



U12 Weekly Update

Hello Team!

Finally, we start training in our normal training area in Ptarmigan, making our training sessions more dynamic and varied.

Here is the schedule for this week:

Schedule:

Program	Day	Hour	Meeting Point	Equipment	Drop Off
Core Plus	Friday 26 th	9 am	Chic Pea	SL	Chic Pea – 2pm
Core and Core Plus	Saturday 27 th	9 am	Chic Pea	SL	Chic Pea – 2pm
Core and Core Plus	Sunday 28 th	9 am	Chic Pea	All-Mountain	Whistler Lightboard – 12:30pm

Note:

- On Friday and Saturday, we will be training SL in Ptarmigan, AM and PM sessions. If kids have pole guards and chin guards, they can bring them. **IT IS NOT MANDATORY! (it's okay if they don't have it)**
- On Sunday, due to the heavy rain that we expect, we will be doing all-mountain, and the training will be finishing 12.30 pm. Bring some snacks only.

Important Days:

As everyone knows, we have some events and races coming up in the next weeks:

- February 3rd: SNOW CROSS + Dryland Session at Myrtle Philip School Gym.
- February 10th: NGSL SKILL EVENT + Social event in the afternoon.
- February 11th: JANYK CUP (GS Race)
- February 24th: SASQUATCH Race

Snow Cross registration is still not open because Whistler Blackcomb is still deciding if they have enough snow to set up the circuit. I will keep you posted via WhatsApp once I have confirmation on this matter.

This is the link for race registration! Please register your kids as soon as possible:

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

Videos and Photos:

During the winter season, coaches are creating videos of the athletes in various training sessions, exercises, etc. We will also try to capture videos of them during races.

Therefore, **next week**, I will be sending an email with the link to access the athlete's video folder in Drive.

Each parent will only have access to their child's folder, where they can download the videos and photos to their computer.

After two months, the videos will be deleted from the folder to make space for new videos.

Last thing from my way:

I sincerely request that you do not send your children to train if they are unwell. Let's be respectful not only to the coaches but also to the other athletes. If an athlete is sick, please allow them to recover peacefully at home. Even when the child is "a little better," it is not the right time to send them to practice. Let's give them one more day to fully recuperate.

As coaches, we have encountered several situations throughout the season where we see sick athletes coming to the training's sessions. Not only can such athletes potentially spread illness to others, but they also need to have enough energy to safely endure a rigorous day of training.

Please let's show mutual respect to one another.

That's all for now, see you in a few days!

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