessie

Please know that we have created this extra option based on both polls conducted and if the above house would like to not prepare food ahead of time and join the rest of the group, they are more than welcome to do so. Our goal here is to try and give everyone an option that suits them and seeing that this program is made up of a great group of young adults we rely on the athlete's input and feedback to do our best to cater to everyone. I strongly suggest and encourage everyone to have something prepared for an easy dinner on arrival as we expect the travel day to be long. Having a prepared dinner to warm up once we land in Panorama is a great advantage after a long day on the bus.

Schedule for Panorama

Dec 14 Dropoff:	6pm Load trailer with skis and extra gear
Dec 15 Departure:	5:45am meet at WMSC for a 6am departure 7:30am pickup at The Real Canadian Superstore on Mt Seymour Parkway
Dec 16 Panorama:	GS training
Dec 17 Panorama:	SL training
Dec 18 Panorama:	GS training
Dec19 Panorama:	GMC CUP GS Race
Dec 20 Panorama:	GMC CUP GS Race
Dec 21 Panorama:	GMC CUP SL Race
Dec 22 Panorama:	GMC CUP SL Race
Dec 23 Departure:	7am leave Panorama to come home 5: 30 arrive at The Real Canadian Superstore on Mt Seymour Parkway

7:30 arrive back at the WMSC

This will be a fun and action-packed project. We will be working and living as a team to support each other through our training and our races. This is a large part of what I love about this level is that we really do need to work together and when a group of humans come together with a common goal and mindset, mountains can be moved! We are really looking forward to getting back on the road and to creating some magic as a team! Let the races begin for all!

If you have any questions, comments or concerns please reach out and contact me so we can discuss.

Sincerely,

Brad Eades

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"The future belongs to those who believe in the beauty of their dreams" -Eleanor Roosevelt-