



## FIS Update March 22<sup>nd</sup>, 2024

**Hello FIS Team,**

After completion of our Senior Canadian Nationals at Red Mountain we are 1 day into a 4 day spring series here at Red Mountain. As most of you know we have had tough conditions due to weather. Thanks to the Resort and the ROC for opening up all resources to make this series possible. From grooming at any hour of the day or night to help create the best possible surface, to over \$10 000 dollars spent in Salt and fertilizer and counting! Thanks to all of the volunteers, coaches and athletes for pitching in to make this all possible. We are beyond grateful and thankful for everyone's efforts!

### **A Look Back At The Last Week**

Last week started out great! We enjoyed a productive day of free skiing at home working on body position and fundamentals. Building on the previous day we had a great day of SL training on our race hill and then the packing started! On Saturday we enjoyed a bluebird day with clear roads for our drive to Red Mountain. Turning right in Hope to take HWY 3 across southern BC was a nice change from our normal travel route. Coaches and athletes alike enjoyed the scenic drive. Once in Red we started off with a day of training. Everyone had a chance for 2 hours to do some free skiing on the race slope to adjust to the new surface followed by some SL training. As many of you know we have had warm weather and a lot of sunny days which has made for challenging conditions. The coaches, ROC and volunteers have been working around the clock to create a fair and safe surface to race on. This has meant we have watered both race hills everyday and thrown a large amount of salt and some fertilizer on the tracks to create a hard surface for racing. On the downside this has made for very long days for everyone. Our athletes have been doing a great job of staying positive and working through the long days.

Thanks to all the hard work, we have had a good surface to race on every day with the exception of our first race day which was cancelled. This being the first senior nationals for the majority of our team, it has been a great experience for everyone to see a larger and deeper field go head to head everyday. It's great for young athletes to see what the next level of racing looks like and to get to see older athletes race on the same courses they are racing on. We have seen some strong results from our team including Daino earning the attack from the back award today!

### **A Look A Head**

We have 3 days of racing left before we head home. We have SL tomorrow followed by 2 GS races. We will stay the final night here and drive home on Tuesday March 26<sup>th</sup> leaving at 7am. We will do a drop in North Van around

2:30pm and will update everyone on the time as we are driving. That should put us in Whistler for around 4:30pm.

Once back in Whistler we will have 3-5 athletes leave for NOR-AM finals the following weekend. We will also have training on the weekend for all athletes who are at home. Thurs-Friday training will be cancelled for everyone who was at Red Mountain so everyone can have some time to rest, recover and hit the books! For any athletes that did not attend Red that are looking to train on Thurs-Friday we will have training available.



### **April Nakiska and Sun Peaks Race Series**

As April draws closer and closer, so does our final project of this racing calendar. I have created a budget that includes both the Nakiska and Sun Peaks series all in one. Originally it sounded like this was what most if not everyone was interested in. If we have some athlete's that do not plan to attend Nakiska and want to race at Sun Peaks, I will create a separate budget for the Sun Peaks series. For this project we will leave on April 12<sup>th</sup>, train on the 13<sup>th</sup>, and then race 6 races at Nakiska. 2 SL, 2 GS and 2 SG races. We will stay at the team's favorite in Canmore, The Rocky Mountain Lodge. On April 20<sup>th</sup> we will drive to Sun Peaks where we will stay at the Cahilty Lodge and enjoy their meal plan again, the same as we did for our new year training project. We will stay the final

night in Sun Peaks before driving home the morning of Apr 25<sup>th</sup>. We will be taking 3 SUV vehicles and the Club's truck and trailer for our transportation.

These should be fun and exciting races after 2 difficult series at Red Mountain. The SG race at Nakiska will be on Mapmaker which is a very gentle and easy SG hill. This is a great opportunity to get on the long boards on a safe and fun hill. This is a great race to safely gain some comfort and confidence on the longer skis. For anyone who did not have the opportunity to race SG this year, this is a great venue for athletes to gain some experience and earn some SG points.

