



## FIS Update December 22<sup>nd</sup>, 2023

### **Hello FIS Team,**

Another series in the books! We had our final race of 2023 and it was a good one! We saw some great skiing today and earned some valuable FIS Points. Hannah Jensen finished 8<sup>th</sup> overall, Thea Torn 15<sup>th</sup> overall both making the front page or top 15! Both Thea Torn and Matteo Emanuel Letter earned attack from the back which gave them each a large Toblerone bar! Again, this is a great award showcasing strong athletic skiing being able to battle from the back of the race and move the furthest up the finish sheet from the start order! We saw some great runs from most the other athletes as well and some good skiing from athletes who did not finish. All in all, we consider this series a success and are looking to continue to build our momentum from here!

### **Looking Forward**

I have been playing with transportation to make our next project work as we will have 2 options. For the Kimberly speed project and Panorama Tech series we are offering an all-inclusive option for those that want to do the speed and the tech races. There is also the option to do just the tech races in Panorama for those that don't want to do the speed project. I am a big advocate for speed exposure at this age. Kimberly offers a great entry into the world of DH and SG skiing and with the added 3-day speed camp at the beginning this is a great opportunity to try out some long skis, get comfortable at speed and take what the athletes are working on in GS and stretch it out (or slow it down) with some longer turns. The speed camp is not just about training SG and DH it's also about refining some of the smaller movements of GS by lengthening the turns into some SG turns. The added speed helps the athletes to get more comfortable at speed making GS feel slow when they return to GS skis. This is a great project in a very controlled environment that we only get access to once a year and the only one of this caliber in the country.

### **How This Will All Come Together**

With the high cost of renting vehicles, it is more feasible to fly the athletes rather than rent vans and drive everyone out. Two coaches will drive the gear out in a truck and trailer while one coach will fly with the athletes to Cranbrook. Everyone will fly to Cranbrook and take a shuttle service we have booked to their respective venues. The group that does both events will get shuttled up to Kimberly and latter shuttled up to Panorama. The second group that is just doing the tech races will also fly into Cranbrook on Jan 31<sup>st</sup> and shuttle up to Panorama. For the group that is doing just the tech races you will send your skis with the U16 truck and trailer which leaves WMSC on Jan 30<sup>th</sup> headed for Kimberly. Everyone will rendezvous in Panorama for the tech races. On the evening of the final SL race the athletes and 1 coach will shuttle back to Cranbrook to spend the night in a hotel before flying back home on Feb 5<sup>th</sup>.

## **Kimberly and Panorama all inclusive Schedule**

Jan 20<sup>th</sup> Load truck and trailer with skis and equipment  
Jan 21<sup>st</sup> Fly to Cranbrook and shuttle to Kimberly  
Jan 22-24<sup>th</sup> 3-day Speed Camp  
Jan 25<sup>th</sup> DH training run #1  
Jan 26<sup>th</sup> DH training run #2  
Jan 27<sup>th</sup> DH race #1 and night SL race  
Jan 28<sup>th</sup> Optional weather day  
Jan 29<sup>th</sup> DH race #2  
Jan 30<sup>th</sup> SG race #1  
Jan 31<sup>st</sup> SG race #2 and travel to Panorama after the race  
Feb 1<sup>st</sup> FIS GS race #1  
Feb 2<sup>nd</sup> FIS GS race #2  
Feb 3<sup>rd</sup> FIS GS race #3  
Feb 4<sup>th</sup> FIS GS race #4 and travel to Cranbrook after the race  
Feb 5<sup>th</sup> Fly home to Vancouver

### **Registration Link for the Kimberly Panorama**

<https://www.wmsc.info/clubs/6397/pages/178253>

### **Panorama Schedule**

Jan 30<sup>th</sup> Load skis and equipment in U16 trailer at WMSC  
Jan 31<sup>st</sup> Fly to Cranbrook and shuttle up to Panorama  
Feb 1<sup>st</sup> FIS GS race #1  
Feb 2<sup>nd</sup> FIS GS race #2  
Feb 3<sup>rd</sup> FIS SL race #1  
Feb 4<sup>th</sup> FIS SL race #2 after race shuttle back to Cranbrook  
Feb 5<sup>th</sup> Fly home to Vancouver

### **Registration Link for The Panorama Budget**

<https://www.wmsc.info/clubs/6397/pages/178253>

There are a lot of moving parts to these two projects meshing together and that is the beauty of FIS! There never is just one set path so we have the freedom to create what serves our program. For those who have not considered the speed project I encourage you to look at it again and if you have any questions or concerns about it, please reach out. I think speed projects like this are a great avenue for athletes to develop new skills and refine some of the finer movements and feelings such as rolling the ski up at the top of the turn (or arc as we like to say). This speed project is built with the intention of introducing athletes to speed in a safe and fun environment and all athletes have the freedom to progress at their level and comfort. I have found a lot of success in refining athletes GS skiing through DH and SG training in the past.

We are very excited about these upcoming projects and look forward to racing in Kimberly and Panorama! For those not attending these projects we will have training in Whistler that will be led by Marry Desrosiers.

We wish everyone a happy holiday and will resume training back in Whistler on Dec 28<sup>th</sup>. Let the snow fall at home so we can get our training center up and running!

If you have any questions or concerns, please feel free to reach out to me.

Sincerely,

**Brad Eades**

WMSC Lead FIS Coach

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*"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do." – Derek Jeter*