



## U14 Sun Peaks Pre-Season Camp Nov 17-26, 2023

Hi everyone,

It's that time of year – we'll be on-snow in no time! The coaching crew is excited to meet the group and I'm stoked that 34 athletes have signed up for the pre-season camp. We will have a total of 5 coaches with the group for this camp.

Please read the information below thoroughly as it details our travel plans and overall expectations of the trip. Travelling as a team is a great opportunity to promote independence, initiative, and a sense of responsibility with each athlete. It is the expectation that each athlete brings their best behaviour and represents our teamship values.

**Look for the *\*Action Items\** below!**

**Fill out *\*THIS FORM\** for important details!**

### Camp Schedule

#### Typical Training Day

*Exact schedule will vary from day to day.*

- 6am – 9am: Breakfast
- 7am – 11am | 11am – 3pm: Gate training block (technical freeskiing before/after)
- 11am – 1:30pm: Lunch on-mountain
- 3pm – 5pm: A variety of après ski depending on the day (tuning, dryland, team building, brain fitness, goal setting, schoolwork, down time, video review, etc.)
- 5pm – 6:30pm: Dinner
- 8pm: Phones are collected/dropped-off with the coaches overnight.
- 9pm: Lights Out!

#### Camp Schedule

- November 17th: Travel Day
- November 18<sup>th</sup>-21<sup>st</sup>: GS Training and TFS
- November 22<sup>nd</sup>: Off-Snow
- November 23<sup>rd</sup>-25<sup>th</sup>: SL Training and TFS
- November 26<sup>th</sup>: Travel Day

#### Day-Off Plan

We will be taking a full day off-snow on November 22<sup>nd</sup>. The day will be structured but also allow for some free time to focus on schoolwork or explore the village. Group activities will include tuning, dryland, team building, goal setting, schoolwork, video review.

We have two main activities scheduled:

- Ice Skating at the local rink – **please pack skates or bring \$10 for skate rentals.**
- Brain Fitness with Jennifer at [Pro Mentality](#) (2x group sessions) – a receipt will be sent to each family if you wish to claim to your extended health benefits.

### **Packing List**

#### Ski Equipment

- SL & GS skis
  - **Please arrive with both pairs tuned for the first day.**
  - **Please pack appropriately in ski bag or with multiple ski straps.**
- All-mountain skis optional (please be mindful of space and check the forecast)
- SL poles with pole guards & GS poles
- Ski boots (*if you have a new pair of boots, ensure they have been fitted and be prepared to visit [McSporties](#) with a coach for emergency boot fitting required during the trip*)
- Protective gear (helmet/goggles, shin pads, chin guard, back protector)
- Backpack for on-hill
- Portable boot dryer (if you have one)

#### Ski Clothing

- Ski jacket and pants
- Rain jacket or poncho
- Downhill suit and training shorts (optional)
- Thermal layers and other inner layers such as puffy jacket
- Gloves/Mitts x2
- Ski socks x4
- Heated socks/Boot heaters (optional)

#### Clothing and Toiletries

- Appropriate clothing/shoes for after skiing, dinners, and day-off (we are representatives of WMSC)
- Activewear and shoes for dryland sessions
- Toiletries
- Winter boots

#### Tuning Kit

*Coaches will teach athletes how to tune and offer support where needed. Please pack the following:*

- Ski vices (for holding the skis in place while tuning)
- Tuning bench (if you have one)
- File guide, base guide, sidewall remover
- File, diamond stones
- Waxing iron, ski wax, scraper, and brushes
- Rag and elastics/ski straps

### Other

- Schoolwork and laptop if needed
- Headphones/earbuds
- Water bottle
- Extra snacks (optional)
- Pen/Paper or Notebook (for goal setting or ski journal)
- Skates

### **Meals**

- We are on the Cahilty Creek Kitchen & Taproom meal plan for breakfast, lunch, and dinner.
- I recommend packing some extra healthy snacks for during or after skiing.
- **Athletes should pack a lunch for the trip to Sun Peaks on November 17<sup>th</sup>.**

### **Transportation**

#### November 17<sup>th</sup> Schedule

- 9:00am – Depart from Whistler Mountain Ski Club (please aim to arrive around 8:45am)
- 9:45am – Pick-up at the Squamish Adventure Centre (38851 Loggers Lane)
- 10:45am - Pick-up at the Superstore Parking Lot (333 Seymour Blvd, North Van)

#### November 26<sup>th</sup> Schedule

*These times are estimates and will be confirmed on the day as we are travelling.*

- 9:00am – Depart from Sun Peaks
- 2:00pm – Drop-off at the Superstore Parking Lot
- 3:00pm – Drop-off at the Squamish Adventure Centre
- 3:45pm – Arrive at Whistler Mountain Ski Club

### **Accommodation**

- We are staying on-mountain at the Cahilty Hotel.
- Athletes will be between 3-4 athletes/room depending on the configuration. Athletes will be divided by male and female and will be sharing beds.

### **Coach-Athlete Communication**

- We will invite all athletes on a U14 Athlete WhatsApp group to stay up to date with the schedule while on trip (team meetings, mealtimes, training schedules, etc.). Coaches will be monitoring the chat.
- **If they have a phone/smart phone, please ensure they have a WhatsApp account.**
- If they do not have a phone/smart phone, they will buddy-up with a friend or roommate to stay up to date with the plan.

### **School Work and Down Time**

- Athletes should bring their schoolwork with any materials needed. They will have time scheduled for homework each day.
- Athletes should bring something to do during our scheduled schoolwork time (quiet time) in the event they do not have any schoolwork (books, etc.).
- We will ask athletes without homework to please be respectful of other athletes who will need quiet time to focus on schoolwork.
- Athletes will have some down-time each day, where they are welcome to explore the village. They must be in a buddy-system if they go to the village.

### **Cell Phone Policy**

Expectations for use of cell phones are as follows:

- The on-hill phone policy will be the same as when training in Whistler: phones to remain in jacket pocket, no phones on chairlift/during lunch or breaks.
- The off-hill phone policy will allow for time to contact parents daily. Coaches will collect phones after dinner (around 8pm) and athletes may collect them in the morning at breakfast.
- Athletes will have about an hour of screen-free down-time before lights out (9pm).
- Athletes will be expected to charge their phones after skiing during dryland/schoolwork as this may not be available overnight.
- Athletes will set-up wake-up calls with the front desk.

### **Contact & Communication**

For any urgent communication, please reach out to me by phone/WhatsApp at (343) 204-2243. I will also be on emails/Team Pages as per usual – [chloe@wmsc.info](mailto:chloe@wmsc.info).

I will be sending regular updates via Team Pages to keep you all in the loop throughout the camp: our travels, our training, and what the team is up to!