



U14 Weekly Update March 13th

Thank you for your patience last weekend with the lift delays and total craziness at the base. Sadly, we cancelled Saturday's training, but we filled our little souls with powder skiing on Sunday. For safety reasons, we stayed away from trees and gladdened runs; rather, we tackled steeps, bumps, and drops.

In the meantime, we had athletes away in Big White for their Ski Cross event. The coaches observed amazing progressions throughout the week, and it seems it was a blast!

We are back on the training center for this upcoming training block. We will see a significant warming – don't forget the sunscreen & water.

Look for the *Action Items* below!

Meeting Times and Locations

Thursday, March 14th

Discipline: GS Technical Free Skiing

Equipment: GS Skis and Poles, Back Protector

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

Meeting Location: 8:45am at Garbo Hut (top of Garbanzo Chair)

Finish: 2:30pm

Friday, March 15th

Discipline: SL TFS and Drill Courses

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

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

Meeting Location: 8:45am at Garbo Hut (top of Garbanzo Chair)

Finish: 2pm

Tuning: 3pm Tuning Workshop at the WMSC Lounge (bring SL skis & tuning equipment)

This session will last about 1.5hrs depending on number of athletes attending.

Saturday, March 16th

Discipline: SL TFS and Drill Courses

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

Upload: 7:45am for early load at the *Fitzsimmons Chair*

Meeting Location: 8:15am at Garbo Hut

Finish: 2pm

Dryland: 3-4pm Outdoor Dryland at the Myrtle Philip Upper Field (bring water!)

Sunday, March 17th

Discipline: GS TFS and Drill Courses

Equipment: GS Skis and Poles, Back Protector

Upload: 7:45am for early load at the *Fitzsimmons Chair*

Meeting Location: 8:15am at Garbo Hut

Finish: 2pm

Races, Events and Links

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

We are still waiting for some RSVPs for this event! If your athlete would like to join the team for a Spaghetti Dinner, please fill out the form below to help us plan.

When: Saturday, March 23 at 5:30pm

Where: WMSC Lounge

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

[RSVP HERE](#)

DEADLINE THIS FRIDAY! Whistler Cup Registration *action*

ALL WMSC athletes may participate in Whistler Cup.

- 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

Red Mountain Provincials *action*

Yesterday, I sent out an info pack for our upcoming Red Mountain trip (March 28-31). It is attached at the end of this update.

Athletes should fill out [THIS FORM](#) prior to the event. The answers will be used by announcers while the races are underway!

Spring Break

We have reached capacity for the Extra Days on Thursday, March 21 and Friday, March 22. If we have many more athletes interested who haven't registered yet, please send me an email so I can start a waitlist and/or work on securing an extra coach.

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 15th | 3pm Athlete Tuning Workshop at the WMSC Lounge
- March 23rd | U14 Spaghetti Dinner at the WMSC Club Cabin
- March 28th-31st | U14 Red Mountain Provincials
- April 11th-14th | Whistler Cup

Thank you!

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