



## U12 Weekly Update

Hi U12 Team!

After a busy weekend filled with snow, the sun has finally come out!

First and foremost, I want to thank all the athletes for their outstanding performance in last weekend's races. It's not easy to race in such challenging weather conditions, but all of them did amazingly well!

I also want to extend my heartfelt thanks to all the volunteer parents who consistently support us unconditionally during these events. None of this could be achieved without all of you! THANK YOU!

Here's the schedule for this weekend:

### Schedule:

Program	Day	Hour	Meeting Point	Equipment	Drop Off
Core Plus	Friday 15 <sup>th</sup>	9am	Chic Pea	All-mountain /SL	2:15pm Chic Pea
Core and Core Plus	Saturday 16 <sup>th</sup>	9am	Chic Pea	SL (Glalom)	2pm Chic Pea
Core and Core Plus	Sunday 17 <sup>th</sup>	9am	Chic Pea	SL (Glalom)	2pm Chic Pea

### Note:

- Friday: We will be training bumps and jumps. The session will focus on developing mobility, coordination, and balance.
- Saturday: SL skis for the Glalom course. No protections needed.

## Spaghetti Night:

Join us for our spaghetti dinner for athletes and coaches **this Saturday**, the **16th**. Meet **at 4:30 pm** at the **Club cabin** in Creekside.

If anyone wants to join us, you still have the chance to register through the club's app.

You'll also receive another email from me today regarding the Nancy Greene Festival in Sun Peaks, where you'll find the schedule for next week.

I also want to clarify that there will be no training in Whistler on Sunday, March 24th, as we will all be returning from Sun Peaks.

Warm regards,

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