



## U14 Weekly Update January 1st

Happy New Year everyone!

For those who could make it to the Meet & Greet – it was lovely getting the chance to chat with everyone. The team covered many aspects of training during the first Holiday Camp. We took advantage of the empty slopes and did GS TFS each morning, before switching to SL TFS. We had a pickleball session with our best attendance to date! And an energy filled Kahoot game to cover the essential rules of ski racing. Our “Group Remix” days were a hit and there were no shortages of laughs during our Ski Edit Challenge. Videos will be edited this week by the athletes and shown next week to the team.

During this next Holiday Camp, I am very happy to announce we have available lane space on the GMC Race Centre on Blackcomb on select days. Please read the plan carefully to ensure athletes are punctual and arrive prepared. We have 5 days on-snow, so it is important athletes get a good rest!

### General Reminders

- All athletes should have a **whistle** on their jacket zipper.
- All athletes’ **videos** can be found on this [Google Drive platform](#).
- Athletes will be receiving their **Skills Assessment #1** by email or WhatsApp from coaches over the upcoming days. If you are curious, I encourage you to review it with your athlete. For those who missed it, we will cover it this week or next.

### Phone Challenge Brainstorm

I would like to ask for your input on an ongoing challenge we all face. As a coaching staff, we want to collect ideas to help us monitor the use of phones during training (on and off snow). We value your feedback and ideas and would love to brainstorm with you.

Suggestions need to be practical and realistic. Coaches cannot always actively monitor phone use (play the “phone police”) for a few reasons: coaches need to have lunch too, and we will often be out on the hill maintaining the environments as the athletes are having lunch unsupervised.

Let the ideas flow – thanks for your input! You can send me your suggestions [HERE](#).

**Look for the \*Action Items\* below!**

### Meeting Times and Locations

#### Notes

1. **Upload:** Early upload on Blackcomb is only permitted via the Blackcomb Gondola. Early upload on Whistler is only permitted via the Fitzsimmons Chair. *Athletes must be present at 7:45am otherwise they will have to upload with the public and be delayed.*
2. **Download:** Athletes will be skiing down and downloading by themselves or with buddies. Please set an end-of-day meeting location with your child prior to training.

Wednesday, January 3<sup>rd</sup> (All Programs)

**Discipline:** GS TFS and SL TFS/Environments

**Equipment:** GS Skis and Poles, SL Skis and Poles, SL Protective Equipment, Backpack, Ski Journal

*Athletes will NOT be able to store their skis on-mountain.*

**Upload:** 7:45am at the **Blackcomb Gondola** for early upload

**Meeting Location:** 8:15am at the top of Blackcomb Gondola by the Lightboard

**Finish:** 2:30pm

Thursday, January 4<sup>th</sup> (All Programs)

**Discipline:** GS TFS and SL TFS/Environments

**Equipment:** GS Skis and Poles, SL Skis and Poles, SL Protective Equipment, Backpack, Ski Journal

*Athletes will NOT be able to store their skis on-mountain.*

**Upload:** 7:45am at the **Blackcomb Gondola** for early upload

**Meeting Location:** 8:15am at the top of Blackcomb Gondola by the Lightboard

**Finish:** 2:30pm

Friday, January 5<sup>th</sup> (All Programs)

**Discipline:** SL TFS/Environments

**Equipment:** SL Skis and Poles, SL Protective Equipment, Backpack, Ski Journal

**Upload:** 7:45am at the **Blackcomb Gondola** for early upload

**Meeting Location:** 8:15am at the top of Blackcomb Gondola by the Lightboard

**Finish:** 2pm

**Dryland:** 3-4pm Dryland at the Whistler Racket Club for pickleball (*indoor shoes mandatory*)

Saturday, January 6<sup>th</sup> (All Programs) **Club-Wide Challenge (twist on our Club Race event)**

**Discipline:** Powder Skis

**Equipment:** Skis and Poles, Backpack, Ski Journal

**Upload:** 7:45am at the **Fitzsimmons Chair** for early upload (then up Garbanzo chair)

**Meeting Location:** 8:15am at the Chic Pea

**Finish:** 1:30pm

**Activity:** 2:30-4:30pm Tuning Session for athletes at the WMSC Cabin (*bring skis and your tuning equipment as this will be a hands-on session*)