### **Nakiska and Sun Peaks Schedule**

**Thurs April 11th**- 4:30-6pm load truck and trailer

**Fri Apr 12th**- 6:15am arrive at WMSC to depart at 6:30am

**Sat Apr 13th**- Train/free ski at Nakiska

**Sun Apr 14th-19th**- race 2 SL, 2 GS, 2 SG at Nakiska

**Sat Apr 20th**- Travel from Canmore to Sun Peaks

**Sun Apr 21st-24th**- race 4 tech races at Sun Peaks

**Thurs Apr 25th**- Drive home to WMSC

### **Registration Link**

For your ease and convenience try our new race app.

<https://tinyurl.com/3xzerh92>

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

Sincerely,

**Brad Eades**

WMSC Lead FIS Coach

(604)902-1774

[brad@wmsc.info](mailto:brad@wmsc.info)

*"The fight is won or lost far away from witnesses — behind the lines, in the gym, and out there on the road, long before I dance under those lights." — Muhammad Ali*





**Trip # 56 Nakiska Alberta April**

**THIS TRIP SHEET IS INTENDED TO BE READ IN CONJUNCTION WITH THE CLUB TRAVEL POLICY. IN CASE OF A DISCREPANCY BETWEEN THIS TRIP SHEET AND THE CLUB TRAVEL POLICY, THIS TRIP SHEET SHALL PREVAIL.**

**REGISTRATION DEADLINE: Tue, April 2nd at midnight**

<b>Destination</b>	Canmore (Nakiska) & Sun Peaks																																										
<b>Date</b>	Apr 12/24 to Apr 25/24																																										
<b>Athletes</b>	FIS Athletes																																										
<b>Coaches &amp; Contact #'s</b>	Brad Eades (604)902-1774      Matou Matinal (604) Laurence Pichette (819)352-1486      Ryan Webster (403)																																										
<b>Accommodation/Contact #'s /Meals</b>	Rocky Mountain Ski Lodge in Canmore (403)678-5 Cahilty Lodge Sun Peak (250)578-6969																																										
<b>Camp/Trip/Race Budget Breakdown</b>	<p>Based off 20 Total Athletes</p> <p><b>Payment Due Tuesday, April 2 at midnight</b></p> <p><a href="https://tinyurl.com/3xzerh92">https://tinyurl.com/3xzerh92</a></p> <table border="1"> <thead> <tr> <th colspan="2">Based off # Breakdown</th> <th>20</th> </tr> <tr> <th colspan="2"></th> <th>With Team</th> </tr> </thead> <tbody> <tr> <td>• Flights</td> <td>\$</td> <td>-</td> </tr> <tr> <td>• Transport (Vehicles, fuel)</td> <td>\$</td> <td>761.05</td> </tr> <tr> <td>• Accommodation (Includes ski room)</td> <td>\$</td> <td>951.50</td> </tr> <tr> <td>• Meals<sup>1</sup></td> <td>\$</td> <td>555.00</td> </tr> <tr> <td>• Lift tickets/Race entry</td> <td>\$</td> <td>705.00</td> </tr> <tr> <td>• Coaching expenses<sup>2</sup></td> <td>\$</td> <td>282.40</td> </tr> <tr> <td>• Lane rental</td> <td>\$</td> <td>-</td> </tr> <tr> <td>• Coaching Fees<sup>3</sup></td> <td>\$</td> <td>-</td> </tr> <tr> <td>• Administration</td> <td>\$</td> <td>130.20</td> </tr> <tr> <td>• Contingency<sup>5</sup></td> <td>\$</td> <td>162.75</td> </tr> <tr> <td><b>Total</b></td> <td><b>\$</b></td> <td><b>3,550.00</b></td> </tr> <tr> <td><b>Budgeted day rate</b></td> <td><b>\$</b></td> <td><b>253.57</b></td> </tr> </tbody> </table> <p><sup>1</sup> Meals on travel days are NOT included  <sup>2</sup> Coaching expenses include accommodation, lift tickets, meal plan, per diems or there is no meal plan with team, and other directly relatable items.  <sup>3</sup> Coaching fees: this cost is only for trips/camps outside of the scheduled winter <b>trips</b> you will be prompted at registration to pay for any <b>extra training and travel</b> your athlete's program. The costs are \$85 per day.  <sup>4</sup> Traveling with parents excludes lodging and meals  <sup>5</sup> 5% contingency to account for cost estimate uncertainty</p>	Based off # Breakdown		20			With Team	• Flights	\$	-	• Transport (Vehicles, fuel)	\$	761.05	• Accommodation (Includes ski room)	\$	951.50	• Meals <sup>1</sup>	\$	555.00	• Lift tickets/Race entry	\$	705.00	• Coaching expenses <sup>2</sup>	\$	282.40	• Lane rental	\$	-	• Coaching Fees <sup>3</sup>	\$	-	• Administration	\$	130.20	• Contingency <sup>5</sup>	\$	162.75	<b>Total</b>	<b>\$</b>	<b>3,550.00</b>	<b>Budgeted day rate</b>	<b>\$</b>	<b>253.57</b>
Based off # Breakdown		20																																									
		With Team																																									
• Flights	\$	-																																									
• Transport (Vehicles, fuel)	\$	761.05																																									
• Accommodation (Includes ski room)	\$	951.50																																									
• Meals <sup>1</sup>	\$	555.00																																									
• Lift tickets/Race entry	\$	705.00																																									
• Coaching expenses <sup>2</sup>	\$	282.40																																									
• Lane rental	\$	-																																									
• Coaching Fees <sup>3</sup>	\$	-																																									
• Administration	\$	130.20																																									
• Contingency <sup>5</sup>	\$	162.75																																									
<b>Total</b>	<b>\$</b>	<b>3,550.00</b>																																									
<b>Budgeted day rate</b>	<b>\$</b>	<b>253.57</b>																																									
<b>Payments and Refunds:</b>	<p>Full payment at registration</p> <ul style="list-style-type: none"> <li>• See Club Travel Policy for refunds details</li> </ul>																																										
<b>Chaperone Requirements and Subsidies</b>	<p>Number of Chaperones, and subsidies, to be determined on athlete numbers are in. Chaperones are subject to the Club must complete:</p> <ul style="list-style-type: none"> <li>• Respect In Sport Parent Module <a href="https://alpine-canada-parent.respectgroupinc.com/">https://alpine-canada-parent.respectgroupinc.com/</a></li> <li>• A Criminal Record Check</li> </ul>																																										

