



U14 Weekly Update November 29th

Hi All,

We are back from our pre-season camp in Sun Peaks with a smile on our faces! We made the most of limited terrain, and enjoyed skiing on a hard, grippy surface. It was very valuable to have 35 athletes join us on this camp – a great way for them to reconnect with friends/teammates and to meet this year's crew. The coaching staff is proud of the U14 team for representing the WMSC Teamship values whilst away!

[Read below for a Trip Recap!](#)

Skiing/Training

We trained a total of 5 days of SL and 2 days of GS, with a freeskiing block included in the daily programming. Our first two days were shortened due to limited terrain, but we combined technical freeskiing and simple SL environments within the training center. Once we had access to the public run for freeskiing, we lengthened our days to include a freeskiing session, focusing on fundamentals (athletic-ready position, mobility, stance), and a 3-hour block in the training center with a variety of environments, ranging from stubbies, panel SL, GS courses, and drill courses.

Ski Journals

Each athlete in Sun Peaks was given a Ski Journal (everyone else will receive it December 9th) and have been tasked to look after their journal's well-being:

- Kept in a dry place (*placed in a Ziplock is even better*)
- Kept in their ski bag (accessible on hill)
- Kept in good condition

The expectation is that the athlete completes a Daily Entry after each training day, and a Race Entry after each competition. Your athlete's Connection Coach (to be determined in December) will ensure these entries are completed weekly.

We did a group exercise around Team Values, and athletes included the values they deem the most important on the first page of their journal.

Brain Fitness

On Wednesday, the team attended a "brain fitness" session with Jennifer from [Pro Mentality](#). The focus was on helping our athletes develop a tool kit and learn tactics to improve mental and emotional skills and perspectives. It was a valuable, interactive session.

Here are some takeaways:

- Breathing tactics to calm the nervous system: exhaling for 2 seconds longer than inhaling.
- Prompts and cues during visualization that focus on the outcome desired.
- Fear of injury and failure: the importance of watching yourself executing the task well & in an environment that is as close as possible to reality to improve efficiency.

- Active mindfulness to avoid brain time-travelling: being in the present moment without fear or anxiety.
- Sleep: the biggest predictor of outcome. The reward for sleep is performance.
- The “starfish” tactic for emotional management.
- The challenge of decision fatigue and keeping a packing list to reference and minimize the decisions in a day. A packing list can be kept with a boot bag, in a ski journal, or by the door.
- The importance of nutrition and hydration. *Athletes are encouraged to carry a foldable water bottle in their jacket pocket, along with nutrient-dense snacks.*

I strongly encourage you to circle back on some of these learnings with your athlete at home and encourage them to explain them back to you in their own words.

If you would like to [submit a claim to your Extended Health Benefits](#) plan, you can download an individual invoice [HERE](#).

After Skiing

Once the team was back at the hotel and out of ski gear, we scheduled dryland sessions (games, mobility, stretching), video review sessions with Connection Coaches, and tuning sessions with the assistance of coaches. Outside of those scheduled activities, the group tackled schoolwork, hung out with teammates, and explored the village with their “buddy”.

Equipment Notes

With the athletes back on snow for the first time this season, there are many equipment reminders that I want to communicate with you all:

- **FIS Approved GS Helmet** – No sticker, no start. Please ensure your child has a helmet with the FIS sticker shown below (this applies to GS and SG races and training). Your athlete may have a soft-ear helmet without this sticker for SL training and racing only.
- **Back Protectors** – Highly recommended. The expectation is that all athletes train and race with a back protector, in all disciplines.
- **Tuning Gloves** – Highly recommended. Athletes are now learning how to tune their skis, and [protective tuning gloves](#) are the safe option. Information on how to obtain a SIDECUT discount is included at the end of this update.
- **Boot Fitting** – U14 athletes should use a junior ski racing boot, generally between a 65 and 90 flex. Please ensure that the new boots fit properly. Good fitting boots are essential; boots that are too big or too stiff will hinder the athletes’ skill development. Remember that boots should fit “right now”, and the toe box can be *punched* about ½ size if your child’s feet have grown.



I have attached the [Equipment Guidelines](#) at the end of this update. If you would like more information on boot fitting specifically, you can refer to the [Boot Fitting Guidelines](#) or ask myself/other coaches.

Look for the *Action Items* below!

Races, Events and Links

Mt Washington Zone Race

The Mt Washington Zone Race will be the qualifying event for the BC Winter Games. The athletes will be selected based on best 3 out of 4 runs (2x SL and 2x GS) and on quotas allocated to each zone.

Trip Sheets

We are in the final stages of getting the registration links out to everyone for this season's events – stay tuned!

Big White SX Expression of Interest | March 7th – 10th **action**

The Big White Ski Cross event was a popular one last season. The U14 spaces are limited, so please mark your child's attendance on Team Pages if you think your child will be attending. This will secure their entry and we will send a separate registration link. Note that I will not secure entry for athletes who haven't marked their attendance.

Team Pages > Programs > U14 Programs > Calendar > Find the event > Mark their attendance.

