



## U14 Weekly Update December 6<sup>th</sup>

The time has come! This week marks the official start of the Whistler Programming for the 2023/24 season. We have 48 athletes registered in our U14 group – 8 in the Extended Program, 12 in the Core Plus Program, and 28 in the Core Program. Our coaching staff will be composed of myself, Zack Nattress, Soleil Patterson, Will King, Aidan Walters, and Sierra Gibson.

Please read through the important Notes & Reminders below. A new season means lots of new information, and I wouldn't want you to miss out on any details.

This season, the athletes will receive the "Meeting Times and Locations" portion of this document on the U14 Athletes Chat 2023-24 (WhatsApp group). Note this is an athlete-only chat, in which only Admin can send messages (coaches in this case). If your child wasn't in Sun Peaks, they will be added to the chat in person this weekend. If your child does not have WhatsApp, not to worry – I ask that you please encourage them to check the Weekly Update (via email or the Documents section of Team Pages). This goes a long way in terms of athlete initiative, accountability, and overall preparedness.

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

### Meeting Times and Locations

#### Notes

1. **Upload:** Athletes may upload the Whistler Gondola or Creekside/Red Chair. Please be in the line-up by 8:15am latest for an 8:30am upload.
2. **Download:** Athletes will be skiing down and downloading with coaches or buddies this weekend to develop good "ski-out habits". Please set an end-of-day meeting location with your child prior to training.
3. **Conditions:** Consider bringing rock skis or last year's SL skis. Some areas have marginal snow coverage.

#### Thursday, December 7<sup>th</sup> (Extended)

**Discipline:** SL Technical Freeskiing

**Equipment:** SL Skis and Poles, Backpack, Ski Journal in Ziplock

**Meeting Location:** 9am at the Whistler Lightboard (top of Whistler near Roundhouse)

**Finish:** 2:30pm

#### Friday, December 8<sup>th</sup> (Core +)

**Discipline:** SL Technical Freeskiing

**Equipment:** SL Skis and Poles, Backpack, Ski Journal in Ziplock

**Meeting Location:** 9am at the Whistler Lightboard (top of Whistler near Roundhouse)

**Finish:** 2pm

**Dryland:** 3-4pm at the Whistler Racket Club (*indoor shoes mandatory*)

Saturday, December 9<sup>th</sup> (All Programs)

**Discipline:** SL Technical Freeskiing

**Equipment:** SL Skis and Poles, Backpack, Ski Journal in Ziplock

**Meeting Location:** 9am at the Whistler Lightboard (top of Whistler near Roundhouse)

**Finish:** 2pm

**Dryland & Tech Talk:** 2:30-3:30pm at the WMSC Studio (*bring outdoor fitness clothing*)

Sunday, December 10<sup>th</sup> (All Programs)

**Discipline:** SL Technical Freeskiing

**Equipment:** SL Skis and Poles, Backpack, Ski Journal in Ziplock

**Meeting Location:** 9am at the Whistler Lightboard (top of Whistler near Roundhouse)

**Finish:** 2:30pm

## Reminders

### Parent-Led Races

All U14 races are parent-led this winter, meaning the registration will only include coaches' expenses (transportation, accommodation, meals) and lift tickets/race entries. If you haven't done so already, please book your own lodging and plan your own transportation to this season's races.

### Label, Label, Label!

You honestly cannot put too many labels on your child's equipment.

### Phone Expectations

As discussed in the pre-season Parent Info Session, the expectations are that athletes avoid phone-use during training, on the chairlift, and during lunch/break. The reasoning includes ensuring focus during training, maximizing social interactions and inclusivity with friends/teammates, and making sure phones don't get damaged in gate environments.

To facilitate this, *all athletes will be required to keep their phones in their ski bag* (at Chic Pea or at Garbo) *for the duration of the training day*. This includes any dryland or off-snow activities. Exceptions to this will include powder days, during which kids will be permitted to keep phones in their jacket pocket for safety reasons.

### Nutrition Expectations

The expectation is that *all athletes bring a packed lunch on-hill*. Our training schedule won't often allow for 1) enough time to purchase lunch and 2) a lunch location that sells food. We recommend food options that are nutritious and sustain your athletes through a full day of training. We will not allow fried foods, candy/sugar, caffeine, or energy drinks.

This is a fantastic opportunity to promote independent athletes who pack their own lunches. Coaches will have conversations with the group to reinforce healthy choices and why this is important. Please *help us help you* and initiate this conversation at home.

## Equipment Reminders

With the athletes back on snow for the first time this season, there are many equipment reminders that I want to communicate with you all:

- **FIS Approved GS Helmet** – No sticker, no start. Please ensure your child has a helmet with the FIS sticker shown below (this applies to GS and SG races and training). Your athlete may have a soft-ear helmet without this sticker for SL training and racing only.
- **Back Protectors** – Highly recommended. The expectation is that all athletes train and race with a back protector, in all disciplines.
- **Tuning Gloves** – Highly recommended. Athletes are now learning how to tune their skis and [protective tuning gloves](#) are the safe option. Information on how to obtain a SIDECUT discount is included at the end of this update.
- **Boot Fitting** – U14 athletes should use a junior ski racing boot, generally between a 65 and 90 flex. Please ensure that the new boots fit properly. Good fitting boots are essential; boots that are too big or too stiff will hinder the athletes' skill development. Remember that boots should fit "right now", and the toe box can be *punched* about ½ size if your child's feet have grown.

I have attached the [Equipment Guidelines](#) at the end of this update. If you would like more information on boot fitting specifically, you can refer to the [Boot Fitting Guidelines](#) or ask myself/other coaches.

## Races, Events and Links

## Mt Washington Zone Race

The Mt Washington Zone Race will be the **qualifying event** for the BC Winter Games. The athletes will be selected based on best 3 out of 4 runs (2x SL and 2x GS) and on quotas allocated to each zone.

### Club Race

The Club Race originally scheduled for December 31<sup>st</sup> has been moved to December 28<sup>th</sup>. A [new version of the U14 Fridge Calendar](#) has been uploaded on Team Pages to reflect this change.

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

Only 10 athletes have expressed their interest in participating in the Big White Ski Cross event. 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 ▶

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## Other - U14 Big White Ski Cross

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

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

Players	Coaches	Parents																						
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## Communication

As we kick-off our on-hill training, please be mindful that I may not be able to reply to you promptly during the hours we are on-snow. My regular days off are Mondays and Tuesdays. My work week is Wednesday (office hours) to Sunday.

### 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

### Athletes' Videos

We will be using Google Drive this winter to share athletes' videos. They will be uploaded by coaches and categorized based on training day/event/race. We are still working on establishing the platform – I will let you know once this is set-up and Sun Peaks videos have been uploaded.

### 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

- Dec 7<sup>th</sup> | On-Snow Training Kick-Off
- Dec 16<sup>th</sup> | 4-5pm | U14 Tuning Presentation (parents & athletes) at the WMSC Lounge
- Dec 28<sup>th</sup>-31<sup>st</sup> | Holiday Camp 1
- Dec 28<sup>th</sup> | Club Race
- Jan 3<sup>rd</sup>-7<sup>th</sup> | Holiday Camp 2
- Jan 20<sup>th</sup>-21<sup>st</sup> | Mt Washington Zone Race

Thank you!

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