



## U14 Weekly Update October 25th

Hi All,

I am looking forward to seeing everyone at this weekend's AGM and Fitness Challenge! Please find all necessary details below.

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

### Dryland

Friendly reminder that the following session has been **CANCELLED**:

- Sports Saturday on Sat, Oct 28<sup>th</sup> (AGM and Club Fitness Challenge)
- Skate 2 Ski on Sat, Oct 28<sup>th</sup> (AGM and Club Fitness Challenge)

### Fitness Challenge Details

**What:** Club-wide ACA Fitness Combine

*This standardized testing protocol ensures skiers are developing ski-specific physical fitness abilities as they progress through the pathway. The assessment can help identify potential performance deficits and track long-term performance trends. We strongly recommend ALL athletes join us for this event.*

**Where:** Whistler Secondary School

**When:** 9:15am (while parents attend the AGM starting 9:30am)

**Bring:** Fitness attire, indoor running shoes, water, healthy snacks (be prepared to do a portion of the assessment outside)

After the AGM, we will regroup for a short meet & greet with some of our U14 coaching staff.

### Races, Events and Links

**U14 Parent Info Session** | Monday, October 30<sup>th</sup>

I will be hosting an online info session for all U14 parents on Monday, October 30<sup>th</sup> at 7pm. We will review the season's calendar, the expectations of the program, and have a Q&A portion.

[Click here to join the presentation](#)

**Friday XC Skiing at the Callaghan** \*action\*

The club will be hosting *Friday Night Lights* – XC Skiing at the Callaghan 5pm-7pm from Jan 12<sup>th</sup> to April 12<sup>th</sup>. It will include skate skiing, monthly biathlon lessons, and Nordic ski jump lessons. The cost will be \$100/athlete, non-including equipment/passes.

To help us plan, [please fill out this Form](#) if you are thinking of attending those sessions on a weekly basis (sold as a package). Please note we will not be offering alternative dryland activities on Fridays.

## Big White SX Expression of Interest | March 7<sup>th</sup> – 10<sup>th</sup> **\*action\***

The Big White Ski Cross event was a popular one last season. The U14 spaces are limited, so please mark your child's attendance on Team Pages if you think your child will be attending. This will secure their entry and we will send a separate registration link. Note that I will not secure entry for athletes who haven't marked their attendance.

*Team Pages > Programs > U14 Programs > Calendar > Find the event > Mark their attendance*

**EVENT INFORMATION** ADD + EDIT CANCEL/POSTPONE EVENT

### Other - U14 Big White Ski Cross

**DETAILS**

Date: All day, Thursday, March 7, 2024 to Sunday, March 10, 2024

**LOCATION**

Location: Big White Ski Resort  
Street: 5315 Big White Rd, Kelowna, BC V1P 1P3  
City/Town: Kelowna, British Columbia

**ATTENDANCE**

Players Coaches Parents

	Attending	Not Attending	No Response
	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

## Communication

### WhatsApp Groups

Please join the two U14 WhatsApp Groups:

- U14 Coach Updates 2023/24 – for quick updates, important reminders, or schedule changes. This is for coaches to communicate with all parents.
- U14 Parent Group Chat – a space to ask questions or share information amongst parents. This is for parents to communicate amongst parents, coaches will not be active on this chat.



### How to reach me?

You can reach me via email at [chloe@wmisc.info](mailto:chloe@wmisc.info) (preference) or WhatsApp direct message at (343) 204-2243 for more time-sensitive communication. Please avoid using iMessages/text messages.

### Resources

All events, training sessions, camps and races will be posted on the Team Pages Calendar that you will find under [Programs > U14 > Calendar](#). All important documents, including a 23-24 Fridge Calendar, can be found under [Program > U14 > Documents](#).

### Sidecut Tuning Discount

As a WMSC member, you can receive discounts on tuning equipment. Click [here](#) for video instructions on how to create your personal account OR go to [www.sidecut.com](http://www.sidecut.com) and click on Pro Signup at the bottom of the home page, using the code CHGOLD.

### Important Dates

- Oct 28<sup>th</sup> | AGM and Club Fitness Challenge
- Oct 28<sup>th</sup> | Fundraising Gala
- Oct 25<sup>th</sup> and Oct 29<sup>th</sup> | Officials Level 1 and 2 Courses
- Nov 6<sup>th</sup> and 7<sup>th</sup> | Officials Level 3 Course
- Dec 7<sup>th</sup> | On-Snow Training Kick-Off

Thank you!

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