



U14 Weekly Update January 31st

Our last training block was quite varied in terms of activities, keeping things interesting! We switched our focus back to GS and, for some, this was the first time on the longer skis this season. We had some truly amazing and effective training, with a surface that held up just fine. The technical focus was on rolling (and unrolling), gliding, and hip position. Athletes are working maintaining a squared-hip position to be able to initiate with a progressive roll of the ski using not only lower joints but leg independence. We skied a mix of drill courses, including innovative techniques (bungees and balloons), along with sections and full GS courses. We ended the training block with a dryland session (our BEST dryland attendance yet!), a team brunch and a park session in the sun (to our surprise).

Now that the torrential rain is behind us, I am hoping we can move into a good training block with a firm surface. As soon as temperature allows, snow making will continue on the Training Centre. Please keep an eye out on the Coach Update WhatsApp in the event we have a change of plans due to conditions.

Don't forget our U14 Social at 4pm this Saturday, February 3 – hope to see you all there!

Look for the *Action Items* below!

Meeting Times and Locations

*We expect athletes to be wearing a **back protector** for this week's GS camp.*

Thursday, February 1st

Discipline: GS and SL

Equipment: GS Skis and Poles, **Back Protector**, Arm Guards (optional), SL Skis and Poles, Protective Gear

Upload: 8:15am with public (athletes may upload from Fitz or Creekside Gondola)

Meeting Location: 8:45am at Garbo Hut (top of Garbanzo Chair)

Finish: 12:15pm

Team Activity: 1-2pm Climbing and Bouldering at The Core (located in the village)

Athletes should arrive ready to ski GS. Everyone should ALSO bring SL skis, poles, and protective equipment in the event the conditions do not allow us to run a safe GS training.

Friday, February 2nd

Discipline: GS

Equipment: GS Skis and Poles, **Back Protector**, Arm Guards (optional), Speed Suit

Upload: 8:15am with public (athletes may upload from Fitz or Creekside Gondola)

Meeting Location: 8:45am at Garbo Hut (top of Garbanzo Chair)

Finish: 2:30pm

Homework: Ski Tuning, Ski Journal & Stretching

Saturday, February 3rd

Discipline: GS

Equipment: GS Skis and Poles, **Back Protector**, Arm Guards (optional), Speed Suit, **Training Bib**
Training bibs will be available at Garbo Hut for athletes who have not already collected them. Athletes may keep them for the season and beyond.

Upload: 7:45am at the Fitzsimmons Chair for early upload (then up Garbanzo chair)

Athletes go for 1 warm-up run by themselves and back up Garbanzo Chair before meeting the coaches.

Meeting Location: 8:30am at Garbo Hut (top of Garbanzo Chair)

Finish: 2pm

Activity: 4-6pm U14 Social (for parents, athletes, and coaches) at the WMSC Club Cabin

Sunday, February 4th

Discipline: GS

Equipment: GS Skis and Poles, **Back Protector**, Arm Guards (optional), Speed Suit, **Training Bib**

Upload: 7:45am at the Fitzsimmons Chair for early upload (then up Garbanzo chair)

Athletes go for 1 warm-up run by themselves and back up Garbanzo Chair before meeting the coaches.

Meeting Location: 8:30am at Garbo Hut (top of Garbanzo Chair)

Finish: 2pm

Races, Events and Links

U14 Trip Registration **action**

The registrations for the upcoming races are closing this week. Please register using the links below (you may also find all necessary information on Team Pages under [Documents](#) or under [U14 Program > Races Sign Up](#)).

- [Cypress Zone Race](#) | March 2nd and 3rd | **DEADLINE February 2**
- [Big White SX Race](#) | March 7th to 10th | **DEADLINE TOMORROW, February 1**
- [Red Mountain Provincials](#) | March 28th to 31st | **DEADLINE TOMORROW, February 1**

[Red Mountain Provincials](#)

Wednesday, March 27 | Coaches travelling to Red Mountain

Thursday, March 28 | Team Training at Red Mountain (included in race registration)

Friday, March 29 to Sunday, March 31 | Provincial Races

Monday, April 1 | Coaches travelling back to Whistler

The Red Mountain Provincials are a qualification event for the Whistler Cup seeding. All WMSC may participate in Whistler Cup, however their participation and performance at Provincials may impact whether they qualify for the Whistler Cup BC Team or the Whistler Cup Whistler Team, which allows them to start with better Bib #.

Event Cancellations

Some races and events have recently been cancelled. The registration fees will be credited to your athlete's racer account shortly.

- Whistler Zone GS Race (Feb 4)
- Grouse Zone Race (Feb 11-12) - [Note we are back to a regular training schedule given the race cancellation: Thursday to Sunday, February 8 to 10.](#)

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

- Feb 1st-4th | U14 GS Camp on the DMNTC
- Feb 3rd | U14 Social at the Club Cabin 4pm
- Feb 22nd-25th | BC Winter Games
- March 2nd-3rd | U14 Cypress Zone Race
- March 23rd | U14 Spaghetti Dinner at the WMSC Club Cabin

Thank you!

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