



U14 Weekly Update March 25th + Red Mountain

Thank you to everyone who helped host the spaghetti dinner last Saturday! During our last training block, we increased our training intensity and had two days of race simulation. More specifically, we wrapped up the week with a full-length GS course starting at Club 21, with dye and timing. Please encourage your athletes to go on the [Google Drive](#) and watch their videos!

Safe travels to everyone headed to Red Mountain this week. Below you will find reminders for the Provincials races, along with other important program elements.

Look for the *Action Items* below!

RED MOUNTAIN – REMINDERS

Lift Ticket Final Order **action**

Please double check and send me a WhatsApp message if this is incorrect.

You have organized FREE lift tickets for your athlete (and will take care of picking them up):	
Alexandra	Declan
Valentina	Eliza
Katelyn Y.	Monty
Ngaire	Sasha
Sebastian	Theo

I will purchase lift tickets for all athletes not listed above; and distribute on March 28 AM.

Thursday Training

- Training schedule will be communicated Wednesday evening.
- Expect to meet between 8:30-9:15am at the main day lodge – TBC.
- Please have SL and GS skis ready; we will try to switch mid-day.
- Lift tickets will be distributed on March 28, in the morning prior to training.
- The plan is to familiarize ourselves with the race run; free skiing SL and GS (if conditions permit). We will also reserve some time to explore Soleil's home hill!

Schedule, Meeting Times, and Locations

- Race day schedule will be communicated Thursday evening, after the Team Captains' Meeting.
- Bibs will be distributed on March 29, in the morning prior to the race.
- March 29 – Women's GS | Men's SL
- March 30 – Women's SL | Men's GS
- March 31 – Team Event

Socials

- Athletes Banquet | Saturday, March 30 @ 5:30pm

- Location: Sourdough Grill and Keen Coffee, second floor of the Day Lodge
- Dress Code: The expectation is that athletes dress to represent the WMSC. *Please avoid sweatpants, leggings, and cropped tops.*
- Volunteer Appreciation Gathering | Saturday, March 30 @ 6pm
 - Location: Rafters, top floor of the Day Lodge

Logistics and Random Reminders

- Packed lunches are ideal to facilitate a tight race day schedule.
- Bring SL, GS, and Powder skis (in case of event changes).
- Awards are scheduled for Friday and Saturday, after tear down (approx. 3:30pm) on the deck of the main day lodge.
- Athletes keep their bib for the duration of the event.

Tuning

- If anyone needs assistance with this, please contact coaches. We will be able to lend a helping hand.
- The local hostel [Nowhere Special](#) offers a tuning space for athletes in case your accommodation does not have the necessary space.

Tear Down and Awards

Red Mountain is a destination far, far away for all families! I understand many of you have a long drive ahead. Please help our athletes showcase their excellence in behaviour, their sportsmanship, and WMSC's reputation, by making sure every athlete participates in tear down. It is part of the event. Coaches will be stationed at the top of the course will ensure this is a team effort and that every WMSC athlete is lapping around. The same goes with attending the awards ceremony to show our support!

PROGRAM REMINDERS

Whistler Cup Swag ***action***

The Whistler Cup registration includes some swag (a variety of hoodies, soft-shell jackets, and soft-shell vests depending on the size). I have to collect and distribute over 50 items, so I will need some info:

- Fill out [THIS FORM with your athletes' sizing](#) **BEFORE April 1**. Sizes are expected to be similar as your athlete's HH club clothing. If you selected the wrong size, don't worry! Exchanges will be available at The Hilton during the event.
- Pick-Up at the **WMSC Club Cabin** on the following dates:
 - Friday, April 5 between 3-5pm
 - Saturday, April 6 between 3-5pm

Whistler Cup | Thursday, April 11th ***action***

If your athlete would like an additional training day before Whistler Cup, please register them as soon as you can to help us staff appropriately.

[April Extra Training Days](#)

Program Reminder

There will be NO U14 Training on Thursday, April 18th and Friday, April 19th. Our final 2023-24 weekend is on April 20th-21st with special activities – stay tuned for details!

Girls Fast Forward ***action***

Join an all-star cast of coaches and guests for 3 days of on-snow ski training, strength & conditioning training, connection, health workshops, athlete panels (with national and provincial level female skiers) and more! This is a camp for female-identifying athletes from all over BC.

Who: Graduating U14, U16 and FIS (2010 and older)

Where: Sun Peaks Resort & Cahilty Lodge

When: April 17th-20th (arrive between 5-6pm, depart between 12-1pm)

Cost: \$620 (includes accommodation, meal plan, training, tickets, lane space)

[Read more about this opportunity!](#)

[Register and Pay HERE before March 31st](#)

Athletes' Videos

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

Important Dates

- March 28th-31st | U14 Red Mountain Provincials
- April 5th-6th | Whistler Cup Swag Pick-Up at the WMSC Club Cabin (3-5pm)

- April 6th | Ski-Up Day for second year athletes
- April 11th-14th | Whistler Cup
- April 18th-19th | NO TRAINING

Thank you!

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