



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

**Hello FIS Team,**

It seems as though the weather gods are not working in our favor this year... At least not here in Whistler, with that I am currently trying to put together another trip for the beginning of January so we can continue our training. I will be posting a poll in our athletes FIS teams WhatsApp group to get an idea who would be interested in attending this training project. The goal is to create a training project that does not keep athletes out of school so would be right after the new year and we would look to return on the Jan 7<sup>th</sup> or 8<sup>th</sup>. This is not ideal as we would like to keep everyone home for the holidays and utilize our training centre but at the moment it does not look promising that we will be able to get much in the way of lane space. I will be let everyone know any possible plans when I have a bit more information.

### **Looking Ahead to this Week of Training**

As we all know the conditions on the mountain are variable at best. We currently do not have any opportunity to set a course and we are working on that. Given our current conditions we will be do freeskiing in the mornings and dryland in the afternoon. The athletes need to be prepared for both indoor and outdoor dryland as we will do some work outdoors and we will let the athletes know ahead of time what we have planned. Until the conditions improve, we recommend that the athletes ski on all mountain skis or rock skis as there are still a lot of rocks on piste. We will take advantage of our early load privilege to enjoy a couple runs before the public makes it up. For this the athletes will load on the Fitzsimmons chair at the base of Whistler. They can slide up the left side of the lineup where they will be let in for early load. We will have the coaches riding up with the athletes so our group can take advantage of the early load.

### **Schedule**

Dec 28 Fitzsimmons early load 7:45am with dryland in the afternoon in the studio

Dec 29 Fitzsimmons early load 7:45am with dryland in the afternoon in the gym

Dec 30 Fitzsimmons early load 7:45am with dryland in the afternoon outdoors

Dec 31 we will update.

We will make the best of the conditions we have as there is a lot, we can do with the terrain that is open. Fingers crossed things take a turn for the best!

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

Sincerely,

**Brad Eades**

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*"If my mind can conceive it and my heart can believe it - then I can achieve it."*

*Muhammad Ali*