



FIS Update March 12th, 2024

Hello FIS Team,

I hope everyone had a chance to get out and enjoy all the glorious snow we had this past weekend! I got to speak to some of the athletes over the weekend and heard some tales of full day freeskiing from open to close. I love hearing and seeing the joy and excitement from our athletes after days spent skiing. It's important to stoke that fire and at the same time it's really good for everyone's skiing. To be able to ski well in the powder, bumps, and low visibility you have to be well balanced, disciplined and comfortable which are all things we work on in our fundamentals in ski racing.

A Look Back at Last Week

Last week our group was split in 2 different areas. We had some of our athletes at home training and some racing in Norque and Nakiska. At home we had 2 great days of GS training before the snow, with 4 national ski cross athletes. In Norque we had an extremely tough surface and very cold temperatures to make for a difficult series. Our athletes did a great job of learning from every run and building on their skill set. We saw some very strong results in the GS races. On the first GS Lola earned a bronze medal for U19 women and on day two Hannah earned 3rd overall and 2nd U19 with Thea Torn 3rd U19! Everyone learned and grew from this experience thanks to everyone's dedication and perseverance!

Following the GS races, we headed to Nakiska where we raced 3 SG races per gender over 2 days. Here we saw sunny skies and natural cold snow, so the surface was much softer, and the track was lit up from the sun. This was a much-needed change from Norque. Again, our athletes did great with some very strong SG results. In the first SG we saw Vivvy finish 4th overall and 2nd U19. In the second SG race Vivvy was 3rd U19, and Hannah claimed all three Toblerone chocolate bars for the attack from the back award! All in all this project was a success based on the hard work and determination from all the athletes!

This past weekend was a weekend for freeskiing as we got endless amounts of snow, so we cut the team free to go and ski with friends, family and team mates. I think it's important for the athletes to have opportunities to ski without being watched, judged or timed so they can let loose and take some turns purely for the enjoyment of the sport and for themselves.

Looking Ahead

With March marching on, we are already looking at Senior Nationals and Spring Series coming up next week! The majority of the team will be leaving on Saturday March 16th headed to Red Mountain, we will be driving through Vancouver so there will be a North Vancouver pickup for this project. We will be staying in the hostel at the base of the mountain called Nowhere Special and we will be doing a meal plan for breakfast and dinners. This will be served on the 2nd floor of the main lodge. We will pick up groceries to make our own lunches so I would advise the athletes to bring a couple containers for their lunches. This will be an intensive 2 series of races. We will be in constant conversation with the athletes and heading into these 2 series we will remind the athletes that if they need a day off for rest, they may take any day they feel will best suit them for where they are at. We have used this method for some of our training when away on training projects, so the athletes are used to managing themselves. While we are away at Red Mountain, we will have Marie looking after training on weekends.

I will send out some more information on our training plan for Thursday and Friday tomorrow afternoon. Given the warm weather we will have this week and how many races we have back-back next week, this is a great opportunity for athletes to get their skis and equipment ready to go for next week. It's a great opportunity to rest and look after any physical therapy that will support them through this next project. As of now we do not currently have any hill space on Thursday as the U16's are running a SG training camp on the race centre. A tentative plan for Thursday is to do some freeskiing together and I will update tomorrow. For Friday we will be looking at trying to train SL.

Looking further ahead we are looking at possibly sending a few athletes to NOR-AM Finals at Panorama for the beginning of April. The 5 athlete's who we will be in conversation about attending NOR-AM finals are:

Lola Vivvy
Thea Hannah
JJ

This series will run April 1-11th and those who attend will most likely not attend the races in Nakiska. As mentioned above this is to be discussed with the athletes and parents a decision for these athletes to attend this series has not been finalised.

Red Mountain Nationals and Spring Series Schedule:

Friday Mar 15th- 4:30-6pm Load truck and trailer with skis and equipment at the WMSC

Saturday Mar 16th- 6:45am arrive at the WMSC for a 7am departure

8:30am pickup at the Super Store in North Van

Sunday Mar 17th- Train at Red Mountain

Monday Mar 18th- Men's SL race, Women GS Race

Tuesday Mar 19th- Men's SL Race, Women GS Race

Wednesday Mar 20th-Women SL Race, Men GS Race

Thursday Mar 21st- Women SL Race, Men GS Race

Friday Mar 22nd- GS race for men and women

Saturday Mar 23rd- GS race for men and women

Sunday Mar 24th- SL race for men and women

Monday Mar 25th- SL race for men and women

Tuesday Mar 26th- Travel home with a drop off in North Vancouver

With a big two weeks ahead of us we are looking forward to getting everyone back on the road together to compete in Red Mountain!

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

"Life is 10% what happens to you and 90% how you react to it." — Charles R. Swindoll



