



## FIS Update December 22<sup>nd</sup>, 2023

**Hello FIS Team,**

Welcome to 2024, it's a bit surreal to write that date as I feel it was not long ago, we were all worried about the turn of the new millennium and now 24 years later we find ourselves. Non the less it's racing season for the FIS group, so we are doing what we do this time of year and that is training to get ready for our upcoming races. Most of our team has had their first races of the season and this is a great time to refocus on our skiing to build into the bulk of our racing calendar.

### **A Look at last Week**

As we all know we did not get the snow we were hoping for over the holiday season, so we pulled an audible and created an extra training project. We currently have 20 athletes here in Sun Peaks on a weeklong training block. We left Whistler in search of snow, and we found it! We got hit with small amounts of snow multiple days in a row giving everyone a little extra workout for 3 days in a row. Thanks to a big team effort from all the athletes and coaching staff for working hard to get the snow moved to make for a great track! We started off the camp with a 65 gate SL course on a very rollie slope with a nice long flats at the bottom. Followed by 3 days of a minuet long GS course at around 40+ gates. The hill is quite firm once you get the snow removed so we have had some great training everyday this week and we are looking for two more good days. We are expecting a bit more snow tonight and will be switching back to SL to finish off the camp. These will be full length 65+ gate SL courses on the hill we race in April. It's not only a great opportunity for us to train on an upcoming race hill but has also made for a great training block over the holidays. With the snow falling most days we have had mainly flat light and low light conditions during training. This does not always give the nicest feedback to the athletes and is highly beneficial for their skiing as we race in these conditions often, so it is important to get comfortable skiing in flat light. We had a fun team dryland yesterday. The athletes took part in a "skate and puck" free skate where everyone had a big smile on their face as they skated around the hocky rink stick in hand and sometimes chasing a hockey puck! It was great to see everyone out having fun together engaging in a different sport and laughing.

Seeing that not everyone was able to attend the Sun Peaks project we have the remainder of our team training in Whistler lead by Laurence. We got lucky and they have in fact been able to train some gates getting a few days of SL training in and are resting this evening in preparation for a big Powder Day tomorrow. Yes, you read that correctly Whistler's finally about to get some of that snow we all know and love!

### **Looking Ahead**

For the group in Sun Peaks, we will train on our final day out here which is Sunday January the 7<sup>th</sup> and drive home after training. We will train from 8-12 and load the truck and trailer after skiing aiming for a 1pm departure from Sun Peaks. Weather permitting our plan is to drive up and over the Duffy to arrive at the WMSC around 6pm. We

will do our best to get out of here early trying to get home as soon as possible and will keep the group updated on our FIS WhatsApp group chat. The athletes that are in Whistler will hopefully get a glorious and long overdue powder day tomorrow with a solid day in gates on Sunday to round out the holiday block. Looking towards next week we will resume training in Whistler on Thursday Jan 11<sup>th</sup> for our first full 4-day block all together in Whistler.

### **Sun Peaks Return**

Sunday Jan 7<sup>th</sup>- 8-1130 SL training

11:30-1 pack ski's and load the truck and trailer

1pm depart from Sun Peaks

6pm arrive in WMSC

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

Sincerely,

**Brad Eades**

WMSC Lead FIS Coach

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*"As athletes, we have ups and downs. Unfortunately, you can't pick the days they come on."*

*Deena Kasto*



