



FIS Update February 25th, 2024

Hello FIS Team,

What a week and a half that was. With many different up's and down's from victories to unfortunate injuries, long training days, blue bird days and socked in foggy low vis paired with inconsistent snow on race days we saw it all. With the turn of the month, we head into a jammed packed 2 months of racing. This is a long update so please take some time to look through it.

Recap From the Last Week

Leading up to our Parson's series we were lucky to have our race center back thanks to all the efforts from Dale and the WB snow making team! A huge thank you to everyone involved for all their hard work and long hours put in. With the push to make as much snow as possible Thursday-Saturday we happily worked around the snow whales created from the previous night's snow making efforts. This at times made for challenging conditions for training and in the end also created some diversity in our snow surface which is both challenging and good for learning to adapt with ever changing surfaces. We got to train GS for 3 days from the top of Club 21. This is a fun and challenging hill with every bit of terrain one could ask for. This is a world class hill, and we are very fortunate to have it as our racing centre! We had our Club Duel on Saturday where our FIS athletes led the club and their teams through a fun community event paired with some SL training below the dual SL course. On Sunday a few of us trained SL from sunset down and Monday was our 3rd day training GS from Club 21 down to the finish. This was a really great training block where we saw a lot of high-quality environments for the athletes to learn in.

Leading up to our Parson's race series we saw our volunteers and a number of our FIS parents on the hill working hard to get our environment set up. From getting the timing ready to netting the entire race centre a huge thank you goes out to all who jumped in to help! With out the efforts of our volunteers' events like Parson's would not be possible so thank you again for all your help!

Unfortunately, we saw a large shift in our weather for the Parson's series. We started off with a good surface and with the warmer temperatures and high humidity we saw our race surface go through some big changes which made for challenging conditions. Our athletes did a great job of adapting throughout the week. We saw several podiums both on the men's and women's side! We saw some athletes put down some of their stronger race runs of the season which is always nice at home. We also suffered a few injuries which is what we strive to avoid. All this put together made for a heavy week with many ups and downs. We send out our thoughts and support for those on the mend for a speedy and smooth road to recovery!

We finished the weekend strong with a day off for most on Saturday and for some we trained SL on Gandy Saturday and Sunday. Sunday turned into a winter storm which was a nice change to feel the wrath of winter after a long hiatus!

Clearing the Air & My Apology to All

A couple weeks ago I asked a group of athletes if they were interested in doing an extra race series. The intention of this at first was an open discussion to see if the athletes were interested in adding some races to our calendar as well as if it was possible given the added time away from school with multiple racing projects to follow. With so many races left on our calendar (19 starts left without this series) we were not intending to add more starts to our season. However, with some new information, one being that the BC Woman's Ski Team will in fact be racing this series. We felt this would be a good opportunity for some of our athletes who are pushing to qualify for the BC Team to have some more head-to-head competition on a new and challenging hill. Another factor is load management with having training and rest periods between series. This was not an easy decision, and it has been in discussions with the coaches for some time. Where I went wrong was not announcing this to everyone at the same time. This allowed for some confusion and frustration. I am very sorry for not communicating this earlier and from the start. It was never my intention to keep this from anyone and I do recognize that by not communicating this sooner allowed for some misunderstanding. Moving forward I will work to keep everyone in the loop so we can address any and all questions upfront and for everyone to have all the information. If anyone has any questions, comments, or concerns around this please reach out to get in contact with me.

Looking Ahead

With 19 plus starts left in 2 months we have a busy calendar ahead of us! Myself, Laurence and 8 athlete's will be leaving on Friday for Mt Norquay to race 4 tech races followed by 3 SG races in 2 days. We will be running Training at home Thursday-Sunday and be prepared that Thursday could turn into a free-ski day for those training. Looking a bit further ahead we will be publishing the registration link for Senior nationals and Spring Series at Red Mountain. This is 8 tech races back-to-back which is a lot. We always encourage the athlete's taking days off as they need to manage any injuries, tiredness, and academic workloads. This will be the case for this series. The reason we decided to combine these 2 race series for everyone is because transportation costs are as high as they are and when we ran a poll with the athlete's almost if not everyone at the time was in favor of doing both series. As mentioned, athlete's do not need to do all 8 races and with senior nationals only having the tech component with no speed component, we do not expect a large number of athletes from the east to travel for this series. The dates for this project are leave on March 16th and return on March 26th.

Training In whistler this Week

Thurs Feb 28th- GS (very likely big ski free-ski day)

- 8:15am load Fitz ski's TBD

Friday Feb 29th- GS training on the race centre

- 8:15am load Fitz chair
- 8:45am inspection
- 9am first run
- 11am 30min break and reset/redress GS course
- 1:30pm pull GS course
- 2:30 Dryland with Jeremy, lift in gym

Saturday March 1st- SL Training on Gandy

- 7:45am early load Blackcomb Gondola

- 8:15am inspection
- 8:30am first run
- 10:30am 30-45 min break
- 1pm pull training environment and light free ski
- 2:30pm dryland circuit workout in the gym

Sunday March 2nd- SL training on Gandy

- 7:45am early load Blackcomb Gondola
- 8:15am inspection
- 8:30am first run
- 10:30am 30-45 min break
- 1pm pull training environment and light free ski

Norquay and Nakiska Project

Looking at the weather we will stick with the original departure Friday March 1st. We will drive to Canmore on Friday arriving in Canmore to stay at the Rocky Mountain Lodge. If possible, we will take the Duffy mountain pass conditions permitting. We have 4 tech races Saturday-Tuesday followed by 3 SG races on Wednesday-Thursday. We will return to Canmore after the last SG race to stay the night in Canmore. Friday March 8th we will head for home driving straight to Whistler. Athlete's please travel with your ski's tuned and race waxed to make Friday night easier after a long travel day.

