



FIS Update January 25th, 2024

Good morning FIS Team from Kimberly! From what I hear it sounds like Whistler is back to experiencing warm temperatures with wet weather on the horizon. All though this is not ideal for our training centre back home, for our races over here in eastern BC we do not have anywhere near the same level of precipitation forecasted. We have high hopes that the weather will hold out for our Kimberly and Panorama races!

A Look Back at Last Week

Last week was our first full week of training back home with the full team at home. It was great to get out and train on our race centre. On Thursday-Friday we trained GS from Johnny's start down to the finish which was excellent. We were able to set a full 35-37 gates on a beautiful hill with all the terrain one could ask for. This was personally my first time back on the training centre in years and I was pleasantly surprised with the terrain we have to work with! The weekend was finished off with 2 days of SL training on the lower part of the training center. Which is again great terrain offering a good pitch at the bottom.

Unfortunately, we did have our team split once again with those who are currently participating in the Kimberly speed project leaving on Sunday. Here in Kimberly, we have just wrapped up our 3 day speed camp and will be starting our first official DH training run #1 today. The speed camp was a great introduction for everyone into the world of FIS Speed events. On day 1 the race crew was working hard to get the track ready for a couple weeks of speed skiing, so we had the upper half of the track to ski. With limited visibility due to fog and only half the track available we improvised and did a GS training block in the morning followed by an afternoon free ski on SG ski's on the upper half of the race track. This was perfect as the athletes were able to ski off the jump at the top with no gates in sight to focus on making a good move over and off the jump. Then they were able to ski through the terrain at a controlled speed to find some comfort on their SG skis. All in all this was a great way to start this camp off with lots of miles on the long boards.

Day two we moved into running 3 sections of the course and jumped on the DH ski's. The top section was from the start to the jump so the athletes got to focus on their jump training for a 2nd day in a row. Section two was a section of the middle of the track that has two large double gate turns with terrain in each turn. This was ideal to allow the athletes to get some comfort running through gates on DH skis and moving with terrain while turning in a controlled environment. Section three was the bottom third of the track which is the most intimidating part of the track. Again, with the athletes starting just above this section it allowed the athlete's the opportunity to feel what it was like to ski down some of the bigger pitches and roll overs on their DH ski's. When skiing DH the turns are stretched out compared to all other disciplines so part of the focus for day two was to stretch the turns out and be patient on the big ski's. The lower section was a great environment for this and again at a controlled speed made it approachable for everyone to progress at their own pace. We followed up the morning with a few runs in a GS course!

Day three started off with 3 runs in a 27-28 gate GS training course to keep the athletes moving and to bridge what they are working on in DH to GS. Day three the athletes got to inspect and see the entire DH course from top to bottom. This is always a big day for any athlete racing a DH event. The first run we ran in two sections. This again was a great progression from the previous day. For runs 2,3 and 4 the athletes ran from top to bottom! For these runs the athletes had the option to wear pants, a shell or whatever they felt comfortable again allowing the athletes to ramp up the speed at their individual comfort. We saw a huge progression clear across the board from run 1-4. What makes this camp so valuable is we got more runs on this DH track in a controlled and approachable progression than an athlete would get just doing a normal speed series! Now that we start the actual Speed series the athletes again will continue with their progression looking to increase their speed, straighten out their line and continue to build their comfort on the long boards. For me this is an incredible opportunity that currently only exists here in Kimberly and offers an unmatched progression into the world of FIS speed. I feel this series is also advantageous to the athlete's SG and GS skiing. For me all events branch off of GS so any technical work we are doing in any event always relates back to GS. It is our hope that following this series the athletes will also see and feel some growth in their GS skiing!

All in all with the first 3 days behind us, we the coaching staff are very happy with the speed camp. We are also very happy and proud of our FIS team for their commitment to their skiing and showing up every run ready to train with a focus and a positive mindset! We are looking to continue this through to the end!

Kimberly and Panorama Schedule

Jan 19th 4-6pm Load truck and trailer with skis and equipment
Jan 20th Truck and trailer leave for Kimberly
Jan 21st Fly to Cranbrook and shuttle to Kimberly
Jan 22-24th 3-day Speed Camp
Jan 25th DH training run #1
Jan 26th DH training run #2
Jan 27th DH race #1 and night SL race
Jan 28th Optional weather day
Jan 29th DH race #2
Jan 30th SG race #1
Jan 31st SG race #2 and travel to Panorama after the race
Feb 1st FIS GS race #1
Feb 2nd FIS GS race #2
Feb 3rd FIS GS race #3
Feb 4th FIS GS race #4 and travel to Cranbrook after the race
Feb 5th Fly home to Vancouver

Training Schedule in Whistler for the Week

Thursday and Friday GS

- 8:15 load at Fitz
- 9:00 inspection 9:20 first run
- 2:30 dryland

Saturday and Sunday SL

- 7:45 load at Fitz
- 8:15 inspection
- 8:45 first run
- 2:30 dryland

The plan can change depending on the snow conditions and weather... Please be flexible.

If you have any questions or concerns, please feel free to reach out to me.

Sincerely,

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"You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits."

—Michael Phelps



