



U14 Weekly Update April 10th

Whistler Cup is finally here! Let's get ready for a week of great racing and meeting athletes from all around the world. I encourage each athlete to introduce themselves to at least 3 athletes from 3 different countries over the course of the competition.

This week's update includes Thursday's training schedule, and general Whistler Cup schedule. *I will be attending a Team Captains' Meeting each afternoon, after which I will be sending a more detailed race schedule for the following day.*

WhatsApp Groups: U14 Coach Updates – [Join Here](#) | Whistler Cup 2024 Updates – [Join Here](#)

Dress Code Reminder: Athletes attending dinners must dress appropriately to represent WMSC. No sweatpants, no leggings, no cropped tops.

Bagged Lunches: Athletes must provide their OWN LUNCH on Thursday's training day. Lunch is provided to U14 athletes on race days (Friday to Sunday).

Breakfast Logistics: Athletes attending breakfasts must leave their skis and poles outside (either in the regular ski racks, or in the Hilton courtyard adjacent to the Mt Currie Ballroom. Athletes do not need to arrive at 6:30am sharp; as long as they give themselves enough time to eat and get ready by 7:30am.

PLEASE LABEL EVERY PIECE OF EQUIPMENT! There will be over 400 athletes. Leki poles and Rossignol skis are very popular. Tape and stickers are not enough. Each piece of equipment should have a NAME.

Thursday, April 11

Discipline: GS (Gate Training AM Block on the Skiers' Left Lane, Upper Dave Murray)

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

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

Meeting Location: 8:45am at Garbo Hut (top of Garbanzo Chair) - *if early, go for a warm-up lap*

Finish: 1:30pm

3:30pm-4:30pm	Jacket and Accreditation Pick-Up <i>Athletes must show their accreditation at breakfasts and dinners</i>	Hilton, South Tower Foyer
4:45pm	Meet for Parade of Nations	Whistler Olympic Plaza, near the back of the POST OFFICE
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 (use SL skis)

6:30am	Accreditation - Final Pick-Up <i>For those who did not attend Thursday's activities</i>	Hilton, South Tower Foyer
6:30am-7:30am	U14 Breakfast Buffet	Hilton, Mt Currie Ballroom
6:30am-7:30am	U14 Bagged Lunch Pick-Up	Mountain Square, near McCoo's
7:45am	U14 Athletes Early Load	Fitzsimmons Chair
8am-8:15am	Meet Coaches for Bib Distribution and Morning Meeting	Women's SL - Chic Pea Men's Team Relay - Garbo Hut
RACE		
4:15pm-5:15pm	Jacket Pick-Up	Hilton, South Tower Foyer
5:30pm	Team Photo	Conference Centre
6:30pm	Banquet Dinner	Conference Centre

Saturday, April 13

Women's Team Relay (use SL skis) | Men's GS

6:30am-7:30am	U14 Breakfast Buffet	Hilton, Mt Currie Ballroom
6:30am-7:30am	U14 Bagged Lunch Pick-Up	Mountain Square, near McCoo's
7:45am	U14 Athletes Early Load	Fitzsimmons Chair
8am-8:15am	Meet Coaches for Bib Distribution and Morning Meeting	Women's Team Relay - Garbo Hut Men's GS - top of Raven
RACE		
5pm	Welcome Reception for Sponsors and Parents	Après Après
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
6:30am-7:30am	U14 Bagged Lunch Pick-Up	Mountain Square, near McCoo's
7:45am	U14 Athletes Early Load	Fitzsimmons Chair
8am-8:15am	Meet Coaches for Bib Distribution and Morning Meeting	Women's GS - top of Raven Men's SL - Chic Pea
RACE		
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 12th-14th | Whistler Cup
- April 18th-19th | NO TRAINING
- April 20th | BBQ and Club Awards at the Whistler Secondary School

Thank you!

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