



## U12 Sun Peaks Pre-Season Camp

Hi everyone,

We are just days away from starting our Pre-season camp in Sun Peaks. GET READY!

### Camp Schedule

Meeting Point: At the bottom of the chairlift **SUNBURST EXPRESS**. Here you will meet coaches and receive lift passes. Please bring *Whistler Season pass* for this day in the case they ask for it to receive passes.

Meeting Time: Wednesday November 22<sup>nd</sup> at **8:45am**.

Training days Camp Schedule:

- November 22<sup>nd</sup>: SL Training. - We start at **8:45am** and finish at **3pm**.
- November 23<sup>rd</sup>: SL Training. - We start at 7:45am or 8:45am and finish at **3 pm**.
- November 24<sup>th</sup>: GS Training. - We start at 7:45am or 8:45am and finish at **3 pm**.
- November 25<sup>th</sup>: GS Training. - We start at 7:45am or 8:45am and finish at **3 pm**.
- November 26<sup>th</sup>: Training for the morning only - **Finishing at 11am**.

**The exact training schedule will be communicated and confirmed the day before.**

In the afternoons, we will have various activities such as **Dryland**, **Ice Skating**, and **Ski Tuning**. Each day, the planned activity, meeting point, and time will be communicated. These activities will start at **4 pm**.

### Packing List

#### Ski Equipment

-SL & GS skis

-All mountain skis (Optional)

Each pair of skis should be secured with at least 2 straps.

*Please pack appropriately in ski bag or with multiple ski straps.*

- SL & GS poles
- Ski boots (*if you have a new pair of boots, ensure they have been fitted and be prepared to visit [McSporties](#) with a coach for emergency boot fitting required during the trip*)
- Protective gear (helmet/goggles, shin pads, back protector)
- Backpack for on-hill
- Portable boot dryer (if you have one)

#### **Ski Clothing:**

- Ski jacket and pants
- Rain jacket or poncho
- Thermal layers and other inner layers such as puffy jacket
- Gloves/Mitts x2
- Ski socks
- Heated socks/Boot heaters (optional)
- Appropriate clothing/shoes for dryland sessions.
- Ice Skating at the local rink – **please pack Ice skates** or bring \$10 for skate rentals.

#### **Ski Tuning:**

Bring tuned skis ready for training. With sharp edges and waxed bases.  
Ensure that the boot fits properly into the ski binding.

#### **What to bring in my backpack for the day on the hill:**

- Water bottle
- Snacks
- Packed lunch
- Rain jacket or poncho
- Extra gloves
- Hand warmers
- Extra goggles (optional)
- Sunscreen and lip balm
- Neck gaiter
- Tissues
- Piece of towel or cloth to dry skis at the end of the day.

### Key Points:

- Please scan a copy of your Whistler Blackcomb season pass and email it to me at [dana@wmsc.info](mailto:dana@wmsc.info) or send me a photo at the SUN PEAKS WHATSAPP GROUP.
- Please bring your Whistler season pass as we may need it when purchasing your child's lift pass if they do not accept the scanned copy for free ski day on day 1 to receive the discount.
- Coaches will be Charlotte Uskoski, Drew Hetherington and Dana Toso.
- **Each child should have their packed lunch in their backpack every day. We will have our lunch on the mountain in designated picnic areas.**

*Option Meal Plan:* They prepare meals, and you can request them to be ready for takeaway.

*Cahilty Creek Kitchen & Taproom (Sun Peaks meal Plan): 250-434-0279.*

*They offer breakfast, lunches and dinners.*

*If you do the meal plan option for lunch, please opt for the **bagged lunch option** so we have some flexibility on hill to eat together. Kids can grab the bagged lunches in the morning and keep it in their back packs. **Please have children bring their packed lunch in back packs.***

### **WE DON'T NEED / NO NEED TO BRING:**

- Speed or Race suit
- Chin protection
- Poles protection.

**We will use this type of equipment later in the season, and the coaches will provide advance notice when it's required. It's not needed for Sun Peaks.**