



U14 Weekly Update February 28th

Mother Nature ended our last training block in the blink of an eye – the storm came in with high winds that shut down multiple chairlifts. No athletes got blown away, thankfully. We only had 1 backpack flying down Jersey Wall – never a dull moment!

Last week, we had 15 athletes travel to Apex with coaches Charlotte, Zack, and Soleil for the BC Winter Games. I have heard amazing feedback and stories, and I look forward to hearing more this weekend! Congratulations to all for your perseverance, your results, and your representation of WMSC in the Okanagan Zone.

Our Whistler crew was training on Whistler and Blackcomb, with a few athletes forerunning the U16 races each day. We trained with great intensity, in full length GS and SL courses in preparation for this weekend's race.

Important Message – Equipment

Last weekend, coaches noticed some athletes' skis were very dull. This not only makes for difficult training conditions for the athletes themselves, but it also prevents them from making valuable changes to their skiing and it means coaches' feedback cannot be applied.

I would like to remind everyone that **SHARP SKIS are a basic expectation of the U14 program**. Athletes should be taking care of their equipment DAILY.

- Shops are great for resetting edges but will not always produce a sharp enough ski for training. You will have to finish sharpening them by hand. Coaches recommend visiting CSM in Function.
- If your athlete is learning how to tune their own skis and you are well-versed in ski tuning, double check their work.
- If your athlete is learning how to tune their own skis and you are not well-versed in ski tuning, reach out to coaches for additional support.
- We have offered both athletes and parents tuning sessions, some with relatively low attendance. Please attend these clinics so we can help you!
- Make sure you have the correct gear. [Sidecut](#) offers educational videos, watch those if you are unsure. They offer a discount to club families (CHGOLD) and offer free Whistler pick-up.
- Read through Scott's [Sharpening Clinic document](#) for more details.

Look for the *Action Items* below!

Meeting Times and Locations

Please note there is no separate training alongside the race this weekend.

Thursday, February 29th

Discipline: GS TFS and Powder Skiing

Due to current snow conditions, we will not be training gates. We will push for a few GS freeskiing laps assuming conditions permit, then switch to powder laps. Mother Nature is unpredictable, we're finally

getting snow and, although it's right before the race, all athletes can really use some valuable technical freeskiing.

Equipment: GS Skis and Poles, Powder Skis, Back Protector

Upload: 8:15am with public (Fitzsimmons or Creekside Gondola)

Meeting Location: *Coaches will be fixing B-Nets on Ptarmigan. Drop bags and pow skis at Chic Pea, put GS skis on, and ski down to the training centre to find Chloé and Zack.*

Finish: 2:30pm

Friday, March 1st

Discipline: SL

Equipment: SL Skis and Poles, Protective Equipment, Back Protector, Speed Suit, Training Bib

Upload: 8:15am with public (Fitzsimmons or Creekside Gondola)

Meeting Location: 9am at Garbo Hut (top of Garbanzo Chair) - *go for a warm-up lap if early*

Finish: 2:30pm

Tuning Session: 5:30-7:30pm at the WMSC Lounge

Coaches Scott and Zack will be around to help athletes who specifically need extra support to sharpen their skis for the race. Bring your skis and tuning gear/vices.

Saturday, March 2nd (Zone Race GS)

Discipline: GS Race

Equipment: GS Skis and Poles, Back Protector, Arm Guards (optional), Speed Suit

Upload: 8am with public (Fitzsimmons or Creekside Gondola)

Meeting Location: 8:30am at Garbo Hut (top of Garbanzo Chair)

Finish: At race completion (Awards presented approx. 1hr after race completion at Garbo Hut daily)

Sunday, March 3rd (Zone Race SL)

Discipline: SL Race

Equipment: SL Skis and Poles, Protective Equipment, Back Protector, Speed Suit

Upload: 8am with public (Fitzsimmons or Creekside Gondola)

Meeting Location: 8:30am at Garbo Hut (top of Garbanzo Chair)

Finish: At race completion (Awards presented approx. 1hr after race completion at Garbo Hut daily)

Races, Events and Links

Red Mountain Provincials **action**

The snow conditions are looking much better at Red Mountain, and they are confident the event will run as scheduled. In the event the Provincials are cancelled, Red Mountain Lodging will waive their 30-day cancellation window as event partners of the race.

Please fill out this [Lift Ticket Form](#) before Tuesday, March 5th end of day!

U14 Spaghetti Dinner | Saturday, March 23rd at 5:30pm *action*

Mark your calendars! Our amazing social representative Alyssa is helping us plan a Spaghetti Dinner for our team of U14 athletes. Our last team brunch was a blast, but this time coaches will recruit a little help to prepare the meal 😊

When: Saturday, March 23 at 5:30pm

Where: WMSC Lounge

Cost: \$15 per athlete (cash at the door)

[RSVP HERE](#) before Tuesday, March 12th end of day

Whistler Cup Registration *action*

This popular event is back this year with a few variations – very exciting! ALL WMSC athletes may participate in Whistler Cup. Please register using the link below.

- Thursday, April 11 | Regular WMSC Extended Training, Welcome Dinner at the Hilton
- Friday, April 12 | Race, Breakfast/Lunch, Team Dinner at the Conference Centre
- Saturday, April 13 | Race, Breakfast/Lunch, Banquet at the Conference Centre
- Sunday, April 14 | Race, Breakfast/Lunch

Please register using the link below via the WMSC Racer Account App. The registration fee includes: 3x race entries, 3x breakfasts, 3x lunches, 3x dinners, and Helly Hansen swag.

[Register Here](#)

Deadline March 15

Spring Break

The regular programs (Extended Thursday, Core Plus Friday) will be offered during Spring Break. If your athlete would like to register for Extra Days, please do so in advance to help us plan accordingly: [U14 Program > Extra Training Days](#).

New App

The Club has now launched a new app – the WMSC Racer Account App. It is available for download on the Apple Store and Google Play. Experience a new level of convenience as you stay connected with your racer's schedule and receive important updates from the Club. Key features include: Event Schedule, Club-Wide Notifications, Easy Registration Process.

**NOTE: Only 1 account per household to avoid double registrations.*

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.

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](#).

WhatsApp Groups

- U14 Parent Group Chat – join [HERE](#).
- U14 Coach Updates – join [HERE](#).

Athletes' Videos

Click Here to view videos: [U14 Videos](#)

Important Dates

- March 2nd-3rd | U14 Cypress Zone Race
- March 7th-10th | U14/U16 Big White SX
- March 23rd | U14 Spaghetti Dinner at the WMSC Club Cabin

Thank you!

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