



## U12 Weekly Update

Get ready for our first day at Whistler Mountain.

### Schedule:

- Friday Dec. 8th: Kids meet coaches at **Chic Pea 9am**.
- Saturday Dec. 9th: Welcome Breakfast at **8am** in **WMSC Cabin**. At 9am athletes and coaches will take Creekside Gondola together.
- Sunday Dec. 10th: Kids meet coaches at **Chic Pea 9am**.

We are going to use **SL** skis for all these days but have the All-mountain skis in the car as well.

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

- Water bottle
- Snacks
- Packed lunch (there is two microwaves in the hut)
- 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.

### Ski Tuning:

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

**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.**

**ON-LINE MEETING:**

Tomorrow, **Thursday Dec. 7th**, at **8pm** we will be hosting an online meeting for all U12 parents, where information about the winter season will be provided.

Microsoft Teams meeting

**Join on your computer, mobile app or room device**

[Click here to join the meeting](#)

**Meeting ID:** 244 717 464 829

**Passcode:** iHPJKr

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**Additional information about the equipment we will use during this season:**

- **GS: Junior Race Ski (151-158cm)**
- GS poles.
- **SL: Junior Race Ski (135-142cm)**
- SL poles.
- SL Protections: Shin pads and Chin guards, pole guards.

- **Powder skis or All-mountain skis recommended.**
- Protections: Hard-ear helmets. Back protection highly recommended.