



U14 Weekly Update January 24th

The team really brought the energy last weekend at Mt Washington! Thank you to you, parents, for being willing to make the trek over, and for being such good supporters. Coaches thought athletes were well prepared, well rested, and ready to perform each day. We have received multiple compliments from volunteers who have noticed our athletes' sportsmanship – let's keep it up!

We have now solidified our BC Winter Games team and overall, had many athletes representing WMSC in the top 10 at the awards ceremony. **Let's remember to please wear WMSC uniforms, especially on the podium, to proudly represent our team!** The crew in Whistler trained with coach Scott, alongside the U12 group. We are back together as one big team this upcoming weekend!

Look for the *Action Items* below!

Meeting Times and Locations

Friendly reminder that we *strongly recommend* athletes wear a *back protector in ALL disciplines*. This includes SL, GS, and technical freeskiing/powder days.

Thursday, January 25th

Discipline: GS TFS and Environments

Equipment: GS Skis and Poles, Back Protector, Arm Guards (optional), Ski Journal

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

Friday, January 26th

Discipline: GS TFS and Environments

Equipment: GS Skis and Poles, Back Protector, Arm Guards (optional), Ski Journal

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: 2pm

Dryland: 3-4pm at the WMSC Studio (*indoor shoes mandatory*) – Dryland and **bring Ski Journal**

Saturday, January 27th

Discipline: GS TFS and Environments

Equipment: GS Skis and Poles, Back Protector, Arm Guards (optional), Ski Journal

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

Meeting Location: 8:15am at Garbo Hut (top of Garbanzo Chair)

Finish: 2pm

Dryland: 3-4pm Pickleball at the Whistler Racquet Club (*indoor shoes mandatory*)

Sunday, January 28th

Discipline: GS Environments & Park Session

Equipment: GS Skis and Poles, POWDER Skis, Back Protector, Arm Guards (optional), Ski Journal, **Wet Weather Gear** (rain poncho, extra goggles, spare lenses, extra gloves)

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

Meeting Location: 8:15am at Garbo Hut (top of Garbanzo Chair)

Finish: 2pm

Races, Events and Links

U14 Zone GS Camp and Race | Feb 1-4 *action*

The registration for our Zone GS Camp (Feb 1-3) and GS Race (Feb 4) was sent out yesterday. Please note the registration **DEADLINE of Thursday, January 25 at 5pm** for both:

- Extra Training Days (for Core Plus and Core athletes) - Thurs/Fri optional, Saturday mandatory
- GS Race

[CLICK HERE for the REGISTRATION links and information](#)

Schedule

Feb 1-3 | Zone GS Training on the Dave Murray National Training Centre

Feb 3 | Zone Social at the WMSC Club Cabin from 4-6pm

Feb 4 | Zone GS Race on the Dave Murray National Training Centre

Grouse Zone Race

Sad news – this race has been **cancelled** due to very limited terrain and thin coverage at Grouse. We are actively looking into whether we can reschedule this race in Whistler later this winter. Stay tuned!

In the meantime:

- I recommend cancelling your hotel reservations.
- Blanca will be crediting your racer accounts.

U14 Trip Registration *action*

The registration DEADLINE for the upcoming races is quickly approaching. 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 February 1**
- [Red Mountain Provincials](#) | March 28th to 31st | **DEADLINE February 1**

Red Mountain Provincials

Wednesday, March 27 | Coaching staff is 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

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 #.

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](#). **Exception to this deadline – extra days for February 1 and 2 need to be booked before this Thursday, January 25 at 5pm.**

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

Thank you!

Chloé Sigouin
WMSC U14 – Lead Coach
chloe@wmsc.info
(343) 204-2243