Sunday, January 7<sup>th</sup> (All Programs)

**Discipline:** GS TFS and SL TFS

**Equipment:** GS Skis and Poles, SL Skis and Poles, Backpack, Ski Journal

**Upload:** 7:45am at the **Fitzsimmons Chair** for early upload (then up Garbanzo chair)

**Meeting Location:** 8:15am at the Chic Pea

**Finish:** 1:30pm

## Reminders

### Weekly Communication

- **Weekly Update** – Sent to Parents (Team Pages) and Athletes (WhatsApp) each Wednesday.
- **Reminders and Last-Minute Updates** – Sent to Parents (Coach Updates WhatsApp).

The Weekly Updates are always saved under [U14 Program > Documents](#) or your reference.

### Extra Training Days

All athletes attending an extra training day MUST be registered in advance. Register before the Sunday of each week: [U14 Program > Extra Training Days](#).

## Races, Events and Links

### Ski Cosmos Special Event - Cancelled

To manage program costs, we have decided to cancel the suggested Ski Cosmos session on January 9<sup>th</sup>. If you are interested in planning a session yourself, I still recommend it as a great addition to training. Check it out [here](#).

### Grouse Zone Race **\*action\***

The registration deadline for our U14 Zone Race at Grouse Mountain (February 11<sup>th</sup>-12<sup>th</sup>, 2024) is approaching. Remember, this event is taking place on a Sunday and Monday to accommodate lane space for a GS race. There will be NO U14 training in Whistler on Saturday, February 10<sup>th</sup>.

[Register Here](#) before **January 9<sup>th</sup>, 2024**, and fill out [this Form](#) to let me know whether I need to order lift tickets for your athlete.

### Craigleith Special Project

Zack is currently communicating with those who have expressed interest for this potential special project. If you have any questions, please email him at [zack@wmsc.info](mailto:zack@wmsc.info).

### Friday Night Lights – XC Skiing at the Callaghan **\*action\***

Starting Friday, January 12<sup>th</sup>, WMSC will be hosting parents and athletes at the Whistler Olympic Park in Callaghan for a night of Nordic skiing (5-7pm). It will replace our dryland in the valley, and will include skate skiing, monthly biathlon lessons, and Nordic ski jump lessons.

It is a great way to develop good lower joint movement and power, which will have a direct impact on alpine skiing. Plus, meet other club members to ski and socialize! We will need a minimum of 10 athletes per age group to run these sessions. [Register Now!](#) Price includes coaching but no equipment/passes.

### **U14 Trip Registration \*action\***

All U14 races are now OPEN for registration! Please register using the links posted in the [U14 Trip Registration Master List 2023-2024](#) on Team Pages under Documents or under [U14 Program > Races Sign Up](#).

- [Cypress Zone Race](#) | March 2<sup>nd</sup> and 3<sup>rd</sup>
- [Big White SX Race](#) | March 7<sup>th</sup> to 10<sup>th</sup>
- [Red Mountain Provincials](#) | March 28<sup>th</sup> to 31<sup>st</sup>

### **Resources**

#### **Athletes' Videos**

Click Here to view videos: [U14 Videos](#)

#### **Tuning Equipment Discounts**

- **Sidecut:** Click [here](#) for video instructions on how to create your personal account OR go to [www.sidecut.com](http://www.sidecut.com) and click on [Pro Signup](#) at the bottom of the home page, using the code CHGOLD.
- **Swix:** A Swix order form will be shared shortly. Athletes and parents receive a 30% discount.

#### **Important Dates**

- Jan 3<sup>rd</sup>-7<sup>th</sup> | Holiday Camp 2
- Jan 6<sup>th</sup> | Athlete Tuning Session
- Jan 12<sup>th</sup> | XC Skiing starts at the Callaghan
- Jan 20<sup>th</sup>-21<sup>st</sup> | Mt Washington Zone Race
- Feb 1<sup>st</sup>-4<sup>th</sup> | U14 GS Camp on the DMNTC

Thank you!

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