Norquay-Nakiska Schedule

Thursday Feb 29th- 4:30pm-5:30pm load truck and trailer at WMSC

Friday Mar 1st- 5:45am arrival for a **6am departure** from WMSC

Saturday Mar 2nd-Sunday Mar 3rd- GS races at Mt Norquay

Mon Mar 4th- Tues Mar 5th- SL races at Mt Norquay

Wen Mar 6th-Thurs Mar 7th- 3 SG races at Nakiska

Fri Mar 8th- Drive home from Canmore to WMSC

Norquay-Nakiska Registration Link

<https://campscui.active.com/orgs/WhistlerMountainSkiClub?season=3279146&session=62265333>

I know this update contains a lot of moving parts. We have a lot to look forward to in the coming weeks and beyond! Last week was a great effort from everyone and we are looking forward to racing through March and April!

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

Sincerely,

Brad Eades

WMSC Lead FIS Coach
(604)902-1774
brad@wmsc.info

Success is not final, failure is not fatal: it is the courage to continue that counts. —[Alexander the Great](#)





Trip # 50 Mt Norquay-Nakiska F

THIS TRIP SHEET IS INTENDED TO BE READ IN CONJUNCTION WITH THE CLUB'S POLICY. IN CASE OF A DISCREPANCY BETWEEN THIS TRIP SHEET AND THE TRA THIS TRIP SHEET SHALL PREVAIL.

REGISTRATION DEADLINE: 02/28/2024

Destination																											
Date	02/29/2024-03/08/2028																										
Athletes																											
Coaches & Contact #'s	Brad Eades (604)902-1774 Laurance Pichette (819)352-1																										
Accommodation/Contact #s /Meals	Rocky Mountain Ski Lodge (403)678-5445																										
Camp/Trip/Race Budget Breakdown	Based off 8 Total Athletes																										
	Payment Due [Date on Trip #'s Doc]																										
	http://tinyurl.com/mrn54p57																										
	Based off # Breakdown 8																										
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¹ Meals on travel days are NOT included ² Coaching expenses include accommodation, lift tickets, meal plan, per diems on travel, no meal plan with team, and other directly relatable items.																											

	<p>³ Coaching fees: this cost is only for trips/camps outside of the scheduled winter season you will be prompted at registration to pay for any extra training and travel days not athlete's program. The costs are \$85 per day.</p> <p>⁴ Traveling with parents excludes lodging and meals</p> <p>⁵ 5% contingency to account for cost estimate uncertainty</p>
Payments and Refunds:	<p>Full at registration</p> <ul style="list-style-type: none"> • See Club Travel Policy for refunds details
Chaperone Requirements and Subsidies	<p>Number of Chaperones, and subsidies, to be determined once pr numbers are in. Chaperones are subject to the Club Travel Policy complete:</p> <ul style="list-style-type: none"> • Respect In Sport Parent Module https://alpine-canada-parent.respectgroupinc.com/ • A Criminal Record Check https://justice.gov.bc.ca/eCRC/ Access Code: RCEZV57JY2
Parent Volunteers	<p>All parents transporting and supervising athletes (other than the must complete:</p> <ul style="list-style-type: none"> • Respect In Sport Parent Module https://alpine-canada-parent.respectgroupinc.com/ • A Criminal Record Check https://justice.gov.bc.ca/eCRC/ Access Code: RCEZV57JY2
Guest Racers	<ul style="list-style-type: none"> • Guest Racers are welcome, subject to availability. Guest race to a surcharge to cover overheads
Vehicle Usage	
Schedule	<p>Thurs Feb 29th- 4:30pm-5:30pm load truck and trailer at WMSC Fri Mar 1st- 5:45am arrival for a 6am departure from WMSC Sat Mar 2nd-Sun Mar 3rd- GS Races at Mt Norquay Mon Mar 4th-Tues Mar 5th- SL races at Mt Norquay Wen Mar 6th-Thurs Mar 7th SG races at Nakiska Friday Mar 8th- Travel home arriving at WMSC</p>
Bring	<ul style="list-style-type: none"> • SL, GS, SG skis, tuned and ready to go for day one • Protective gear, speed suits, etc. • Proper clothing, proper lenses for fog, rain or sunshine • Log books/journals • Homework • Indoor and outdoor dryland attire, foam rollers
Disclosure and Consent	<ul style="list-style-type: none"> • Updated Medical Disclosure and Consent Form due not less than

Forms	<ul style="list-style-type: none"> • Travel Consent form due not less than five (5) days before departure
<i>Other</i>	<ul style="list-style-type: none"> • Wi-Fi available for homework • Communicate with school/teachers about time commitments: training/racing schedule

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