



FIS Update February 14th, 2024

Hello FIS Team,

February seems to be flying by as we are rapidly approaching Parson's races here at home! If you have not already signed up to volunteer for these races, please consider volunteering. It is a great way to be involved on hill to not only see what your son or daughter are doing but also brings you to the inside operations of what goes on to facilitate these races. You can find the link to register below.

<https://www.signupgenius.com/go/10C084DA9A72EABF9C34-47227927-bobparsons#/>

A Look Back at Last Week

As nice as it was to return home last week, we headed up the mountain on Thursday with high hopes of training GS on the race centre. With the WB Snow making team running all possible guns full out it was great to see the commitment from the mountain to get our race centre up and running. Unfortunately, it was also pretty clear that with the current conditions it was not going to be possible to install all the safety netting to run a SG race series. Thanks to the Paron's committee for thinking ahead to get some different code-ex's to be able to pivot and run a tech series! Our race centre has what I consider to be the best GS hill on this side of the country! This is a world class slope, and it just so happens to be our training centre! I am very excited to get to race at home on this hill to see what our team can do!

Thursday and Friday were not possible for us to train much on the race center due to the snow making going on. We again pivoted and enjoyed 2 days of free ski training. Friday was incredible and we think everyone got a lot out of training. We skied on Blackcomb and skied right to 2pm. The groomers were firm, the lines were not too long and the sun was out! Saturday and Sunday were spent on Gandi. This is a great slope; the hill was very hard and provided a great training arena for us. It was evident that most athletes who participated in The Kimberley speed project were tired from the previous stretch, so we adjusted our training plan to align with where our team was. We set some shorter SL courses and multiple sections to work on execution for a shorter period of time and we dialed our dryland back. Sunday proved to be a great day despite having to move some fresh snow at the start of the day. Everyone saw some success and ended the weekend on a good note!

Looking Forward to The Next Week

We have yet another big week and a half ahead of us with Parson's races next week. This week's training will ramp up for these races. Thursday and Friday we will have GS training on the race centre. For Saturday we will be competing in the club dual SL and training SL below the dual. This is a fun dual and a way for some of the younger

athletes to connect with the older athlete's primarily being our FIS team. The FIS team is the top tier team in the club, so it is important to be the leaders of our club. The younger athlete's look up to our athlete's and this gives a great opportunity for everyone to connect and to build some relationships throughout our club. Sunday will be a day off for everyone doing the Parson's race's who trained Thurs-Friday. Monday we will train GS and Tue-Fri we will race. From what I understand the schedule at the moment will be to race the GS races first followed by the SL races at the end. We will re-evaluate at the end of the series and are currently planning to have training on the race centre for the following weekend after the races.

All athletes are entered for the Parson's series and due to so many changes the office just created a registration link. Please see below the link to register your athlete's!

<https://campscai.active.com/orgs/WhistlerMountainSkiClub?season=3279146&session=62110337>

Schedule

Thursday Feb 15th- Train GS at the race center

- 8:15am load Fitsimmons Chair
- 8:45am inspection
- 9am first run
- 11am 20-20mins break
- 1:30pm last run
- 2:30pm balance/agility and core for dryland

Friday Feb 16th- Train GS at the race center

- 8:15am load Fitsimmons Chair
- 8:45am inspection
- 9am first run
- 11am 20-20mins break
- 1:30pm last run
- 2:30pm Maintenance lift in the gym (light lift)

Saturday Feb 17th- Club Duel and SL training

- 7:45am load Fitsimmons Chair
- Inspection and start TBD
- 2:30pm Spin and core for dryland

Sunday Feb 18th- This will be a flex day, if we have enough athlete's we will offer SL training and from those that train Thurs-Friday will have the day off to rest for the upcoming series.

Monday Feb 19th- Race training GS on the race will with other BC FIS teams

- 8:15am load Fitsimmons Chair
- 8:45am inspection
- 9am first run
- 11am 20-20mins break
- 1pm last run
- 2pm Spin/flush stretch

Tuesday 20th-Friday 23rd- Parson's races, schedule TBD

Saturday 24th-Sunday 25th- Tech training to round out the week. Schedule TBD

We Have a New App!

Our administrative team has created a new app to streamline your connection with our team updates, registration among other features. Please follow the link below to learn more and how to download the app.

<https://www.wmsc.info/teams/845562-U16-Program-skiing-team-website/announcements/2357336-Exciting-News-Introducing-the-WMSC-Racer-Account-App->

We are very excited to be home for a few weeks and even more excited to race at home! Looking forward to seeing everyone over the next week and a half!

If you have any questions or concerns, please feel free to reach out to me.

Sincerely,

Brad Eades

WMSC Lead FIS Coach

(604)902-1774

brad@wmsc.info

"I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion." - Mia Hamm



