



FIS Update December 22nd, 2023

Hello FIS Team,

We asked for winter, and we received winter conditions this past week! Thanks to the athletes for layering up and managing the cold temperatures. It's not always the easiest thing to and it's a great skill for racing in this climate. Plus, it makes -15 feel like a walk in the park!

Looking Forward to Kimberly & Panorama Races

For the athletes that are attending both the Kimberly Speed Project, and the Panorama races we will have training running Thursday- Saturday. We will have training as optional as we will be leaving for a 17-day trip for Kimberly and Panorama so the idea behind having training available on all days is so that athletes can attend training on the day or days that best work with their schedule while making time to attend school to ensure they are ready to leave for such a long stretch. If athletes train on the Thursday or Friday, we recommend taking Saturday off as this will be a long stretch of days on snow. For athletes that go to school on Thursday and Friday, Saturday will be an optional light day if they are up in Whistler, however rest is again advised in preparation for our back-to-back race series while on the road. I call this A La Carte training as we will offer training on all days in hopes athletes can pick a day that best suits their schedules.

For Loading the trailer, we will have our main loading time on Friday 19th from 4-6pm at the clubhouse. We understand that not everyone will be coming up during the week, so we are open to receiving athlete's gear from Thursday-Saturday morning. The truck and trailer will be leaving on Saturday at noon so if you're planning to drop off gear on Saturday, please let us know ahead of time. Due to baggage issue's with flights these days, please plan to pack all your gear and luggage with the truck and trailer so the athletes can fly with just a personal item or 2. This will help ensure we get everything to Kimberly on time. The truck and trailer will leave on Saturday and drive over the Duffy Pass to meet the athletes in Kimberly on Sunday 21st. The athletes and Ryan will be flying from Vancouver (YVR) to Cranbrook. We have a shuttle set up to transport the athletes from Cranbrook to Kimberly where we will be staying in The Trickle Creek Lodge. We have 2-bedroom units rented so the athletes will be cooking for themselves in their rooms. For this leg we have 2 groups flying an hour apart and will rendezvous in Cranbrook for the shuttle bus. Once we have completed our speed project will have a shuttle bus to move over to Panorama on the Jan 31 after the last Super G. Once in Panorama, we will rejoin the rest of the team as those that are not attending Kimberly will fly to Cranbrook on Jan 31st to shuttle up to Panorama in preparation for the tech races. For flights, please see below.

Group 1:

Lola, Vanessa, George, Vivi, Heidi, Yuki, Hannah, Brooke, Lea, JJ, Marlo, Liv, Ryan

Itinerary

Departure

Vancouver (YVR) to Cranbrook (YXC)

Sun, Jan 21, 09:30 AM - Sun, Jan 21, 11:50 AM

Airline confirmation: (Air Canada 8300)

Economy

Flight time - 1h 20m

Total trip time: **1h 20m**

Return

Cranbrook (YXC) to Vancouver (YVR)

Mon, Feb 5, 12:30 PM - Mon, Feb 5, 01:01 PM

Airline confirmation: (Air Canada 8297)

Economy

Flight time - 1h 31m

Total trip time: **1h 31m**

Group 2

Marlowe, Thea, Thea, Nick

Itinerary

Departure

Vancouver (YVR Terminal M) to Cranbrook (YXC)

Sun, Jan 21, 10:55 AM - Sun, Jan 21, 01:30 PM

Airline confirmation: (WestJet 3054)

Economy

Flight time - 1h 35m

Total trip time: **1h 35m**

Return

Cranbrook (YXC) to Vancouver (YVR)

Mon, Feb 5, 12:30 PM - Mon, Feb 5, 01:01 PM

Airline confirmation: (Air Canada 8297)

Economy

Flight time - 1h 31m

Total trip time: **1h 31m**

Kimberly and Panorama Schedule

Jan 19th 4-6pm Load truck and trailer with skis and equipment

Jan 20th Truck and trailer leave for Kimberly

Jan 21st Fly to Cranbrook and shuttle to Kimberly

Jan 22-24th 3-day Speed Camp

Jan 25th DH training run #1

Jan 26th DH training run #2

Jan 27th DH race #1 and night SL race

Jan 28th Optional weather day

Jan 29th DH race #2

Jan 30th SG race #1

Jan 31st SG race #2 and travel to Panorama after the race

Feb 1st FIS GS race #1

Feb 2nd FIS GS race #2

Feb 3rd FIS GS race #3

Feb 4th FIS GS race #4 and travel to Cranbrook after the race

Feb 5th Fly home to Vancouver

What to Pack

- All skis DH, SG GS, SL
- Back protector and mouth guard
- FIS Plumbed suit
- Googles with different lenses
- Dryland workout wear
- SL Helmet with chin bar
- FIS approved helmet
- Tuning Kit
- Please ensure your online waiver is filled out

Online Event Waiver Link:

- Event: https://passes.skircr.com/waivers-special/signup.aspx?_ga=2.55884651.1776362400.1611943365-295195465.1610465569

I will send out the rooming list tomorrow on the WhatsApp group chat. I will also send out a more detailed plan for the group that will not be doing the Kimberly speed week and just the Panorama tech races on Wednesday. This is going to be a very fun project and we are all looking forward to!

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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"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do." – Derek Jeter