



## U14 Weekly Update November 1st

Hi All,

Thank you to all the athletes who joined us last weekend for the Fitness Assessment. It's great to see the kids putting themselves out there and ready for a challenge.

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

### Dryland

This week marks our last week of Fall Dryland sessions, with the last session being Skate 2 Ski on Sunday, November 5<sup>th</sup>. The calendar is always your best resource to double check events/sessions. Thanks to all the athletes who have joined us – your hard work will pay off! Winter dryland sessions will resume with our on-snow programming.

### Races, Events and Links

#### U14 Parent Info Session

If you couldn't join me online last Monday for the U14 Parent Info Session, you can review the slides under [U14 > Documents > U14 Parent Presentation 23-24](#).

#### Sun Peaks Pre-Season Camp **\*action\***

All details for our pre-season camp have been sent out on Monday. If you haven't received the email, you can find the info under [U14 > Documents > U14 Sun Peaks – Camp Details](#).

Please [fill out this waiver](#) for the skating activity and email it back to me as soon as possible.

#### 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.

	Attending	Not Attending	No Response
Players	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input type="radio"/>	<input 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**

- Nov 17<sup>th</sup>-26<sup>th</sup> | U14 Pre-Season Camp in Sun Peaks
- 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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