



U14 Weekly Update December 13th

Last weekend's training block presented a great opportunity to meet the group and start creating good training habits. We made the most of the tricky conditions and terrain availability. The technical focus was on athletic-ready position to allow for lower joint mobility, ankle flexion and hip positioning. We worked on turn shape, rhythm changes in freeskiing (while trying to stay predictable for our own safety!), and team dynamics. Our off-snow activities included a pickleball session at the Racket Club, a studio session at the Club Cabin, and a Tech-Talk.

The plan remains very similar as we move into this upcoming training block. Please ensure athletes bring the equipment listed below unless coaches communicate a change of plans. [We will be hosting a Ski Tuning "How-To" Presentation for athletes and parents this Saturday at the Club Cabin \(4-5pm\).](#)

Look for the *Action Items* below!

Meeting Times and Locations

Notes

1. **Upload:** Athletes may upload the Whistler Gondola or Creekside/Red Chair. Please be in the line-up by 8:15am latest for an 8:30am upload.
2. **Download:** Athletes will be skiing down and downloading with coaches or buddies this weekend to develop good "ski-out habits". Please set an end-of-day meeting location with your child prior to training.

Thursday, December 14th (Extended)

Discipline: SL Technical Freeskiing

Equipment: SL Skis and Poles, Backpack, Ski Journal in Ziplock

Meeting Location: 9am at the Whistler Lightboard (top of Whistler near Roundhouse)

Finish: 2:30pm

Friday, December 15th (Core +)

Discipline: SL Technical Freeskiing

Equipment: SL Skis and Poles, Backpack, Ski Journal in Ziplock

Meeting Location: 9am at the Whistler Lightboard (top of Whistler near Roundhouse)

Finish: 2pm

Dryland: 3-4pm at the Whistler Racket Club (*indoor shoes mandatory*)

Saturday, December 16th (All Programs)

Discipline: SL Technical Freeskiing

Equipment: SL Skis and Poles, Backpack, Ski Journal in Ziplock

Meeting Location: 9am at the Whistler Lightboard (top of Whistler near Roundhouse)

Finish: 2:30pm

Ski Tuning "How-To" Presentation: 4-5pm at the WMSC Lounge (*for athletes and parents*)

Sunday, December 17th (All Programs)

Discipline: SL Technical Freeskiing

Equipment: SL Skis and Poles, Backpack, Ski Journal in Ziplock

Meeting Location: 9am at the Whistler Lightboard (top of Whistler near Roundhouse)

Finish: 2:30pm

Goal Setting: Coaches will facilitate a goal-setting session during the day. Athletes will use their phones to complete the Goal Setting Form with the guidance of coaches. Those without phones/data will have access to paper copies.

Reminders

Weekly Communication

- **Weekly Update** – Sent to Parents (Team Pages) and Athletes (WhatsApp) each Wednesday.
- **Reminders and Last-Minute Updates** – Sent to Parents (Coach Updates WhatsApp).

The Weekly Updates are always saved under [U14 Program > Documents](#) or your reference.

Late Arrivals

If your child is running late (forgot ski pass, traffic, etc.), **you must let me know** (WhatsApp direct message). In this case, I will ask your child's Connection Coach to go for a lap and circle back at the designated meeting location to pick-up your child. I hope such situation is the exception, and not the norm.

If I do not receive a message, the groups start their training with the assumption the athlete will not be in attendance. Once the groups are skiing, Connection Coaches may not be able to connect with athletes who showed up late until lunch time as the logistics can be a significant distraction to the group.

Extra Training Days

All athletes attending an extra training day **MUST** be registered in advance. Register before the Sunday of each week: [U14 Program > Extra Training Days](#).

Phone Expectations ***please have this discussion with your athlete at home***

As discussed in the pre-season Parent Info Session, the expectations are that athletes avoid phone-use during training, on the chairlift, and during lunch/break. The reasoning includes ensuring focus during training, maximizing social interactions and inclusivity with friends/teammates, and making sure phones don't get damaged in gate environments.

To facilitate this, **all athletes will be required to keep their phones in their ski bag** (at Chic Pea or at Garbo) **for the duration of the training day**. This includes any dryland or off-snow activities. Exceptions to this will include powder days, during which kids will be permitted to keep phones in their jacket pocket for safety reasons.

The expectation is that *all athletes bring a packed lunch on-hill*. Our training schedule won't often allow for 1) enough time to purchase lunch and 2) a lunch location that sells food. We recommend food options that are nutritious and sustain your athletes through a full day of training. We will not allow fried foods, candy/sugar, caffeine, or energy drinks.

Races, Events and Links

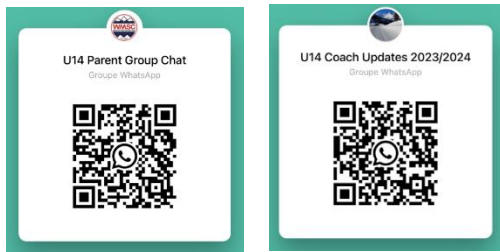
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Communication

As we kick-off our on-hill training, please be mindful that I may not be able to reply to you promptly during the hours we are on-snow. My regular days off are Mondays and Tuesdays. My work week is Wednesday (office hours) to Sunday.

How to reach me?

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



Resources

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.

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 16th | 4-5pm | U14 Tuning Presentation (parents & athletes) at the WMSC Lounge
- Dec 21st-23rd Training Block | U14 Skills Assessment (on-snow)
- Dec 28th-31st | Holiday Camp 1
- Dec 28th | Club Race
- Jan 3rd-7th | Holiday Camp 2
- Jan 5th | U14 Competition Rules Trivia
- Jan 20th-21st | Mt Washington Zone Race

Thank you!

Chloé Sigouin
WMSC U14 – Lead Coach
chloe@wmsc.info
(343) 204-2243