	<a href="https://justice.gov.bc.ca/eCRC/">https://justice.gov.bc.ca/eCRC/</a> Access Code: RCEZV57JY:
<b>Parent Volunteers</b>	<p>All parents transporting and supervising athletes (other than children) must complete:</p> <ul style="list-style-type: none"> <li>• Respect In Sport Parent Module <a href="https://alpine-canada-parent.respectgroupinc.com/">https://alpine-canada-parent.respectgroupinc.com/</a></li> <li>• A Criminal Record Check <a href="https://justice.gov.bc.ca/eCRC/">https://justice.gov.bc.ca/eCRC/</a> Access Code: RCEZV57JY:</li> </ul>
<b>Guest Racers</b>	<ul style="list-style-type: none"> <li>• Guest Racers are welcome, subject to availability. Guest subject to a surcharge to cover overheads</li> </ul>
<b>Vehicle Usage</b>	
<b>Schedule</b>	<p>Thurs April 11th- 4:30-6pm load truck and trailer  Fri Apr 12th- 6:15am arrive at WMSC to depart at 6:30  Apr 13th- Train/free ski at Nakiska  Apr 14th-19th- race 2 SL, 2 GS, 2 SG at Nakiska  20th- Travel from Canmore to Sun Peaks  21st-24th- race 4 tech races at Sun Peaks  25th- Drive home to WMSC</p>
<b>Bring</b>	<ul style="list-style-type: none"> <li>• SL, GS &amp; SG skis, tuned and ready to go for day one</li> <li>• Protective gear, speed suits, etc.</li> <li>• Proper clothing, proper lenses for fog, rain or sunshine</li> <li>• Log books/journals</li> <li>• Homework</li> <li>• Indoor and outdoor dryland attire, foam rollers</li> </ul>
<b>Disclosure and Consent Forms</b>	<ul style="list-style-type: none"> <li>• Updated Medical Disclosure and Consent Form due not later than 14 days before departure</li> <li>• Travel Consent form due not less than five (5) days before departure</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Wi-Fi available for homework</li> <li>• Communicate with school/teachers about time commitment training/racing schedule</li> </ul>



2

on their own

2

racers will be

Sat  
Sun  
Sat Apr  
Sun Apr  
Thurs Apr

less than five (5)  
e departure

nents to