



FIS Update March 25th, 2024

Hello FIS Team,

I am happy to report that conditions here at Red Mountain turned around for our final day giving everyone a fair and hard surface to close this double header out! Even though we did not get to run all of our races, I feel this was a great experience for everyone getting to see and race against some of Canada's best!

A look Back at the Last Few Days

As many of you know, the conditions here in Red were a challenge. Thanks to a hard-working ROC and a huge commitment from the mountain, given our current conditions we were very lucky to get the races off that we did. I also know for those that came to watch got to enjoy a fun powder day 2 days ago exploring some of Red Mountain's famous tree skiing. For me Red Mountain is a unique destination and one we are lucky to race at.

With the last couple days getting cancelled due to poor snow conditions and then too much snow on top of poor snow conditions. It was great to wake up this morning to find a flat and hard surface for our final day. For today we had a few standout performances from Daino who once again earned the attack from the back and from Brooke and Rebecca making the flip for the first time in their FIS careers!

This was by no means an easy series and we want to congratulate everyone for staying focused until the last day through a series of early morning breakfasts followed by endless delays and a few cancellations. This is never easy, and we were very pleased that no one complained and showed up everyday ready to go!

A look Ahead

Once again, we have 2 different streams of athletes. We will have most of our team at home refocusing and training hard while we will have 3 athletes racing speed in Kimberly followed by NOR AMS in Panorama. Looking toward this weekend we have some great training plans as we ramp up for our final month of our racing Calendar. We will finally get to train some SG on our racing center as well as making time to train some SL and GS. As I have said many times, we are very fortunate to have access to this training center as it offers a world of options.

Training Schedule:

Thurs Mar 28th- GS on the training center

- 8:15am load Fitz Chair
- 8:40am inspection and warm-up
- 9am first run
- 11am 30min break and redress/reset
- Last few runs until 1:30pm
- 2:30pm Dryland at the club in the studio

Fri Mar 29th- SG followed by SL on the racing Center

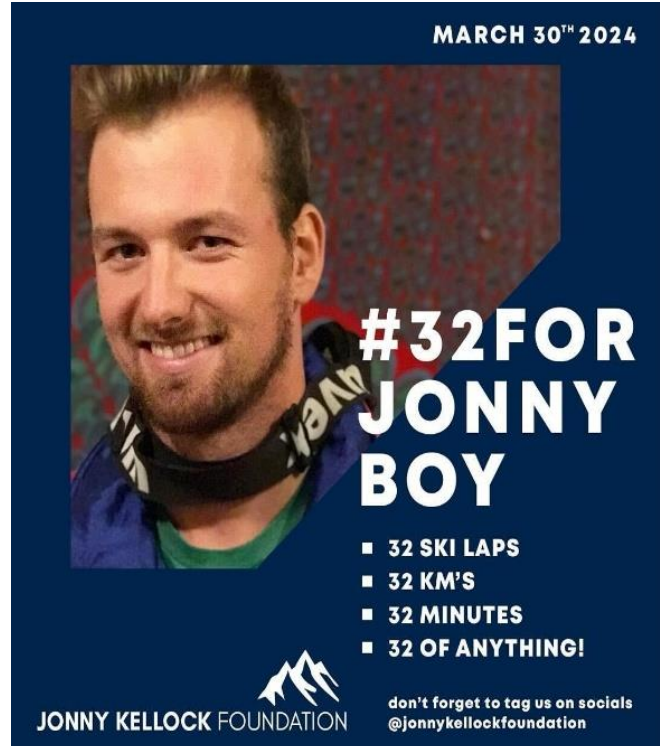
- 8:15am load Fitz Chair
- We will confirm the schedule for the SG
- 12pm SG finished and 30 min break
- 12:30-2pm SL training
- 3pm dryland in the gym with Jeremy

Sat Mar 30th- SG followed by SL on the racing Center

- 7:45am early load Fitz Chair
- We will confirm the schedule for the SG
- 12pm SG finished and 30 min break
- 12:30-2pm SL training
- 3pm dryland in the gym with Jeremy
- **32 for Jonny Boy**

Sun Mar 31st-GS training Jonny's start to 4/6

- 7:45am early load Fitz Chair
- 8:15am inspection and warmup
- 8:40am first run
- 11am 30 min break
- 11:30am resume training to 1pm
- 2pm dryland TBD



MARCH 30TH 2024

#32FOR JONNY BOY

- 32 SKI LAPS
- 32 KM'S
- 32 MINUTES
- 32 OF ANYTHING!

JONNY KELLOCK FOUNDATION

don't forget to tag us on socials
@jonnykellockfoundation

Remembering A Former WMSC Coach

Some of you may or may not have had the pleasure of knowing Jonny Kellock. Jonny was an incredibly bright light in our ski community. He coached a number of our current athletes, some of whom have referred to him as one of their favorite coaches. Jonny was also an athlete that I coached for a number of years on the Ontario Ski Team before he went to UNH. Jonny was always a leader both on and off the hill. He embodied teamanship and always made sure everyone around him was included. Jonny did not get to spend many years at the WMSC, but the time he spent there he made a big impact for everyone around him. The last few times I saw Jonny he raved about his experience coaching and how much he loved being apart of the WMSC and our community. This Saturday is an annual event and fundraiser in memory of Jonny raising funds and awareness for brain cancer and the development of Canadian ski coaches in honour of Jonny. I know some of our team will be participating in the #32forjonnyboy this Saturday. If you are curious to know more, please click the link below to the foundation.

<https://jonnykellockfoundation.com/>

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

Sincerely,

Brad Eades

WMSC Lead FIS Coach

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"It is often the small steps, not the giant leaps, that bring about the most lasting change."-Queen Elizabeth II-