



FIS Update March 4th, 2024

Hello FIS Team,

We have been asking for snow and we finally have been getting snow! Now as we all probably predicted it has been snowing a little more than we need to make for good training conditions. On the plus side it has made for some great skiing, and ski racing has everything to do with skiing so in the end it's great for our athletes to finally get out on their fat ski's for some fun laps on the mountain! Beyond some fun freeskiing there is also a lot of work that can be done with softer snow. Training in soft snow is very good for forcing the athletes to bring up their line which is turning above the gate or as we call it, "bringing shape into the fall line". It is also good to learn how to spread out the pressure as the impulse of the turn will be longer and start earlier than when skiing on a hard surface. All in all there is a lot of positives to training in soft snow so please encourage all athletes to attend training on training days as we are always doing our best to create environments that will encourage the athletes to learn.

Looking Back at The Previous Week

This past week we have finally got a large amount of fresh snow, on Thursday we sent the athletes out freeskiing so the coaches could work on digging and pulling our safety nets out of the way of the groomer. Friday with more snow on top of a lot of previous snow we saw the opportunity to let the athletes go and ski with friends and family to enjoy some of the best Whistler has to offer. We also had a group of athletes leave for a racing project in Norquay. On Saturday and Sunday we had training for everyone who was in Whistler. With all the fresh snow they had soft conditions and as stated above there is a lot of work that can be done in the soft snow. For Sunday the coaches set up a couple different environments, one being a panelled SL. This is one of my favourite courses to set in soft snow. It forces the athletes to give more space above the gate and forces separation between the upper and lower body. It also teaches athletes how to safely ski a dished-out course. With the gates being paneled it tends to create a smooth in and out dish or rut in the course making for a safe and controlled track to ski which is very beneficial for the athletes.

In Norquay we have seen some very tough races with very low finish rates for the entire field. The ROC here watered the race hill for our world cup men's program 2 weeks ago and with very cold temperatures (-21 without the windchill) it has created a very hard and slick surface. Our athlete's have done a great job to learn and adapt as they have never skied on a



surface like this. We did see 4 of the 4 ladies who started yesterday in the top 10 after first run, with Lola finishing 5th overall and 3rd U19 and Thea finishing 7th overall and 5th U19! Some very strong skiing from everyone yesterday on a very challenging slope.

Looking Forward

In Norquay we have 1 more GS to go and 3 SG races in 2 days to go before driving home on Friday. In Whistler we will have training from Thursday-Sunday. The plan is to train GS Thursday and Friday and SL on Saturday and Sunday. For our GS training on Thursday and Friday, Drew will be joining our group with 4 national team ski cross athletes. It's always great when national team athletes want to work in and join our training as it is great for our younger athletes to see and the older athletes approach their training. As an added bonus it's always great to have Drew up on the hill with us as he's a long time Whistler coach who has coached pretty well all levels of ski racing.

Looking further ahead I will repost the schedule for our senior national's race series as well as the spring series. These races are at Red Mountain and will be a big tech race blast for everyone. I will also post the registration link for that project below the schedule.

This Week's Training Schedule

Thursday March 7th-GS training Johnny's start to Finish

- Arrive for 8am to load at 8:15am Fitz Chair
- 8:40am inspection
- 9am first run
- 11:15am 30min break to reset/redress the course
- 11:45am-1:30pm GS training
- 2:30pm dryland workout at the clubhouse, balance and agility workout

Friday March 8th-GS training Johnny's start to Finish

- Arrive for 8am to load at 8:15am Fitz Chair
- 8:40am inspection
- 9am first run
- 11:15am 30min break to reset/redress the course
- 11:45am-1:30pm GS training
- 2:30pm dryland workout at the clubhouse, lift with Jeremy

Saturday March 9th-SL training Sunset to finish

- 7:35am arrive for early load at 7:45am Fitz Chair
- 8:10am inspection
- 8:40am first run
- 11:15am 30min break
- 11:45am-1:30pm 2nd training block 2-3 good runs to close out the day
- 2:30pm dryland at the clubhouse, circuit workout with Jeremy



Sunday March 10th-SL Training Sunset to Finish

- 7:35am arrive for early load at 7:45am Fitz Chair
- 8:10am inspection
- 8:40am first run
- 11:15am 30min break
- 11:45am-1:30pm 2nd training block 2-3 good runs to close out the day
- 2:30pm dryland at the clubhouse TBD

The Plan for Senior Nationals and Spring Series at Red Mountain

With Senior Nationals only having tech races and no speed events we feel that there will not be a lot of athletes traveling over to BC from the Eastern side of Canada. We expect the field to be very similar to our normal FIS races plus a few extra athletes who make the trek. Since Nationals and Spring Series are at the same venue and back-to-back, we have decided to open up the Senior Nationals for everyone. We feel it is worth while for athletes to have more time on the race hill and more opportunity to compete throughout the week. This is 8 days of racing straight through. That is a lot of racing in one stretch so we will encourage all athletes to self monitor and take a rest day whenever they need should they need it. With having 4 GS races and 4 SL races the athlete's will have ample opportunity to work on their race day routines as well as being able to push themselves as there will be plenty of opportunity to score FIS points at these 2-race series. Plus, with the cost of travel it only makes sense to take advantage of the extra starts with the cost and time of travel.

