



FIS Update May 5th, 2024

Hello FIS Team,

It has been a couple weeks since my last update as the end of the season proved to be a busy month for our program. As is always the case with FIS as one season wraps up the next season is already in motion! With that I want to thank all the parents, athletes, and coaches from last season for a great season and looking forward I am excited to meet out new athletes and parents as well as dive into next year!

What's Currently in the Works

We have just wrapped up our first May camp which was not offered to our FIS athletes to give everyone a much needed and deserved break. This week starting on Thursday will be a 4-day GS fundamental camp and the following week we will have a 4-day SL fundamental camp. These camps are a great way to start off the new season by building off las year. It is our intention to slow the athletes down to work on their fundamental skillset. We are very fortunate to be able to do this at home as most clubs in Canada will have to travel to host such a camp!

I will be meeting with Jeremey to go through and finalize our fitness testing and summer dryland program latter this week. We are tentatively looking at May 25th-26th to do our FIS fitness testing. Here we will start to get a baseline for our team to head into our core dryland training season. The summer is a great time to rest, recover, reevaluate, and refocus for the upcoming season. A lot of key work is done through these months to set our athlete's up for success so it is our missions to provide a program that can exceed our athletes' expectations and needs.

I am currently putting together our summer camp which will be in El Colorado Chile. The tentative dates for this camp are Aug 16th-31st. These dates may change as I am currently working out the logistics. It is my intention to try and not miss anymore school then we must at the front end of the season.

Equipment For FIS

For any new athletes and parents stepping into the world of FIS, unfortunately as most of you already know the rules for the athlete's equipment is different from U16. All athletes will need to have their equipment within the FIS rules and regulations to compete in a FIS race. Please refer to the chart below.



The athletes will also need to have FIS approved helmets with a FIS sticker on the helmet. For any athletes looking to do any speed races they will also need a stamped FIS suit. These rules have been put in place to create fairness and safety among all athletes. These rules are not optional and are mandatory for all athletes who wish to compete.

As part of the WMSC FIS program, all athletes must wear a back protector when skiing in a course, and a chin bar when skiing SL gates. We also encourage athletes to wear a mouth protector and is not mandatory.

1.1.2 Component A: Alpine racing skis

| Parameter | Event | OWG/WSC/WC /WJC/COC (Level 0-1) | FIS/YOG/NC/ ENL (Level 2-3-4) | U14 | U16 | Masters** |
|--|----------|---------------------------------------|-------------------------------------|--------------------|--------------------|------------------------|
| ski length /N (cm) (±) **** | DH Women | 210 _{Min} | 205 _{Min} | | | |
| | DH Men | 218 _{Min} | 213 _{Min} | | | |
| | SG Women | 205 _{Min} | 200 _{Min} | | 183 _{Min} | 180 _{Min} *** |
| | SG Men | 210 _{Min} | 205 _{Min} | | 183 _{Min} | 185 _{Min} *** |
| | GS Women | 188 _{Min} | 183 _{Min} | 188 _{Max} | 188 _{Max} | 175 _{Min} |
| | GS Men | 193 _{Min} | 188 _{Min} | 188 _{Max} | 188 _{Max} | 180 _{Min} |
| | SL Women | 155 _{Min} | 155 _{Min} | 130 _{Min} | 130 _{Min} | |
| | SL Men | 165 _{Min} | 165 _{Min} * | 130 _{Min} | 130 _{Min} | |
| *155cm Men U18 (first year) at FIS] **No length restriction for Women above 55 and Men above 65 years of age *** GS Skis permitted. Minimum ski length for SG skis is compulsory | | | | | | |
| Radius R (m) (±) **** | DH Women | 50 _{Min} | 50 _{Min} | | | |
| | DH Men | 50 _{Min} | 50 _{Min} | | | |
| | SG Women | 40 _{Min} | 40 _{Min} | | 30 _{Min} | |
| | SG Men | 45 _{Min} | 45 _{Min} | | 30 _{Min} | |
| | GS Women | 30 _{Min} | 30 _{Min} | 17 _{Min} | 17 _{Min} | |
| | GS Men | 30 _{Min} | 30 _{Min} | 17 _{Min} | 17 _{Min} | |
| | SL Women | | | | | |
| | SL Men | | | | | |

Meet and Greet

I would like to host a meet and greet for all new FIS parents this upcoming weekend and I will send an update if it is possible to host this at the WMSC on Saturday from 4:30-6pm. Alternatively, we could do this online to ensure more people are able to attend. Here we will cover an overview of the program and answer all questions regarding the upcoming season, equipment and so on.

Additionally, we will also do a program overview for everyone on the Saturday of our fitness testing weekend (May 25th). More information to come regarding this.

Communication

I will be sending weekly updates through our website and e-mail; we also use a WhatsApp group chat for our FIS program for daily communication. It is essential for everyone to be on the WhatsApp group chat, and you can find a link below to our group. Please follow the link below to join (in order to click the link, you may need to hold the Ctrl button and then click the link)

<https://chat.whatsapp.com/Fj0YCZtAn1uCRX8KwN6BaP>

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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I have believed that real, lasting success is defined not only by the accumulation of winning but also by the manner of victory. It's not enough simply to win. It is considerably more profound if success is achieved with integrity and care. - Jackie Stewart

