



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.