



U14 Weekly Update December 27th and Craigleith Q&A

I hope everyone has enjoyed quality family time over the Holidays so far! We will be on-snow for the next 4 days with the whole U14 program.

Thank you to those who filled out the survey sent out before Christmas with regards to a [potential U14 Special Project – an Athlete Exchange program with some of our athletes and Craigleith athletes.](#)

- If you haven't seen that email, you can find it here: [Expression of Interest.](#)
- If you haven't filled out the survey, you can find it here: [Survey.](#)
- I have compiled question and added a **Questions & Answers** section at the end of this update.

Over the upcoming training block, we will aim to fit in a few GS freeskiing runs each morning. Athletes will be expected to bring up 2 pairs of skis each day. Secure storage is available for those who wish to **leave their GS skis on-mountain for the duration of this training block** (locked Garbo Hut equipment room). We will also have a few "Group Remix" days to keep it fun and engaging for the athletes, and a special Video Edit group challenge.

I hope to see you all at the parents and coaches Meet and Greet this Friday, December 29th at 4pm (casual BYOB and snacks)!

General Reminders:

- All athletes should have a **whistle** on their jacket zipper.
- All athletes' **videos** can be found on this [Google Drive platform.](#)
- Athletes will be receiving their **Skills Assessment #1** by email or WhatsApp from coaches over the upcoming days. If you are curious, I encourage you to review it with your athlete. For those who missed it, we will cover it this week or next.

Look for the *Action Items* below!

Meeting Times and Locations

Notes

1. **Upload:** Upload will only be permitted via the Fitzsimmons Chair this block (early load).
2. **Download:** Athletes will be skiing down and downloading by themselves or with buddies. Please set an end-of-day meeting location with your child prior to training.

Thursday, December 28th (All Programs)

Discipline: GS and SL Technical Freeskiing (GS only for 3-4 runs in the morning)

Equipment: GS and SL Skis, Poles, Backpack, Ski Journal in Ziplock

Athletes can leave their GS skis in the locked equipment storage of Garbo Hut for this block.

Upload: 7:45am at the Fitzsimmons Chair for early upload (then up Garbanzo chair)

Meeting Location: 8:15am at the Chic Pea

Finish: 2pm

Dryland: 3-4pm Dryland at the Whistler Racket Club for pickleball (*indoor shoes mandatory*)

Friday, December 29th (All Programs)

Discipline: GS and SL Technical Freeskiing (GS only for 3-4 runs in the morning)

Equipment: GS and SL Skis, Poles, Backpack, Ski Journal in Ziplock

Athletes can leave their GS skis in the locked equipment storage of Garbo Hut for this block.

Upload: 7:45am at the Fitzsimmons Chair for early upload (then up Garbanzo chair)

Meeting Location: 8:15am at the Chic Pea

Finish: 2pm

Activity: 3-4pm “Rules of Ski Racing” Trivia at the WMSC Club Cabin (attendance highly encouraged!)

Social: 4-5pm Coaches and Parents Meet and Greet at the WMSC Lounge

Saturday, December 30th (All Programs)

Discipline: GS and SL Technical Freeskiing (GS only for 3-4 runs in the morning)

Equipment: GS and SL Skis, Poles, Backpack, Ski Journal in Ziplock

Athletes can leave their GS skis in the locked equipment storage of Garbo Hut for this block.

Upload: 7:45am at the Fitzsimmons Chair for early upload (then up Garbanzo chair)

Meeting Location: 8:15am at the Chic Pea

Finish: 2pm

Sunday, December 31st (All Programs)

Discipline: GS and SL Technical Freeskiing (GS only for 3-4 runs in the morning)

Equipment: GS and SL Skis, Poles, Backpack, Ski Journal in Ziplock

Upload: 7:45am at the Fitzsimmons Chair for early upload (then up Garbanzo chair)

Meeting Location: 8:15am at the Chic Pea

Finish: 1:30pm

Reminders

Weekly Communication

- **Weekly Update** – Sent to Parents (Team Pages) and Athletes (WhatsApp) each Wednesday.
- **Reminders and Last-Minute Updates** – Sent to Parents (Coach Updates WhatsApp).

The Weekly Updates are always saved under [U14 Program > Documents](#) or your reference.

Extra Training Days

All athletes attending an extra training day **MUST** be registered in advance. Register before the Sunday of each week: [U14 Program > Extra Training Days](#).

