



U12 Weekly Update

Hello Team!

I hope everyone is doing well. Clearly, this has been a rather unusual season due to the weather. Thank you all for being attentive to my last-minute updates and for being flexible and patient with organizational changes.

As coaches, our priority is to carry out as many training sessions as possible so that our racers are well-prepared for races and their future as skiers.

I am very grateful for the fantastic group of athletes we have in U12. I notice their great motivation for skiing, and above all, I appreciate the quality of individuals they are. My weeks with them fly by!

This is the plan for this week stay tuned for the details:

Schedule:

Program	Day	Hour	Meeting Point	Equipment	Drop Off
Core Plus	Friday 2 nd	9am	Blackcomb lightboard	SL	Blackcomb lightboard 2:20pm or W/B Base.
Core and Core Plus	Saturday 3 rd	9am	Chic Pea - Whistler	SL	Whistler Chic Pea 2pm
Core and Core Plus	Sunday 4 th	9am	Chic Pea - Whistler	GS	Whistler Chic Pea 2pm

Notes:

- On Friday, we will be skiing on Blackcomb Mountain, so DROP OFF at Creekside is NOT available.

- As everyone knows, the Ski Cross on Feb. 3rd is postponed to March 9th due to snow conditions. That same March 9th is our Tyee Cup race on Grouse Mountain, but this race is also hanging by a thread. It has not been canceled yet, but I doubt it can be held.

That's why I want to ask everyone to breathe and keep the Ski Cross registrations valid because if the Tye Cup is canceled or postponed, we will run the Ski Cross.

- On Sunday: GS course training in Whistler. We will create a simulation of a GS race, complete with bibs, inspection, runs, and timing. The idea is to build the athletes' confidence to get ready for the Janyk Cup race.

- For now, we have confirmed the training space in Ptarmigan for the weekend, but as everything in life, things can change. Please stay tuned for any last-minute updates that I might send via WhatsApp.

DRYLAND / GYM:

Saturday 3rd we will have our super fun gym session!

Location: Myrtle Philip Gym

Time: 4:30pm to 6pm.

Please bring two pairs of shoes: wear your outside shoes and bring dry sport shoes for the gym, also bring water and one snack bar.

As you know, this session is just for fun and to keep our athletes in movement playing some Argentinean football, handball, basketball, etc.... warming up with some coordination and balance exercises, and most importantly, having fun with our teammates.

Month Value: Independence

Since the beginning of the season, as coaches, we have been working on increasing and developing the independence of our athletes.

To strengthen this area, **I need the help of all parents.** I propose that during this month, we let our children perform these simple tasks on their own:

- Pack your lunch/help pack your lunch
- Organize and pack all your equipment
- Check the weather and choose appropriate clothing

- Carry your own skis to the car.
- Lead the group to an area where you like to freeski (with your family)

As coaches, we will encourage them to do these simple tasks during the month:

- Use run names, lead the group to a specific area/lift
- Look at terrain and choose a good drill/exercise
- Lead the group in a warm-up exercise
- Ski to the base in a group of 2-3
- Lap the training center in a group of 2-3
- Meet the coach at the lightboard at a specific time (after lunch)

Developing independence is crucial for their growth as ski racers. It not only fosters a sense of responsibility but also enhances their decision-making skills on the mountain. By allowing them to take charge of these tasks, we contribute to their overall development and confidence as young athletes. Thank you for your support in this valuable endeavor.

[Drive with Videos and Photos:](#)

This week, you are going to receive an email from me with your athlete link to access the Drive, where you will find photos and videos. If, for any reason, the folder is empty, please be patient as the coaches will be uploading the videos in the next few days.

If I send a link that does not belong to your child, please let me know!

This is everything from my side. See you on Friday or Saturday!!

Thanks team and thanks for your patience!

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