We will load the truck and trailer the night before on March 15th in preparation for a 6:30am departure on March 16th. We will try and train or at least free ski the day before Nationals on March 17th and then race March 18th-25th. With so many races in a row we have decided to stay at the hostel at the base of the mountain. The Hostel is called Nowhere and it is located within walking distance to the lift. We will be doing a meal plan for this project which will be served on the 2nd floor of the main lodge. This will allow the athletes lots of time to take care of themselves, prep their equipment and fuel themselves without having to worry about cooking and cleaning. We currently have 3 SUVs rented plus our truck and trailer to facilitate our travel to and from the venue. All in all, we feel this will be a great racing opportunity and exposure for everyone getting to see and race against some of our national team athletes.

You can find the TripSheet at the bottom of these update.

Senior Nationals and Spring Series Schedule

Mar 15th- 4:30-6pm load truck and trailer at The WMSC

Mar 16th- 6:30am depart WMSC for Red Mountain

Mar 17th-Freewski/train at Red Mountain

Mar 18th-21st- Race Senior Nationals Tech Series

Mar 22nd-25th-FIS Spring Series

Mar 26th- Drive back to Whistler

Registration Link

<https://campscui.active.com/orgs/WhistlerMountainSkiClub?season=3279146&session=62365432>

You can find the TripSheet at the bottom of these update.

Try Out Our New App to Register

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->

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

"A person who never made a mistake never tried anything new." —Albert Einstein



Trip # 49 CAN Nationals Red Mt

THIS TRIP SHEET IS INTENDED TO BE READ IN CONJUNCTION WITH THE C POLICY. IN CASE OF A DISCREPANCY BETWEEN THIS TRIP SHEET AND TH POLICY, THIS TRIP SHEET SHALL PREVAIL.

REGISTRATION DEADLINE: Wed, Mar 6th at 12 pm

Destination	Red Mountain Resort
Date	Mar 16/24 to Mar 26/24
Athletes	
Coaches & Contact #'s	Brad Eades (604)902-1774, Laurance Pichette (819)352-1486 Martinal (604)906-2259, Ryan Webster (403)850-179
Accommodation/Contact #'s /Meals	Nowhere Special Hostel (250)362-7000
Camp/Trip/Race Budget Breakdown	Based off 20 Total Athletes
	Payment Due [Date on Trip #'s Doc]
	http://tinyurl.com/yaurfzue
	Based off # Breakdown 20
	With Team
	<ul style="list-style-type: none"> • Flights \$ - • Transport (Vehicles, fuel) \$ 716.15 • Accommodation (Includes ski room) \$ 480.75 • Meals ¹ \$ 765.00 • Lift tickets/Race entry \$ 480.00 • Coaching expenses ² \$ 352.85 • Lane rental \$ - • Coaching Fees ³ \$ - • Administration \$ 111.79 • Contingency ⁵ \$ 139.74
	Total \$ 3,050.00
	Budgeted day rate \$ 277.27
	¹ Meals on travel days are NOT included
	² Coaching expenses include accommodation, lift tickets, meal plan, per diems on there is no meal plan with team, and other directly relatable items.

	<p>³ Coaching fees: this cost is only for trips/camps outside of the scheduled winter season trips you will be prompted at registration to pay for any extra training and travel your athlete's program. The costs are \$85 per day.</p> <p>⁴ Traveling with parents excludes lodging and meals</p> <p>⁵ 5% contingency to account for cost estimate uncertainty</p>
Payments and Refunds:	<p>Full payment at registration</p> <ul style="list-style-type: none"> • See Club Travel Policy for refunds details
Chaperone Requirements and Subsidies	<p>Number of Chaperones, and subsidies, to be determined once athlete numbers are in. Chaperones are subject to the Club Travel Policy must complete:</p> <ul style="list-style-type: none"> • Respect In Sport Parent Module https://alpine-canada-parent.respectgroupinc.com/ • A Criminal Record Check https://justice.gov.bc.ca/eCRC/ Access Code: RCEZV57JY2
Parent Volunteers	<p>All parents transporting and supervising athletes (other than children) must complete:</p> <ul style="list-style-type: none"> • Respect In Sport Parent Module https://alpine-canada-parent.respectgroupinc.com/ • A Criminal Record Check https://justice.gov.bc.ca/eCRC/ Access Code: RCEZV57JY2
Guest Racers	<ul style="list-style-type: none"> • Guest Racers are welcome, subject to availability. Guest racers are subject to a surcharge to cover overheads.
Vehicle Usage	Club truck and trailer, 3 rental SUVs or mini-vans
Schedule	<p>Mar 15th 4:30-6pm load Trailer at WMSC</p> <p>Mar 16th 6:30am depart WMSC</p> <p>Mar 17th Freeski/train at Red Mountain</p> <p>Mar 18th-21st Can Senior Nationals</p> <p>Mar 22nd-25th FIS Spring Series</p> <p>Mar 26th Travel home</p>
Bring	<ul style="list-style-type: none"> • SL, GS skis, tuned and ready to go for day one • Protective gear, speed suits, back protector, mouth guard, etc. • Proper clothing, proper lenses for fog, rain or sunshine • Log books/journals • Homework • Indoor and outdoor dryland attire, foam rollers
Disclosure and Consent	<ul style="list-style-type: none"> • Updated Medical Disclosure and Consent Form due not less than 14 days before departure

Forms	<ul style="list-style-type: none"> • Travel Consent form due not less than five (5) days before
<i>Other</i>	<ul style="list-style-type: none"> • Wi-Fi available for homework • Communicate with school/teachers about time commitment training/racing schedule

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