



## **FIS Update February 7th, 2024**

With the Panorama Tech series wrapped up we are all back home and ready to start a new training block. For all athlete's who attended the Kimberley Speed project we feel that 4 days rest and focus on your academics is best. No training on Thursday and Friday for all athlete's who completed the 14 day marathon! We will of course have training Thursday-Sunday for everyone else.

We are also looking for volunteers for the Parson's FIS races. We need everything from gate judges to slippers. If you would like to be on hill for these races this is a great way to get involved and support our local races at home. If your interested please get in contact with Christine our parent representative.

## **A Recap From Last Week**

With the final 2 days of racing in Panorama we saw some strong results across the board. We had 4 athlete's jump into the top 20 on both days and some very impressive 1<sup>st</sup> and 2<sup>nd</sup> run's from most. This is always the challenge is to learn how to trust in your abilities to put 2 good runs together on race day. It appears this group has been building momentum on race day and we plan to continue this momentum!

## **This Week's Training Plan**

As we all know the race center has been lacking in the snow department. We would like to send out a huge thank you to Dale and the snow making crew on Whistler for working so hard to get our racing center back up and running! We have seen the guns running 24 7 since we have arrived back home and from the sounds of it the race center is coming back together! Tomorrow the snow making crew will be focused on the final pitch so we will train GS Thursday and Friday from the Bench to 4 O. We are very lucky to be able to train anything at the moment so a big thank you goes out to the snow making crew and Dale for all their efforts! On Saturday and Sunday, we will be training SL on Gandy (Blackcomb). For the early load the athletes will load at 7:45 on the Blackcomb Gondola in the Upper Village. Gandy is a great slope and offers a different pitch then our race centre so this weekend offer's a nice change for us from the racing centre.

## **Training Schedule**

**Thursday Feb 8<sup>th</sup>**- GS training Bench to 4.O

- 8:05am arrive at Fitz Chair for 8:15am load

- 8:45am inspection/warm up runs above and below course
- 9:15am 1<sup>st</sup> run
- 11am 30min break and reset course
- 11:30am inspection
- 1:30pm last run followed by possible free ski laps
- 2:30pm dryland balance, core agility in studio

**Friday Feb 9<sup>th</sup>- GS training Johnny's start to finish**

- 8:05am arrive at Fitz Chair for 8:15am load
- 8:45am inspection/warm up runs above and below course
- 9:15am 1<sup>st</sup> run
- 11am 30min break and reset course
- 11:30am inspection
- 1:30pm last run followed by possible free ski laps
- 2:30pm dryland in gym for a lift

**Saturday Feb 10<sup>th</sup>- SL training Gandi on Blackcomb**

- 7:35am arrive at Blackcomb Gondola for 7:45am load
- 8:15am inspection/warm up runs above and below course
- 8:35am 1<sup>st</sup> run
- 11am 30min break and reset course
- 11:30am inspection
- 1:30pm last run followed by possible free ski laps
- 2:30pm dryland in gym for a circuit workout for athletes

**Sunday Feb 11<sup>th</sup>- SL training Gandi on Blackcomb**

- 7:35am arrive at Blackcomb Gondola for 7:45am load
- 8:15am inspection/warm up runs above and below course
- 8:35am 1<sup>st</sup> run
- 11am 30min break and reset course
- 11:30am inspection
- 1:30pm last run followed by possible free ski laps
- 2:30pm dryland at the clubhouse TBD

**Upcoming Club Race**

On February 18<sup>th</sup> the WMSC will be hosting a club race. It will be a Dual SL race with all programs involved. We will break all ages up and create teams for everyone to race together on a red team or a blue team. Our FIS athletes will be leaders for these groups and race against our team mates while leading and cheering on members of their teams. This is designed as a fun club event and a fun opportunity for our FIS athletes to lead and mentor younger athletes. Please find the link to the registration below, the registration closes on February 12<sup>th</sup> at 5 pm.

<https://campscui.active.com/orgs/WhistlerMountainSkiClub?season=3279146&session=62111334>

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

Sincerely,

**Brad Eades**

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*"It's not the will to win that matters — everyone has that. It's the will to prepare to win that matters." — Paul "Bear" Bryant*



