



## U14 Weekly Update February 7<sup>th</sup>

Great news, everyone! The snow making and grooming teams have been working hard and we will be back on the Training Centre this week. Last week's training included lots of free skiing, varying from fun mountain exploration to the infamous Zig Zag puddle, to both SL and GS technical skiing, start practices, and park laps.

With the conditions making us change our daily routine, coaches have noticed what I'd like to call a "special energy" within our group of athletes – probably a little less focus than what we would generally like to see. We will be reminding all athletes of our Teamship Values, specifically respect, listening, and effort during this upcoming training block. Thank you for helping us help your athlete and having some of these conversations at home as well.

**Look for the \*Action Items\* below!**

### Meeting Times and Locations

#### Thursday, February 8<sup>th</sup>

**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

#### Friday, February 9<sup>th</sup>

**Discipline:** GS

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

**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

**Dryland:** 3-4pm at the WMSC Club Cabin for outdoor dryland

#### Saturday, February 10<sup>th</sup>

**Discipline:** SL

**Equipment:** SL Skis and Poles, Protective Gear, **Back Protector**, Speed Suit

**Upload:** 7:45am at the Blackcomb Gondola for early upload

**Meeting Location:** 8:15am at the top of Blackcomb near the Lightboard

**Finish:** 2pm

**Dryland:** 3-4:30pm at the Myrtle Philip School Gym for group games

#### Sunday, February 11<sup>th</sup>

**Discipline:** SL

**Equipment:** SL Skis and Poles, Protective Gear, **Back Protector**, Speed Suit

**Upload:** 7:45am at the Blackcomb Gondola for early upload

**Meeting Location:** 8:15am at the top of Blackcomb near the Lightboard

**Finish:** 2pm

## Races, Events and Links

### Club Race | Saturday, February 17<sup>th</sup> \*action\*

It is no secret this year's race schedule has seen lots of changes at all levels. We are stoked to host a Club Race (U12 through FIS) on Saturday, February 17. The format will be a team-relay event. To help us create teams, please register below:

[Register Here](#)

by February 12 at 5pm

### U14 Races Update

1. The March 2-3 Zone Race in Cypress will very likely be moved to Whistler. Stay tuned, confirmation will be sent out once I receive the final details.
2. BC Winter Games' Alpine events at Troll Mountain have been cancelled. BC Alpine is looking into rescheduling the Alpine events for February 24-25 at Apex Mountain.
3. Red Mountain Provincials are still scheduled to run, with a back-up location for the event at Apex Mountain. Please double check your cancellation policies for lodging. I will be sending details your way as soon as I receive any updates.

## 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 17<sup>th</sup> | Club Race

- Feb 22<sup>nd</sup>-25<sup>th</sup> | BC Winter Games
- March 2<sup>nd</sup>-3<sup>rd</sup> | U14 Cypress Zone Race
- March 7<sup>th</sup>-10<sup>th</sup> | U14/U16 Big White SX
- March 23<sup>rd</sup> | U14 Spaghetti Dinner at the WMSC Club Cabin

Thank you!

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