



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

**Hello FIS Team,**

I hope all our athletes are back in school catching up on some much-needed classroom time. Since returning to Whistler, it has been nice to see us shift into winter finally. The mountain has snow guns running 24/7 on our race centre and we have had a lot of natural snow fall this past week. It is looking like we will have our race centre up and running by next weekend!

### **A Look Back at Last Week**

Last week saw our group split once again. We had 20 athletes travel to Sun Peaks for a last-minute training project. A side from a little more natural snow than we wanted (and not complaining!) we had a great week of training! We ended up with 3 days of full-length SL training on our race hill and 3 days of 40+ gate GS training! Thanks to a lot of hard work from the coaches and athletes we were able to get down to a hard surface everyday which made for top notch training. Looking back on this project I feel we really maximized our time on snow. We got a lot of high-quality training. I am very appreciative to everyone at Sun Peaks that made this possible for our group! I would also like to commend our athletes for showing up prepared and ready to train everyday with a positive attitude and for working hard everyday for the entirety of our training block! We got a lot of volume on full length courses in winter temperatures, and it was evident that every athlete came prepared with the intention to train!

While the majority of our team was in Sun Peaks Laurence stayed here in Whistler to lead the athletes in Whistler. We got lucky and this group was able to train for most of the planned New Year camp except for a massive and long overdue powder day! It's always good for the athletes to get off the race skis and go and ski the mountain for fun. This group had the good fortune of being able to train on Upper Dave Murray which I have recently learned is not a slope we get to use anymore. All in all, it was a great start to the new year for everyone on the WMSC FIS team!

### **This Weeks Upcoming Training**

Seeing that athletes have missed a lot of school already and for those attending the Kimberly speed project will be missing more



this month, school takes a priority over Thursday training. With that being said, we will most certainly be running training Thursday-Sunday. Our race centre is not yet open so we will be training this week on Upper Dave Murray!! Given the limited terrain and soft snow surface as of now we are planning to do a SL blast all 4 days. If the opportunity arises that we can shift in GS we will do so, for right now we are booked for SL all four days. **Very Important, Thursday-Saturday we are going to see very cold temperatures.** Thursday and Friday are forecasting -20 degrees! So, athletes please be prepared to ski and train in the cold. We advise the athletes layer up, bring multiple layers and wear face masks. We do race in these temperatures so it's important to be able to perform in these temperatures. We have the morning lane each day so we will be taking advantage of our early load. For the early load athletes need to be ready to load at 7:45, if they miss the group load, they will have to wait until the lift opens to load with the public. Please check below for the schedule.

### **Thurs-Sunday Training Schedule**

**Thursday-** 7:45am early Load Fitz Chair, SL training in the morning on Upper Dave Murray with SL free ski in the afternoon. For dryland we will be in the studio and in the gym so bring your workout attire.

**Friday-** 7:45am early Load Fitz Chair, SL training in the morning on Upper Dave Murray with SL free ski in the afternoon. For dryland we will be in the studio and in the gym so bring your workout attire.

**Saturday-** 7:45am early Load Fitz Chair, SL training in the morning on Upper Dave Murray with SL free ski in the afternoon. For dryland we will update this by Friday.

**Sunday-** 7:45am early Load Fitz Chair, SL training in the morning on Upper Dave Murray with SL free ski in the afternoon. 2pm Speed Ski tuning clinic with Ryan at WMSC

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

Sincerely,

**Brad Eades**

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*"The rewards are going to come, but my happiness is just loving the sport and having fun performing."*  
- Jackie Joyner Kersee