Races, Events and Links

Ski Cosmos Special Event ***action***

We have collaborated with Ski Cosmos to offer two special training sessions on Tuesday, January 9th from 5-6pm and from 6-7pm. This session will replace our scheduled Cypress Night Training. **Mark your calendars! The registration link will be sent very soon with 15 spots available.**

If you aren't familiar with [Ski Cosmos](#), they offer ski training (including gate training) in a controlled setting on their ski simulator. It is truly a great experience, and athletes can benefit largely from this especially given the lack of gate training possible at the moment. Coach Soleil will be in attendance to offer assistance and coaching.

U14 Trip Registration ***action***

All U14 races are now OPEN for registration! Please register using the links posted in the [U14 Trip Registration Master List 2023-2024](#) on Team Pages under Documents or under [U14 Program > Races Sign Up](#).

- [Grouse Zone Race](#) | Sunday, Feb 11th and Monday, Feb 12th (programs cancelled Sat, Feb 10th)
- [Cypress Zone Race](#) | March 2nd and 3rd
- [Big White SX Race](#) | March 7th to 10th
- [Red Mountain Provincials](#) | March 28th to 31st

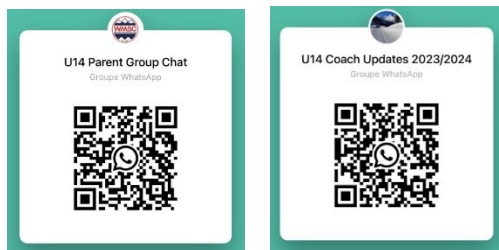
Club Race

Our Club Race is now scheduled for **January 6th** given the conditions.

Communication

How to reach me?

You can reach me via email at chloe@wmisc.info (preference) or WhatsApp direct message at (343) 204-2243 for more time-sensitive communication. Please avoid using iMessages/text messages.



Resources

Athletes' Videos

All videos will be uploaded on a Google Drive platform this season. All videos from Sun Peaks have been posted, and Connection Coaches are currently working on uploading the videos from the recent weeks.

Click Here to view videos: [U14 Videos](#)

Tuning Equipment Discounts

- **Sidecut:** Click [here](#) for video instructions on how to create your personal account OR go to www.sidecut.com and click on [Pro Signup](#) at the bottom of the home page, using the code CHGOLD.
- **Swix:** A Swix order form will be shared shortly. Athletes and parents receive a 30% discount.

U14 Exchange Program - Questions and Answers

Q: What dates are we considering?

A: This will be based on our race schedule. We are currently looking at January 25th-27th for our Whistler athletes going to Craigleith. Craigleith athletes are considering either February 1st-4th (during our Speed Camp) or April 4th-7th (before Whistler Cup) to train in Whistler.

Q: How many days would the trip be?

A: The trip would be 4 days of training, plus travel days. Likely 6 days in total.

Q: Will the athletes be going alone, or be paired with another skier when staying with the family?

A: We are open to options! If both families participating (Whistler host and Craigleith host) can host 2 athletes, then we can facilitate that.

The cost of food and transportation could be split between the 2 families in this case (if Whistler athletes A and B are both participating in the exchange, but only family A is hosting 2 Craigleith athletes).

Q: Will athletes travel together?

A: The group would be on the same flight, with coaches. Travel to/from the Toronto airport is likely to be provided by the host family. Alternate plans include WMSC coaches renting a vehicle. Travel to/from the Vancouver airport is likely to be by coach bus. Alternate plans include Craigleith coaches renting a vehicle.

Q: Would the visiting athletes need to be in Whistler the whole time?

A: Yes, their exchange would consist in 4 training days with our team here in Whistler. If your family lives in Squamish/Pemberton (or Vancouver) and commutes to/from the hill, that works too.

Q: Would they have the opportunity to ski gates?

A: Yes, absolutely! The plan would be to train in gates environments (most likely slalom) each day.

Q: Would the exchange happen at the same time?

A: No, the Whistler exchange and the Craigleith exchange would happen over two separate training blocks.

Q: Could the visiting athlete use my child's room?

A: In theory, with separate beds/bunk beds, that would be fine provided the athlete's family is fine with the kids sharing the room.

Thank you for your interest in this so far!

If you are still particularly interested in this Special Project, please email Zack (zack@wmsc.info) so he can start coordinating the specifics with the Craigleith coaches.

If you have expressed interest in this Special Project but, after learning more about it, you are no longer interested, we understand and thank you for your consideration!

Important Dates

- Dec 28th-31st | Holiday Camp 1
- Dec 29th | U14 Competition Rules Trivia
- Dec 29th | U14 Meet & Greet
- Dec 31st | Club Race
- Jan 3rd-7th | Holiday Camp 2
- Jan 6th | Athlete Tuning Session
- Jan 9th | Ski Cosmos Training Sessions
- Jan 20th-21st | Mt Washington Zone Race

Thank you!

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