



U12 Weekly Update

Schedule:

Program	Day	Hour	Meeting Point	Equipment
Core Plus	Friday Jan. 12 th	9AM	Chic Pea – Whistler	All-mountain skis
Core and Core Plus	Saturday Jan. 13 th	9AM	Chic Pea – Whistler	GS
Core and Core Plus	Sunday Jan. 14 th	9AM	Chic Pea – Whistler	GS

Notes:

- Saturday and Sunday, we will be training gates in Dave Murray in the afternoon.
- Very cold temperatures are expected this week. We anticipate -23°C in the valley for Friday and -20°C/-15°C for Saturday and Sunday. Therefore, it is crucial for the kids to dress appropriately, wear **puffy jackets**, and use **hand warmers** and **heated socks** if they have.

Training it is NOT CANCEL.

As coaches, we are going to take care of the athletes by making more stops to get warm inside, avoiding the alpine chair lifts, etc.

Races:

Here is the registration link for the different races and events for U12 this season. Some are still not open for registration, but they will be available soon.

<https://www.wmsc.info/clubs/6388/pages/178018>

- All the races have a registration deadline; please don't wait until the last day!
- Remember: The kids' travel, accommodation, and meals are the responsibility of the parents.

SWIX Tools Order:

As members/athletes of the club, we have a 30% discount over the FULL PRICE on the purchase of SWIX equipment and tools.

The link that I sent the other day doesn't work; I'm sorry about that. I will send it in a separate email and let's try if you can open it. In case you can't, just let me know, and I can send it in a regular mail with the link.

For those who wish to make a purchase:

- Please create a **new Excel file** where you will copy the row with all the details of the product (copy and paste).
- Also, complete the **purchase form**.
- Send me these via email: dana@wmisc.info

Dryland on Saturdays.

As part of our program, we are going to start running indoor sports activity sessions some Saturday afternoons in the Myrtle Philip Gym.

The athletes need to dress appropriately for these physical activity sessions.

The sessions will be led by two coaches each day.

This is included in the U12 Program: No extra pay required.

Here is the Schedule for the moment:

Day	Time
February 3 rd	4pm
March 2 nd	4pm
March 30 th	4pm
April 13 th	4pm

Nothing more to said from my side, get ready for the weekend.

Warm regards,

Dana Toso

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