



U14 Weekly Update January 17th & Mt Washington Details

We have survived the cold snap! The cold temperatures always take some adjusting – thank you for ensuring athletes were well-prepared for safe, fun, and efficient training. Our last training block focused on slalom, both in tall gate and panelled SL environments. Upper Dave Murray offers us good terrain with steep, rolls, and flat sections. Sunday was our “race simulation” day with full suit, training bibs, timing, and duals. Some athletes were even hiking up the side of the run to fit in those extra laps!

This week, we have a few things going on, including our first race of the season!

- Thursday & Friday – Whistler Training
- Saturday & Sunday – Mt Washington Race & Whistler Training with coach Scott ***action***

For those **attending the Mt Washington race**, I will add meeting times and locations below but please **ensure you check emails/WhatsApp Friday evening for the FINAL UPDATE** once the schedule is confirmed at the Team Captain’s meeting.

For those **not attending the Mt Washington race and staying in Whistler**, training **will** be offered with coach Scott and in partnership with the U12 program. The plan is listed below. **If you haven’t already, please email me to let me know your child will be training with coach Scott this weekend in Whistler.**

Look for the **Action Items below!**

Meeting Times and Locations - **WHISTLER**

Thursday, January 18th (Extended)

Discipline: SL Environments

Equipment: SL Skis and Poles, SL Protective Equipment including chin bar, Backpack, Ski Journal

Upload: 8:15am with public (athletes may upload from Fitz or Creekside Gondola)

Meeting Location: 8:45am at Garbo Hut (top of Garbanzo Chair)

Finish: 2:30pm

Friday, January 19th (Core Plus)

Discipline: SL Environments

Equipment: SL Skis and Poles, SL Protective Equipment including chin bar, Backpack, Ski Journal

Upload: 8:15am with public (athletes may upload from Fitz or Creekside Gondola)

Meeting Location: 8:45am at Garbo Hut (top of Garbanzo Chair)

Finish: 12:30pm

Please pack pocket snacks, we will not break for an official lunch to maximise our training time. If some athletes need to leave earlier to catch a ferry, ask them to let their Connection Coach know in the morning.

Saturday, January 20th (with coach Scott)

Discipline: GS Environments and TFS

Equipment: GS Skis and Poles, Backpack, Ski Journal

Upload: 8:15am with public (athletes may upload from Fitz, Village Gondola, or Creekside Gondola)

Meeting Location: 9am at Chic Pea

Finish: 2pm

Sunday, January 21st (with coach Scott)

Discipline: GS Environments and TFS

Equipment: GS Skis and Poles, Backpack, Ski Journal

Upload: 8:15am with public (athletes may upload from Fitz, Village Gondola, or Creekside Gondola)

Meeting Location: 9am at Chic Pea

Finish: 2pm

Meeting Times and Locations – MT WASHINGTON

This is a draft schedule. Times will be confirmed Friday evening after the Team Captain's meeting. Expect an email around 8pm.

Saturday, January 20th

Race: Two 1-run Slalom Races

Equipment: SL Skis and Poles, SL Protective Equipment

Meeting Time: 8am READY TO SKI

Meeting Location: Lower level of the day lodge (located at the base)

Awards: Scheduled for 3:45pm at the MWSC Club Cabin

Social: Organized by the MWSC at their Club Cabin immediately following awards

Sunday, January 21st

Race: Two 1-run Panel Slalom Races

Equipment: SL Skis, SL Poles, or other poles (no pole guards necessary)

Meeting Time: 8am READY TO SKI

Meeting Location: Lower level of the day lodge (located at the base)

Sunday Tear Down & Awards: *important*

Race tear down is part of the event. The expectation is that ALL athletes take part in tear down. Coaches stationed at the top of the course will ensure this is a team effort and that every WMSC athlete is lapping around. The same goes with attending the awards ceremony to show our sportsmanship and support!

For this race, everyone is scheduled to catch the 5:55pm ferry including coaches and the other teams. The race organizing committee works with that schedule, so skipping tear down will not be tolerated.

Morning Routine:

- Coaches will distribute athlete bibs and lift tickets in the day lodge.
- Athletes will then head outside for a dynamic warm-up.
- Coaches and athletes will upload as soon as the mountain opens for warm-up runs and course inspection.
- Race schedule will be posted in the Parent and Athlete WhatsApp groups each morning.

Extra Equipment:

- Spare goggles and spare lenses in case they get foggy
- Spare gloves/mitts
- Pocket snacks and water bottle easily accessible
- Poncho and/or spare jacket to leave at the bottom of the course
- Tuning kit

Reminders:

- Athletes skiing Friday in Mt Washington must connect with Robert Yu to coordinate lift ticket pick-up. Parents skiing on Sat/Sun must also connect with Robert for their lift ticket.
- Athletes should bring their ski journal and complete an entry after each race day.
- Only carry 1 lift ticket in your jacket pocket otherwise the scanner will scan your other tickets.

Races, Events and Links

Speed Camp Update

The U14 Speed Camp will now consist of a GS Camp and Race. All Zone teams have not been able to train GS with the difficult start to the season, so it will be safer and more beneficial to run a GS Camp and Race. Our goal is to still include Speed Elements in the form of stations (for example: speed trap, rollers, jump). *We are also hosting a Social at the Club Cabin on Saturday, Feb 3 at 4pm!*

New Schedule:

- Thursday, Feb 1 to Saturday, Feb 3 - GS Training and Stations
- Sunday, Feb 4 – GS Race (registration link coming soon, \$55.00 for race entry)

Grouse Zone Race *action*

Fill out [this Form](#) to let me know whether I need to order lift tickets for your athlete.

Friday Night Lights – Cancelled

Due to low interest, the Friday Night Lights program is cancelled. We will be replacing this with dryland at the club cabin most Fridays after skiing.

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](#).

- [Cypress Zone Race](#) | March 2nd and 3rd
- [Big White SX Race](#) | March 7th to 10th
- [Red Mountain Provincials](#) | March 28th to 31st

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](#).

WhatsApp Groups

- U14 Parent Group Chat – join [HERE](#).
- U14 Coach Updates – join [HERE](#).

Athletes' Videos

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

Important Dates

- Jan 20th-21st | Mt Washington Zone Race
- Feb 1st-4th | U14 GS Camp on the DMNTC
- Feb 3rd | U14 Social at the Club Cabin 4pm
- Feb 11th-12th | Grouse Zone Race

Thank you!

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