



## U14 Weekly Update March 6th

What an amazing event last weekend! Thank you to all parents who volunteered for the event, and for the support you offer your athletes. Congratulations to all athletes for their courage, for putting their best foot forward, and for finding the challenge zone. Coaches saw some strong skiing, some good recoveries, and amazing sportsmanship. It is truly amazing seeing our athletes support each other and cheer on athletes from other clubs.

This week, some athletes are racing the ski cross in Big White with coaches Dave and Aidan. For those in Whistler, we will be working on drill courses and take it back to some fundamentals.

### Athlete Homework:

Athletes should fill out Race Entries for both days in their ski journals. Coaches will check these at dryland both Friday and Saturday. If they do not have a ski journal or lost theirs, they can find another notebook or use their Notes app.

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

### Meeting Times and Locations

*We are expecting more snow this weekend.*

*Please have WhatsApp notifications ON and powder skis on stand-by!*

#### Thursday, March 7<sup>th</sup>

**Discipline:** GS TFS and Drill Courses

**Equipment:** GS Skis and Poles, Back Protector, Speed Suit

**Upload:** 8:15am with public (Fitzsimmons or Creekside Gondola)

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

**Finish:** 2:30pm

#### Friday, March 8<sup>th</sup>

**Discipline:** SL TFS and Drill Courses

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

**Upload:** 8:15am with public (Fitzsimmons or Creekside Gondola)

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

**Finish:** 2pm

**Dryland:** 3-4pm at the WMSC Studio (bring ski journal)

#### Saturday, March 9<sup>th</sup>

**Discipline:** SL TFS and Drill Courses

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

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

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

**Finish:** 2:30pm

### **Sunday, March 10<sup>th</sup>**

**Discipline:** GS TFS and Drill Courses

**Equipment:** GS Skis and Poles, Back Protector, Speed Suit

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

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

**Finish:** 2pm

### **Races, Events and Links**

#### **U14 Spaghetti Dinner | Saturday, March 23<sup>rd</sup> at 5:30pm \*action\***

Mark your calendars! Our amazing social representative Alyssa is helping us plan a Spaghetti Dinner for our team of U14 athletes. Our last team brunch was a blast, but this time coaches will recruit a little help to prepare the meal 😊

When: Saturday, March 23 at 5:30pm

Where: WMSC Lounge

Cost: \$15 per athlete (cash at the door)

[RSVP HERE](#) before Tuesday, March 12<sup>th</sup> end of day

#### **Whistler Cup Registration \*action\***

This popular event is back this year with a few variations – very exciting! ALL WMSC athletes may participate in Whistler Cup. Please register using the link below.

- Thursday, April 11 | Regular WMSC Extended Training, Welcome Dinner at the Hilton
- Friday, April 12 | Race, Breakfast/Lunch, Team Dinner at the Conference Centre
- Saturday, April 13 | Race, Breakfast/Lunch, Banquet at the Conference Centre
- Sunday, April 14 | Race, Breakfast/Lunch

Please register using the link below via the WMSC Racer Account App. The registration fee includes: 3x race entries, 3x breakfasts, 3x lunches, 3x dinners, and Helly Hansen swag.

[Register Here](#)

**Deadline March 15**

### **Spring Break**

The regular programs (Extended Thursday, Core Plus Friday) will be offered during Spring Break. If your athlete would like to register for Extra Days, please do so in advance to help us plan accordingly: [U14 Program > Extra Training Days](#).

### **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**

- 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
- March 28<sup>th</sup>-31<sup>st</sup> | U14 Red Mountain Provincials (March 27<sup>th</sup> travel day; March 28<sup>th</sup> training)

Thank you!

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