



U14 Weekly Update March 20th

Last week's training block incorporated many elements. The group had a full day of GS freeskiing on Thursday, we jumped into SL environments Friday and Saturday morning (both days included sunny laps to end the day) and had a spontaneous retro dress-up day & on-hill BBQ to wrap up the weekend.

We mostly had drill courses that focused on rhythm and terrain change, playing with distances, offset, combinations, and rollers. This week, we are gearing up for Red Mountain Provincials so we will be raising the intensity of our training. Athletes can expect to be back in full-length courses, with timed elements.

Coaches noticed many athletes are still not fully tightening their boot straps. We strongly encourage Booster Straps to ensure the liner fits snugly around the lower leg, for maximum control.

Look for the *Action Items* below!

Meeting Times and Locations

Thursday, March 21st

Discipline: SL

Equipment: SL Skis and Poles, Protective Equipment, Back Protector, Speed Suit, Training Bib

Upload: 8:15am with public (Fitzsimmons or Creekside Gondola)

Meeting Location: 9am at Garbo Hut (top of Garbanzo Chair) - *if early, go for a warm-up lap*

Finish: 2:30pm

Friday, March 22nd

Discipline: SL

Equipment: SL Skis and Poles, Protective Equipment, Back Protector, Speed Suit, Training Bib

Upload: 8:15am with public (Fitzsimmons or Creekside Gondola)

Meeting Location: 9am at Garbo Hut (top of Garbanzo Chair) - *if early, go for a warm-up lap*

Finish: 2pm

Dryland: 3-4pm Dryland at the WMSC Studio

Saturday, March 23rd

Discipline: GS

Equipment: GS Skis and Poles, Back Protector, Speed Suit, Training Bib

Upload: 7:45am for early load at the *Fitzsimmons Chair*

Meeting Location: 8:15am at Garbo Hut

Finish: 2pm

Dryland: 3-4pm Group Games at the Myrtle Philip Gym

Spaghetti Dinner: 5:15pm at the WMSC Lounge

Sunday, March 24th

Discipline: GS

Equipment: GS Skis and Poles, Back Protector, Speed Suit, Training Bib

Upload: 7:45am for early load at the *Fitzsimmons Chair*

Meeting Location: 8:15am at Garbo Hut

Finish: 2pm

Races, Events and Links

U14 Spaghetti Dinner | **THIS WEEKEND on Saturday, March 23rd at 5:30pm**

Last weekend, we had a mountain-top BBQ; this weekend, we will have a team spaghetti dinner!

- Please arrive around 5:15pm for a 5:30pm dinner service.
- Payment: \$15 cash at the door or via [THIS LINK](#)

DEADLINE THIS FRIDAY! Whistler Cup Registration *action*

The registration has been extended to give you all the opportunity to register for this fantastic event. ALL WMSC athletes may participate in Whistler Cup. Note we will not host separate U14 training for athletes who did not register.

[Register Here](#)

Deadline March 22

Red Mountain Provincials *action*

Athletes should fill out [THIS FORM](#) prior to the event. The answers will be used by announcers while the races are underway!

Whistler Cup Swag *action*

The Whistler Cup registration includes some swag (a variety of hoodies, soft-shell jackets, and soft-shell vests depending on the size). I have to collect and distribute over 50 items, so I will need some info:

- Fill out [THIS FORM with your athletes' sizing](#) **BEFORE April 1**. Sizes are expected to be similar as your athlete's HH club clothing. If you selected the wrong size, don't worry! Exchanges will be available at The Hilton during the event.
- Pick-Up at the [WMSC Club Cabin](#) on the following dates:
 - Friday, April 5 between 3-5pm
 - Saturday, April 6 between 3-5pm

Ski Up Day | Saturday, April 6th

All second year U14 athletes will be training with the U16 group as an opportunity to reconnect with old teammates and as a sneak peek into next season.

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

- March 23rd | U14 Spaghetti Dinner at the WMSC Club Cabin
- March 28th-31st | U14 Red Mountain Provincials
- April 5th-6th | Whistler Cup Swag Pick-Up at the WMSC Club Cabin (3-5pm)
- April 6th | Ski-Up Day for second year athletes
- April 11th-14th | Whistler Cup

Thank you!

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U14 Red Mountain Provincials March 28-31, 2024

Hello U14 Families,

Below you will find important information about our upcoming races at Red Mountain.

Schedule

March 27 – Coaches Travel Day, Families Travel Day

March 28 – Team Training Day (free ski or gate training depending on lane availability and conditions)

March 29 – Women's GS | Men's SL

March 30 – Women's SL | Men's GS

March 31 – Team Event

A more detailed schedule will be sent out on Thursday, March 28 in the evening, following our Team Captains' Meeting (6-7pm).

Bibs & Lift Tickets

- Bibs will be distributed on March 29, in the morning prior to the race.
- Athletes keep their bib for the duration of the event.
- Lift tickets will be distributed on March 28, in the morning prior to training.
- Thank you for filling out the lift ticket survey. I will **not** be purchasing tickets for the following athletes, as you indicated they receive a free ticket (note you are responsible for organizing and picking up): Alexandra, Evelyn, Kiera, Louie, Monty, Ngairé, Sasha, Sebastian, Theo, Valentina.

Social Events

- Athletes Banquet | Saturday, March 30 @ 5:30pm (Sourdough Grill and Keen Coffee, second floor of the Day Lodge)
- Volunteer Appreciation Gathering | Saturday, March 30 @ 6pm (Rafters, top floor of the Day Lodge)

Tuning

- Friendly reminder of our program tuning expectations: athletes should be tuning (sharpening and waxing) their skis each day prior to the race.
- If anyone needs assistance with this, please contact coaches. We will be able to lend a helping hand.
- The local hostel [Nowhere Special](#) offers a tuning space for athletes, in case your accommodation does not have the necessary space.

Athlete Questions

Please forward this [link/questions](#) to your athletes. The answers will be used by announcers while the races are underway!

Tear Down and Awards

Red Mountain is a destination far, far away for all families! I understand many of you have a long drive ahead. Please help our athletes showcase their excellence in behaviour, their sportsmanship, and WMSC's reputation, by making sure every athlete participates in tear down. It is part of the event. Coaches will be 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 support!

Equipment

- Skis – SL, GS, Powder
- Poles – SL, GS
- Helmets – SL, GS
- SL Protective Equipment
- Speed Suit
- Poncho/Waterproof jacket
- Extra layers
- Spare goggles or spare lenses
- Spare jacket to leave at the bottom of the course
- Dryland shoes and clothing (if we have time to schedule sessions)
- Tuning gear (coaches will try to pack tuning tables, in case any athletes need to borrow them)

Thank you!

Chloé Sigouin

WMSC U14 – Lead Coach

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