

## **U12 Weekly Update**

Hello dear parents,

A lively and fun-filled weekend is just around the corner!

### **Schedule:**

Program	Day	Hour	Meeting Point	Equipment	Drop Off
Core Plus	Friday Feb. 9th	9am	Chic Pea	GS skis	Chic Pea 2pm
Core and Core Plus	Saturday Feb. 10 <sup>th</sup>	9am	Chic Pea	SL skis	Chic Pea 2pm
Core and Core Plus	Sunday Feb. 11th	TO CONFIRM	Chic Pea	GS skis	Garbo Hat 2pm

#### Notes:

- On Friday, we will be training on a GS course focused on Sunday's race. Those with a speed suit, please bring it. (For those without one, you can come in the regular uniform as usual).
- **Drop Off:** Throughout the weekend, at the end of each day, the kids will ski in small groups without coaches to their designated meeting points to meet their parents.
- **BIBS:** The children will receive their BIBs with the number they will use for the weekend. They can take the BIB home but must bring it back on Sunday for the Janyk Cup. (After Sunday, they can keep the BIB as a souvenir).
- On Saturday, we have the <u>Skills Event!</u> Parents can watch this event from specific points (you will receive an email with more information). **No speed suits are allowed**.
- On Sunday, we have the <u>GS Janyk Cup</u> race: <u>Athletes need to bring a speed suit if they have one.</u> <u>Awards:</u> Feb 11, **2:00pm** or immediately upon completion of 2nd run. Award location is the **Garbo Hut**, top of Garbanzo chair. Top 10 per gender awarded plus top 3 teams.

Again, I recommend all parents to prepare their children's skis. **Ski tuning is highly recommended** for the weekend! The slopes have very hard snow, and it's crucial that the edges are sharp, and the bases are properly waxed.

Another thing I recommend is bringing some extra snacks on Sunday since we are unsure about the lunchtime, and the morning may be long.

### **SOCIAL APRES:**

Please join us for APRES at the WMSC Club Cabin (2028 Rob Boyd Way) at the base of Creekside. We will have snacks, drinks, and great door prizes for all our weekend athletes.

Date: Saturday Feb 10th, Time: 3:00 - 5:30 pm

We look forward to seeing you after the NGSL Skills Event!

# **CLUB RACE Feb. 18<sup>th</sup>:**

WMSC is hosting a new race on our calendar on February 18<sup>th</sup>: DUAL GLALOM Due to the cancellation of many races because of the harsh weather conditions in the area, we have decided to add a new race to the calendar to keep all our athletes active, focused, and motivated.

Here is the link to register:

https://campscui.active.com/orgs/WhistlerMountainSkiClub?season=3279146&session=62111334

The closing day to register is February 12 at 5pm. Pleas do not wait until the last minute.

## March: Nancy Greene Festival in Sun Peaks.

The link to register for the Nancy Green Festival in Sun Peaks is now open.

Registration Link:

https://campscui.active.com/orgs/WhistlerMountainSkiClub?season=3279146&session=62067136

Let me share the event schedule with you:

Travel day: March 20th.

**Training Day:** March 21st. Athletes will be skiing and training at Sun Peaks Mountain with their respective coaches. We will focus on the skills necessary for the various event challenges.

Race event: March 22nd and 23rd.

During the 3 days, the WMSC U12 coaches will be training, guiding, and supporting the athletes.

You will receive the **Trip Sheet via email**, where the cost of the lift pass for the 3 days and the event registration are already included.

Remember that the travel, accommodation, and meals for each athlete will be the responsibility of their respective parents.

If you have any questions, please send them via email to dana@wmsc.info. Please do not use WhatsApp for these matters.

#### Finally, I just want to make one particular think clear:

Athletes can only leave training early if they have previously notified coaches, through their parents (the day before or the same morning).

Athletes are not allowed to leave training spontaneously just because the athlete feels like it. Being tired, feeling cold, etc., are not reasons to leave. It's not fair to the rest of the athletes in the group to suddenly notice that some people have left. This is not only unfair to the athletes but also hinders the coaches who are working to create discipline, duty of care, routine, and focus.

We, as coaches, are trained to manage these factors and continue our training sessions as usual.

This is everything from my end. See you this Friday or Saturday!

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