



U12 Weekly Update

Hello team,

We're back after our Pre-season Camp in Sun Peaks, and the enthusiasm among everyone is palpable. The joy of returning to the snow and the success of our training days have set a positive tone for the upcoming season.

Trip Recap.

Skiing/Training:

During our time at Sun Peaks, we dedicated a total of 5 days to training. This included 2 days of SL free skiing and 3 days of GS in the stadium, incorporating brushes and gates. These sessions were designed to enhance fundamental skills such as the athletic-ready position, mobility, and stance.

It was an ideal opportunity for our athletes to immerse themselves in focused training environments, ensuring they build a strong foundation for the season ahead.

Team Bonding:

Beyond the training, the camp provided a perfect opportunity for the kids to reconnect with their friends and get to know some of the coaches. Building these connections early in the season fosters a supportive and positive team dynamic.

Whistler Training Kickoff

As we approach the start of our training sessions in Whistler, it's an exciting time for our club. At our core, we aim to foster independence in our athletes, instilling a sense of responsibility and reinforcing our club's values.

This year, the **U12 morning meeting point** will be at **CHIC PEA** on Whistler Mountain. I encourage you, if possible, to join your kids on the mountain and show them how to reach CHIC PEA in the morning and return from the Roundhouse to the base of Whistler or Creekside in the afternoon (depending on where you plan to meet them at the end of the day).

During the initial weeks, the coaches will guide and accompany the kids on their routes. However, the goal is for them to eventually navigate these paths independently or with a teammate.

This experience not only enhances their skiing skills but also builds their confidence and self-reliance, aligning with our commitment to developing well-rounded athletes.

I also want to take the opportunity to invite all athletes to the first training day on **December 8th**. A day of open training for all U12s! (Core and Core Plus).

Important days:

- **Dec. 8th**: 1st training day for all U12. Meet at 9am in CHIC PEA.
- **Dec. 9th**: From 8am to 9am WELCOME BREAKFAST. At 9 am, the kids will take the Creekside gondola with their coaches.
- **Dec. 10th**: Training day. Meet at 9am in CHIC PEA.

For these first few days, we will use **SL skis**. However, I recommend everyone also have **freeride/all-mountain skis** in the car, just in case we are lucky and the weather changes.

Resources

All events, training sessions, camps and races will be posted on the Team Pages Calendar that you will find under Programs > U12 > Calendar. All important documents, including a 23-24 Fridge Calendar, can be found under Program > U12 > Documents.

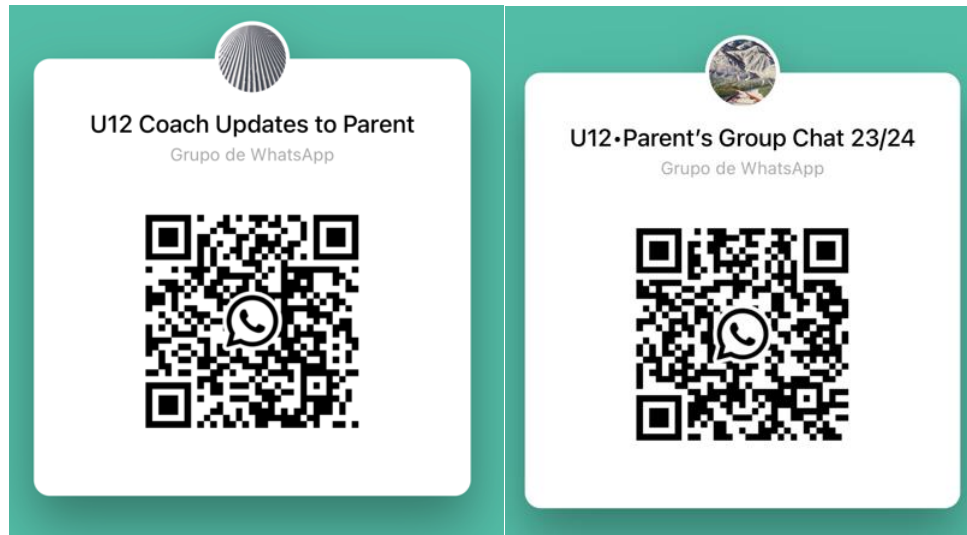
Communication

WhatsApp Groups

Please join the two U12 WhatsApp Groups:

- U12 Coach Updates to Parent – for quick updates, important reminders, or schedule changes. This is for coaches to communicate with all parents.
- U12 Parent's Group Chat 23/24 – a space to ask questions or share information amongst parents. This is for parents to communicate amongst parents, coaches will not be active on this chat.

Just scan the QR with your phone



In the coming days, I will continue to send important information.

See you soon!

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