



U12 Weekly Update

Schedule:

Program	Day	Hour	Meeting Point	Equipment
Core Plus	Friday Dec. 22nd	9 am	Chic Pea	GS
Core and Core Plus	Saturday Dec. 23rd	9 am	Chic Pea	GS

Just a quick heads up – there won't be any training on Sunday, the 24th, as we'll be celebrating Christmas. Also, wanted to let you know that the WMSC cabin will be closed from the 24th to the 27th of December for our Christmas holidays.

I regret to inform you that, for safety reasons discussed previously in the Lead Coaches meeting, the U12 athletes will not be able to participate in early upload at 7:45am on the Fitzsimons chairlift until further notice.

Holiday Camp 1#

Program	Day	Hour	Meeting Point	Equipment
Core and Core Plus	Thursday Dec. 28th	9 am	Chic Pea	SL
Core and Core Plus	Friday Dec. 29th	9 am	Chic Pea	SL
Core and Core Plus	Saturday Dec. 30th	9 am	Chic Pea	GS
Core and Core Plus	Sunday Dec. 31st	9 am	Chic Pea	GS

Due to the snow conditions, the Dick Gibbons Memorial Race has been rescheduled for January 6th.

Ski Tuning Session: Tuning Session for Parents and Kids.

This **Saturday, December 23rd**, we will be hosting a tuning session training for all those who want to learn or improve how to maintain skis, sharpen edges, and wax ski bases.

The session will be led by Drew Hetherington and assisted by the U12 coaches.

Meeting Place: WMSC cabin

Day: Saturday, December 23rd

Time: 4 pm

What to bring to the session?

- All your ski tuning kit/tools.
- Vices
- One pair of race skis.
- Ski tuning tables.

Don't worry if you don't have these materials yet. The club will be providing equipment for those who still don't have their tuning kit, vices, or tuning table.

We look forward to seeing you on Saturday!

Nutrition:

We kindly request all parents to adhere to the parameters of healthy nutrition in packed lunches. Here's a brief reminder of the information provided during the online meeting:

As coaches, we aim to promote **healthy nutrition** for several key reasons. Firstly, **optimal athletic performance** is closely tied to a balanced diet, providing the **necessary energy for training, competition, and efficient recovery**.

- No POP drinks, No Energy drinks.
- No fries.
- No pizza for lunch every day.
- No candys, No chocolate, No candy bars, No large bags of gummy.
- No cookies, only home-made cookies.

In this festive season, I want to extend my warmest Christmas wishes to all the families in the club. May this time be filled with joy, love, and special moments shared with your loved ones. **Happy holidays to all!**

Dana Toso

WMSC U12 and Masters – Lead Coach

dana@wmsc.info