



FIS Update February 2nd, 2024

Hello FIS Team! We are halfway through our February Panorama FIS series, and it's been a tough series so far! Luckily we have snow here and we have a hard surface to make for a fair race for all.

A Recap of the Previous Week in Kimberley

It's been quite the adventure over here! I personally love speed projects, but they do take up a lot of time and hill space! Last week we saw a great progression from everyone in Kimberley. For most it was their first exposure to FIS level speed events and Kimberley offers an incredible experience as the DH course has a little bit of everything. Alongside the speed training we were able to do a fair bit of tech training at the beginning of the project to connect what we were working on in speed with GS. This is one of my favorite things about speed training is how much you can get out of it for all events. Looking back we feel we had a very successful and positive speed project and would like to congratulate everyone for all their hard work and willingness to continually tuck down the mountain! We also had some standout performances that we would like to acknowledge!

DH #1

- Lola with a 3rd place overall and 1st U19 and Attack From The Back
- Vivy with a 9th overall
- Hannah 14th overall
- Thea T 16th overall
- Lea 17th overall

Night SL

- Hannah 4th place overall and 1st U19
- Lola 11th place overall
- Vivy 14th overall
- Marlowe C 16th overall

DH #2

- Lola 6th overall and Attack From the Back
- Vivy 9th overall
- Hannah 11th overall
- Liv 12th overall

SL # 2

- Lea 7th overall

- Liv 8th overall
- Thea T 12th overall
- Vanessa Attack From the Back

All things considered this speed project in Panorama was a roaring success for all and we (the coaches) are very proud of all our athletes for how they showed up and worked every day!

Recap of Panorama after 2 days

Now that we have the team back together for the most part, racing in Panorama has been difficult. The racing surface is very hard and slick in the morning due to the moisture in the snow and the surface freezing over night. On Thursday our first day of SL racing we raced down Hay Fever which is the NORAM SL hill. This is a very steep and challenging hill on the best of days and with the hard slick surface made for a challenging first run. Our athletes were up for the challenge as we are one of the few teams who have had the opportunity to train on this slope this year. Yesterday we tried for 4 SG races in one day and managed to get 3 SG races. Due to the hard slick snow in the morning, we had some challenging conditions and once again our athletes were up for the challenge. We saw some very brace and strong performances across the board! For the first race we had a lot of holds on course and for the races this can be a very difficult hurdle to navigate, and our athletes again did a standout job of staying focused and trusting in their abilities. We saw a number of personal bests and want to congratulate the entire team for another great day! Now with 2 days left in the series we will be racing GS and are looking forward to racing and to finishing this long stretch strong! So far (keeping in mind we have 2 more days of racing) some notable performances thus far;

SL

- Thea T 12th overall
- Vanessa Attack From the Back

SG #1

- Lola 6th overall and 3rd U19 and Attack from The Back
- Vivvy 8th overall
- Thea T 10th overall
- Marlowe C 14th overall

SG #2

- Thea T 6th overall and 3rd U19
- Lola 8th overall and Attack From The Back
- Vivvy 14th overall

With two days left to go we are all looking forward to getting back on GS and racing Old Timer one more time this year!

Logistics for Traveling Home

Everyone will be leaving tomorrow after the race. For the group that drove out from Whistler on Wednesday will head to Golden for Sunday night and stay at the Ramada Inn. They will continue their drive Monday morning aiming to be in North Van for **approximately 3pm**. We will keep everyone updated on the WhatsApp chat group.

For the Speed group that went to Kimberley they will board a shuttle tomorrow after the race and will be staying in the St Eugene Golf resort hotel for the evening. They will fly out of Cranbrook at 12:30pm and will land in **Vancouver for 1pm on flight AC8297**. I will stay with the this group overnight at the hotel and drive the equipment from Cranbrook back to North Van to unload gear in North Van before finishing the drive to Whistler. I expect to be in North Van for approximately 5pm. We will have Gabriel Mains who is a U16 coach for WMSC on the plane with our athletes. This will set us all up to be back in Whistler together for training next weekend! Lets all hope for cold weather so WB can make some serious snow for us!

If you have any questions or concerns, please feel free to reach out to me.

Sincerely,

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"Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision."

-Muhammad Ali