



## U12 Weekly Update

Hi U12 team,

We are back in Whistler, ready for another weekend of full training.

I want to extend my sincere gratitude to all the athletes who participated in the Nancy Greene Festival for their tremendous commitment, enthusiasm, and performance! Our goal was to have fun, and we achieved it! It was wonderful to see the children bonding with friends and enjoying the event together with the coaches.

Also, a big thank you to all the parents for their dedication in bringing and supporting the athletes throughout the event.

### Schedule:

Program	Day	Hour	Meeting Point	Equipment	Drop Off
Core Plus	Friday 29 <sup>th</sup>	9am	Chic Pea	GS	2pm
Core and Core Plus	Saturday 30 <sup>th</sup>	9am	Chic Pea	GS	2pm
Core and Core Plus	Sunday 31 <sup>st</sup>	9am	Chic Pea	SL + protections	2pm

### Notes:

It is not necessary to wear a speed suit for the training days, but if athletes prefer to use it for added comfort, it is no problem at all.

## Forerunners for U14 Whistler Cup

From April 10th to April 14th, we will be hosting the Whistler Cup for U14 and U16 athletes, as we do every season.

Some of our U12 racers will have the opportunity to be forerunners for the U14 races. We have a limited number of spots available: 3 for women's SL, 3 for women's GS, 3 for men's SL, and 3 for men's GS.

The decision on who will fill these spots will be based solely on the results of the Janyk Cup, Tye Cup, and Nancy Greene Dual Slalom races.

Personally, I would love to give this opportunity to all 37 of our athletes, but this is a matter of regulation, and there are only 6 forerunners allowed for each race.

Next week, I will provide the list of names of the athletes who will occupy the spots, along with the necessary information regarding the race, meeting points, etc.

## Ski Up Day!

Many may wonder what this is about? Well, one day during the season, all athletes who are moving up a category next year will have the opportunity to train with that category they are moving up to. On April 6th, our 2nd year U12 athletes will be skiing and training with the U14 athletes. The 1st year U12 athletes will be welcoming several U10 athletes who will be moving up and sharing the training day with us.

For everyone, it will be a normal training day, with the difference that we will be with different groups of athletes.

In next week's weekly update, you will receive detailed information regarding training schedules for each category.

That's all for now, we'll keep in touch as always!

Best regards to everyone!

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