EVENT INFORMATION

Other - U14 Big White Ski Cross

Date: All day, Thursday, March 7, 2024 to Sunday, March 10, 2024

Location: Big White Ski Resort
Street: 5375 Big White Rd, Kelowna, BC V1P 1P3
City/Town: Kelowna, British Columbia

	Attending	Not Attending	No Response
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Communication

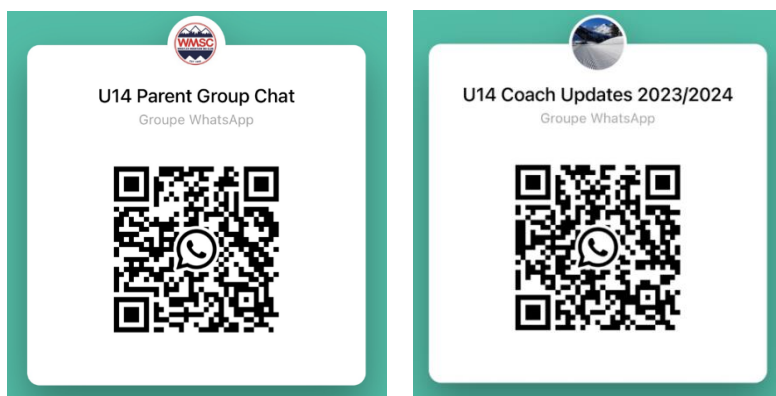
Athletes' Videos

We will be using Google Drive this winter to share athletes' videos. They will be uploaded by coaches and categorized based on training day/event/race. We are still working on establishing the platform – I will let you know once this is set-up and Sun Peaks videos have been uploaded.

WhatsApp Groups

Please join the two U14 WhatsApp Groups:

- U14 Coach Updates 2023/24 – for quick updates, important reminders, or schedule changes. This is for coaches to communicate with all parents.
- U14 Parent Group Chat – a space to ask questions or share information amongst parents. This is for parents to communicate amongst parents, coaches will not be active on this chat.



How to reach me?

You can reach me via email at chloe@wmisc.info (preference) or WhatsApp direct message at (343) 204-2243 for more time-sensitive communication. Please avoid using iMessages/text messages.

Resources

All events, training sessions, camps and races will be posted on the Team Pages Calendar that you will find under [Programs > U14 > Calendar](#). All important documents, including a 23-24 Fridge Calendar, can be found under [Program > U14 > Documents](#).

Sidecut Tuning Discount

As a WMSC member, you can receive discounts on tuning equipment. Click [here](#) for video instructions on how to create your personal account OR go to www.sidecut.com and click on Pro Signup at the bottom of the home page, using the code CHGOLD.

Important Dates

- Dec 7th | On-Snow Training Kick-Off
- Dec 16th | 4-5pm | U14 Tuning Presentation (parents & athletes) at the WMSC Lounge
- Dec 28th-31st | Holiday Camp 1
- Dec 31st | Club Race
- Jan 3rd-7th | Holiday Camp 2

Thank you!

Chloé Sigouin
WMSC U14 – Lead Coach
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U14 Equipment Checklist

This is a checklist for U14 parents and athletes for equipment this season.

HARD GOODS

- Hard ear helmet (FIS sanctioned – see below for more details)
- Fitted ski boots (see below for fit and flex guidelines)
- Backpack
- Goggles with spare lenses
- Back protection (strongly recommended)
- Shin guards, chin guard
- Gloves (warm, dry, and possibly padded is a good option; spare gloves are recommended)
- Downhill suit and training shorts
- SL poles (with pole guards) and GS poles

SKI EQUIPMENT

- SL and GS Junior race skis – SL skis between 135-150cm (roughly nose height), GS skis between 150-175cm with >17m radius (roughly head height or just above)
- Race skis are of a particular dimension and construction so please ask a shop rep/coach
- See below for more detailed guidelines

TUNING EQUIPMENT

Please note we will hold tuning clinics early season to help learn how to use this gear to correctly tune skis and discuss equipment maintenance expectations with athletes.

- Ski vices for holding the skis in place while tuning
- 2-degree file guide
- 0.5-degree base bevel (ski shops may set this for you on any new pair of skis)
- Sidewall remover
- File and diamond stones
- Waxing iron, ski wax, scraper and brushes

Other items include, but are not limited to:

- Ski socks
- Water bottle
- Warm thermal layers and inner layers such as puffy jacket or soft shell
- Face covering
- Warm, water-resistant outerwear
- Cat-tracks (boot sole coverings for when walking in the village)



U14 Equipment Guidelines

(born in 2009 & 2010)

SKIS

All U14 athletes should have a pair of skis for each discipline:

EVENT	SKI LENGTH	RADIUS
SL	[135cm -150cm]	-
GS	[150cm -175cm]	>17m

There are exceptions when it comes to athletes with uncommon heights and weights for their age, if you are stuck between sizes generally it is better to size up. As always, contact your coach before buying new equipment.

BOOTS

Boots for U14 athletes should be junior racing boots and the flex should not be lower than 65 or higher than 90. It is strongly recommended that you communicate with your coach prior to buying new boots. Stores can point you in the right direction according to weight and foot size, but they have never seen you ski which is the biggest factor in deciding which boots fit you best.

OTHER EQUIPMENT

Speed/Downhill suits are encouraged but optional.

Helmets are mandatory and need to fit properly. Soft-ear helmets are only allowed for slalom. In U14 athletes need helmets approved by FIS. FIS-legal helmets are clearly marked with the following sticker on the back:



Have proper **goggles** that fit with your helmet. Extra lenses and/or spare goggles are very handy when the weather turns foul, or your goggles are damaged.

Shin guards, pole guards, training shorts and a helmet face bar are considered basic equipment for slalom training at this age.