



FIS Update December 22nd, 2023

Hello FIS Team,

Seeing that we have not got the snow or the cold temperatures we have all been asking for we have a new training option for the new year! We will be heading to Sun Peaks on Jan 1st leaving the clubhouse at 12pm. We will spend 7 days training at Sun Peaks and will be returning after training on Sunday Jan 7th to the Clubhouse in Whistler. This will be a tech training project that will have training set up for the full 7 days. Having a training environment for every day will allow the athletes to maximize their time on snow and cater this training block to the individual needs of each athlete. Athletes will be able to take days off if and when needed depending on their individual needs. Our training lanes will all be from 8:15-1130am with some freeskiing in the afternoon. Sun Peaks has 95% of it's terrain open so I expect the freeskiing to be good so we will take advantage of it! It's unfortunate that we have to head out of town during the holidays and with such short notice, but I think we all know in order to get some quality training this is the best option. For athletes staying in Whistler Laurence will be staying here to facilitate training. We are hopeful that we may get some hill space to do some training next week but that is being optimistic.

This project will be capped at 18 to max 19 athletes. We only have 18 beds booked for athletes and 19 seats for athletes with our vehicles. For transportation we will be traveling with two 8 passenger vans and the Club Truck and trailer for gear. For cooking we will have 9-12 athletes' group together to cook amongst themselves in 3 different studio apartments in groups of 3-4 per group. The rest of the athletes will eat in the coach's room and I will facilitate the meals for the large group. It would be very helpful to have 1 more electric pressure cooker if anyone has one they are willing to lend us for this project. This will be a fun and focused training project that we are looking to maximize. The registration will be closed on Dec 30th at midnight so for those that want to go it is important to register quickly.

Tomorrow is picture day!

Tomorrow we are doing our team and club photos, so we ask that we all show up if possible. The photos will be done at the Garbo Hut at the top of the Garbanzo chair. We want as full of attendance as possible so athletes please show up and be ready to have your photos taken!

We are looking forward to having a fun and productive training block and to turn this slow start into a positive! As a side note if you have not registered for the Kimberly/Panorama trip or the Panorama trip please do so as registration for those projects are coming to a close. If you have any questions or concerns, please feel free to reach out to me.

Sincerely,

Brad Eades

WMSC Lead FIS Coach

(604)902-1774

brad@wmisc.info

"But effort? Nobody can judge that because effort is between you and you."

Ray Lewis

**Trip # 65 Sun Peaks FIS Jan 1-7**

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: Dec 30 2023

Destination	Sun Peaks Resort			
Date	Jan 01/24 to Jan 07/24			
Athletes	FIS Athletes			
Coaches & Contact #'s	Brad Eades (604)927-1774 Matou Matinal (604)906-2259 Ryan Webster (403)850-1793			
Accommodation/Contact #s /Meals	Cahilty Lodge (250)578-6969			
Camp/Trip/Race Budget Breakdown	Based off 15 Total Athletes			
	Payment Due [Date on Trip #'s Doc]			
	http://tinyurl.com/5yspvxwd			
	Based off # Breakdown			
		15		0
		With Team	With Parents ⁴	
	• Flights	\$ -	\$ -	-
	• Transport (Vehicles, fuel)	\$ 433.98	\$ -	-
	• Accommodation (Includes ski room)	\$ 786.78	\$ -	-
	• Meals ¹	\$ 186.67	\$ -	-
	• Lift tickets/Race entry	\$ -	\$ -	-
	• Coaching expenses ²	\$ 272.15	\$ -	-
	• Lane rental	\$ 270.00	\$ -	-
	• Coaching Fees ³	\$ -	\$ -	-
	• Administration	\$ 77.98	\$ -	-
• Contingency ⁵	\$ 97.48	\$ -	-	
	Total	\$ 2,130.00	\$ -	-
	Budgeted day rate	\$ 304.29	\$ -	-
¹ Meals on travel days are NOT included				
² Coaching expenses include accommodation, lift tickets, meal plan, per diems on travel days or when there is no meal plan with team, and other directly relatable items.				

	<p>³ Coaching fees: this cost is only for trips/camps outside of the scheduled winter season. For in season trips you will be prompted at registration to pay for any extra training and travel days not included in your athlete's program. The costs are \$85 per day.</p> <p>⁴ Traveling with parents excludes lodging and meals</p> <p>⁵ 5% contingency to account for cost estimate uncertainty</p>
Payments and Refunds:	<p>full payment at registration</p> <ul style="list-style-type: none"> • See Club Travel Policy for refunds details
Chaperone Requirements and Subsidies	<p>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:</p> <ul style="list-style-type: none"> • Respect In Sport Parent Module https://alpine-canada-parent.respectgroupinc.com/ • A Criminal Record Check https://justice.gov.bc.ca/eCRC/ Access Code: RCEZV57JY2
Parent Volunteers	<p>All parents transporting and supervising athletes (other than their own children) must complete:</p> <ul style="list-style-type: none"> • Respect In Sport Parent Module https://alpine-canada-parent.respectgroupinc.com/ • A Criminal Record Check https://justice.gov.bc.ca/eCRC/ Access Code: RCEZV57JY2
Guest Racers	<ul style="list-style-type: none"> • Guest Racers are welcome, subject to availability. Guest racers will be subject to a surcharge to cover overheads.
Vehicle Usage	
Schedule	<p>Jan 1- 12pm Depart from Whisltter Mountain Ski Clubhouse Jan2-7- Train SL/GS 8:15-1130 with freeskiing and dryland in the afternoon Jan7- 1pm Leave Sun Peaks after training and drive back to the Whistler Mountain Ski Clubhouse 5 pm pickup</p>
Bring	<ul style="list-style-type: none"> • SL, GS skis, tuned and ready to go for day one • Protective gear, speed suits, etc. • Proper clothing, proper lenses for fog, rain or sunshine • Log books/journals • Homework • Indoor and outdoor dryland attire, foam rollers
Disclosure and Consent	<ul style="list-style-type: none"> • Updated Medical Disclosure and Consent Form due not less than five

Forms	
<i>Other</i>	<ul style="list-style-type: none">• Wi-Fi available for homework• Communicate with school/teachers about time commitments to training/racing schedule