



## U14 Weekly Update April 3rd

Welcome back to Whistler! After a great week at Red Mountain for Provincials, we are gearing up for our last block of training prior to Whistler Cup. The upcoming weeks will look like this:

- Training | April 4-7 (including Ski-Up Day on April 6)
- Training | April 11 (must register for the extra training day in advance)
- Whistler Cup Races | April 12-14 (with many events to add to your calendar)
- Final Weekend of Training | April 20-21 (no Extended/Core+ Training that week)

I will include many important details about Whistler Cup below. This is an exciting yet busy event. We will aim to return to our Whistler training routine this week, with greater intensity in preparation for the races.

Red Mountain race videos are uploaded to the [Google Drive](#), athletes should watch those prior to this week's training.

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

### Meeting Times and Locations

*The club has started renting lane space to visiting teams for Whistler Cup. Our group can expect to train half day blocks in gates this week, with the other half day being focused technical free skiing.*

#### **Thursday, April 4<sup>th</sup>**

**Discipline:** GS – TFS until 11am, Gate Training 11:30am-2:30pm

**Equipment:** GS Skis and Poles, 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:** 2:45pm

#### **Friday, April 5<sup>th</sup>**

**Discipline:** SL – Gate Training until 11:30am, TFS 12-2pm

**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

**WC Jacket Pick-Up:** 3-5pm at the WMSC Cabin

#### **Saturday, April 6<sup>th</sup>**

**Discipline:** SL – Gate Training until 11:30am, TFS 12-2pm

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

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

**Meeting Location:** 8:30am at Garbo Hut (top of Garbanzo Chair) - *if early, go for a warm-up lap*

**Finish:** 2pm

**WC Jacket Pick-Up:** 3-5pm at the WMSC Cabin

**Ski Up Day:** For **second year athletes**, find Zack and Aidan at Garbo Hut. You will warm-up, then head to the training centre to begin your training day with the U16 crew.

**Sunday, April 7<sup>th</sup>**

**Discipline:** GS – Gate Training until 11:30am, TFS 12-2pm

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

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

**Meeting Location:** 8:30am at Garbo Hut (top of Garbanzo Chair) - *if early, go for a warm-up lap*

**Finish:** 2pm

**WHISTLER CUP DETAILS**

*Exact race schedule and daily updates will be sent out each evening prior to the races, following the Team Captains' meeting.*

**Whistler Cup Athlete Bio Forms *\*action\****

Please fill out the Athlete Bio Form attached and email it to [whistlercup@wmsc.info](mailto:whistlercup@wmsc.info) ASAP.

**Whistler Cup Jacket Sizes *\*action\****

Pick-up is available at the WMSC Club Cabin on the following dates:

- Friday, April 5 between 3-5pm
- Saturday, April 6 between 3-5pm

**Whistler Cup Teams**

- BC Teams 1 and 2 are selected off total PRS points from the Red Mountain SL and GS.
  - BC Team 1: Lucas Yu
  - BC Team 2: Kieran Douglas, Cecily Gibbons, Natalie Uskoski
- Whistler Teams 1 and 2 are selected off PRS points from the Red Mountain SL and GS, best 2 out of 4 runs. The reason for combining the best 2 runs is to account for unusually challenging track conditions during the first day of the races.
  - Whistler Team 1: Swift Liu, Nevis Liu, Bryan Liu, Thea Han, Charlotte Gave, Sasha Harriman
  - Whistler Team 2: Olivier Courcelles, Finley Wood, Bodie Morgan, Alyssa Cuthbertson, Tereza Vanourek, Anya McColm
- All other WMSC athletes will be racing for WMSC and starting at the back.

**Whistler Cup Schedule *\*action\****

- Thursday, April 11 – Regular WMSC Training Day (**please register for the extra training day at your earliest convenience to help us staff accordingly**) [April Extra Training Days](#)

4:45pm	Meet for Parade of Nations	Whistler Olympic Plaza
5pm-5:45pm	Parade of Nations and Opening Ceremony	Skiers Plaza
5:45pm-6:30pm	U14 Welcome Dinner	Hilton, Mt Currie Ballroom

- Friday, April 12 – Women's SL | Men's Team Relay

6:30am-7:30am	U14 Breakfast Buffet	Hilton, Mt Currie Ballroom
7:45am	U14 Athletes Early Load	Fitzsimmons Chair
5:30pm	Team Photo	Conference Centre
6:30pm	Banquet Dinner	Conference Centre

- Saturday, April 13 – Women's Team Relay | Men's GS

6:30am-7:30am	U14 Breakfast Buffet	Hilton, Mt Currie Ballroom
7:45am	U14 Athletes Early Load	Fitzsimmons Chair
5pm	Welcome Reception for Sponsors and Parents	Apres Apres
6:30pm	Awards Banquet and Dinner	Conference Centre

- Sunday, April 14 – Women's GS | Men's SL

6:30am-7:30am	U14 Breakfast Buffet	Hilton, Mt Currie Ballroom
7:45am	U14 Athletes Early Load	Fitzsimmons Chair
4:30pm	Awards and Closing Ceremony	Skiers Plaza

Complete [schedule of events can be found here](#), including team events and dinners.

### Athletes' Videos

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

### Important Dates

- April 5<sup>th</sup>-6<sup>th</sup> | Whistler Cup Swag Pick-Up at the WMSC Club Cabin (3-5pm)
- April 6<sup>th</sup> | Ski-Up Day for second year athletes
- April 11<sup>th</sup> | Extra Training Day prior to Whistler Cup (must register in advance)
- April 12<sup>th</sup>-14<sup>th</sup> | Whistler Cup
- April 18<sup>th</sup>-19<sup>th</sup> | NO TRAINING

Thank you!

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