



U14 Weekly Update February 21st

The group brought great intensity to last week's training. We ended the training block with our first full-length GS course running from Beauty to 4.6 - got the legs working and the adrenaline pumping! And a group of ski cross athletes joined Dave Duncan for a SX-specific training day – from which I have heard awesome feedback!

We are gearing up for a weekend of training on Blackcomb (with a few athletes forerunning the U16 race on Whistler daily). This will be our last push of training before the Zone Race on March 2-3 in Whistler. I am now back on snow and coaching.

Ongoing Athletics projects:

- Goal Setting Follow-Up to help us help your athlete stay on track with their season's goals.
- Mid-Season Skills Assessment – Connection Coaches will be emailing last week's results to each athlete individually over the next week or so.

Look for the *Action Items* below!

Meeting Times and Locations

Thursday, February 22nd

No U14 training on Thursday this week. Good luck to all athletes at Apex!

Friday, February 23rd

Discipline: GS

Equipment: GS Skis and Poles, Back Protector, Arm Guards (optional), Speed Suit

Upload: 8:15am from the **Blackcomb Gondola or Excalibur Gondola**

Meeting Location: 9am at the top of **Blackcomb** by the Lightboard

Finish: 2:30pm

Forerunners with Coach Chloé

Sebastian, Finley, Monty, Gwen, Alyssa, Katie

Discipline: SL

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

Meeting Location: 8am at the **Garbo Patio near the Whistler Gondola** (we will upload as a group)

Saturday, February 24th

Discipline: GS

Equipment: GS Skis and Poles, Back Protector, Arm Guards (optional), Speed Suit

Upload: 8am at the **Blackcomb Gondola or Excalibur Gondola** (no early upload; all athletes must upload from Blackcomb/Excalibur Gondolas please to avoid late arrivals)

Meeting Location: 8:45am at the top of **Blackcomb** by the Lightboard

Finish: 2pm

Dryland: 3-4pm at the Myrtle Philip Gym

Forerunners with Coach Sierra

Bodie, Devin, Swift, Margaux, Ngairé, Soleil

Discipline: GS

Equipment: GS Skis and Poles, Back Protector, Arm Guards (optional), Speed Suit

Meeting Location: 8am at the **Garbo Patio near the Whistler Gondola** (we will upload as a group)

Sunday, February 25th

Discipline: SL

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

Upload: 8am at the **Blackcomb Gondola or Excalibur Gondola** (*no early upload; all athletes must upload from Blackcomb/Excalibur Gondolas please to avoid late arrivals*)

Meeting Location: 8:45am at the top of **Blackcomb** by the Lightboard

Finish: 2pm

Forerunners with Coach Aidan

Mathijs, Brodie, Yannick, Eliza, Zoe, Eleanor

Discipline: GS

Equipment: GS Skis and Poles, Back Protector, Arm Guards (optional), Speed Suit

Meeting Location: 8am at the **Garbo Patio near the Whistler Gondola** (we will upload as a group)

Races, Events and Links

Goal Setting Homework

We are missing many answers to our mid-season Goal Setting Follow-Up. Please help us check-in with your athletes in a productive way and remind them to fill out [this Form](#) before the weekend. Connection Coaches will do an on-hill check-in with athletes individually over the course of this weekend and next.

Sharpening Clinic

Thank you to the parents to made it to the Sharpening Clinic last Saturday. It seems everyone had some takeaways and hopefully your athlete thanked you for their sharp skis on Sunday!

If you are curious about a “How-To” document or what equipment to purchase, Scott has put together this great reference: [U14 Programs > Documents > U14 Equipment > U14 Sharpening Clinic Feb 17](#).

U14 Spaghetti Dinner | Saturday, March 23rd 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](#)

U14 Whistler Zone Race | March 2nd and 3rd *action*

Final reminder to register to this Zone Race if you haven't yet!

[Register Here](#)

Deadline February 23 at midnight

New App *action*

The Club has now launched a new app – the WMSC Racer Account App. It is available for download on the Apple Store and Google Play. Experience a new level of convenience as you stay connected with your racer's schedule and receive important updates from the Club. Key features include: Event Schedule, Club-Wide Notifications, Easy Registration Process.

**NOTE: Only 1 account per household to avoid double registrations.*

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

- Feb 22nd-25th | BC Winter Games now Apex Race
- March 2nd-3rd | U14 Cypress Zone Race
- March 7th-10th | U14/U16 Big White SX
- March 23rd | U14 Spaghetti Dinner at the WMSC Club Cabin

Thank you!

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