



## FIS Update November 10<sup>th</sup>, 2023

### **Hello FIS Team,**

As I hope all of you know by now, there has been a large transition in the lead coach position for the upcoming season. I, Brad Eades, have been hired to take over as Lead Coach for this program. I am sure most of you may not have heard of me as I have taken some time away from the sport and I assure you I am very excited to join this team and get back on the slopes to do what I love which is partner with coaches and athletes in order to create and facilitate the best training environments possible! My time away from ski coaching has granted me many opportunities including diving into a different coaching role, rekindling my love and passion for freeskiing (here in Whistler) and growing as a human being. I have led other programs of this caliber some being the Ontario Development Ski Team and SOD Ski team as well as coached for the Ontario Ski team for a number of years. I also raced for the Ontario ski team for 4 years as an athlete getting to travel, train and race on multiple continents. I have a deep understanding of what our FIS athletes are going to be going through and working towards this year and in the upcoming years. I have had the pleasure of meeting and getting to know 3 out of 4 of our other FIS coaches and I am thrilled to be a part of such a strong and diverse group of coaches! I feel that Laurence, Matou and Ryan are all well rounded, engaged and experienced coaches and I have no doubt we are going to provide a world class program for our athletes! I look forward to meeting Marie in Panorama as she will be our 4<sup>th</sup> coach and will be joining us part way through our Pano camp. Looking beyond our staff, I am overwhelmed at the resources and alumni we have access to here at the WMSC! This club has more resources than most (maybe all) provincial sport organizations and it's all under 1 umbrella! I hope that a bit of my excitement will be passed through these words as I see an incredible amount of potential and am extremely excited to be back in Whistler to partner with the WMSC and the FIS coaching team to be a part of delivering a world class program!

### **Team Dryland Last Week and Looking Forward**

As we are wrapping up our fall prep period, we are getting ready for some early winter training and looking further ahead at our first upcoming races. We had some dryland testing in the gym which is always a great ramp up for the early pre-season camp. It was great to meet some of the athletes and get to observe both the athletes the other coaches working together in the gym. I saw a great bond between the athletes both together and with the staff. We had some great lifts, a lot of smiles and definitely some new personal bests achieved! It's always great to see all that hard work pay off! As we transition into our pre-season camp and competitive race calendar, we will be using the gym a bit less. However physical fitness is always a large priority in the world of Alpine skiing. Some of our dryland training will change throughout the season. We will have a strong focus on skiing, both in environments (gates, and drill courses) as well as free skiing. Outdoor sports, group core workouts, team balance/agility workouts and group spin sessions when possible are all among some of the dryland

training. There will be a strong emphasis on morning warmup routines and end of day stretching and rolling out in order to maintain the athlete's flexibility and recovery.

### **Getting Ready for Pano-Norquay**

For those parents and athletes entering the world of FIS welcome! As you may or may not know FIS is a world all to its own. There are many moving parts, different directions and events to attend. Part of what makes FIS so great is that there is never just one path. We will at times be sending different groups of athletes to different places and having such a strong coaching staff makes facilitating this possible. The first example of this will be during our first camp. We will have some of our athletes training in Panorama, and some will head to Norquay for their first 2 races of the season Dec 2-3. We will all reunite to head back home together on the Dec 4<sup>th</sup>.

For the Panorama camp and winter season it is important that the athletes come prepared for cold winter conditions. Panorama especially this time of year can be very cold so in order to make the most of our time on snow it is imperative that the athletes dress accordingly. We **strongly recommend** the athletes have multiple base layers for above and below their DH suits. I personally am a big advocate for merino wool base layers and a warm fitted top layer to wear above the DH suit when training gates. Unfortunately, I understand that merino wool it comes at a high cost but it's wicks away moisture and is a great insulator. Currently the long-range forecast doesn't look to cold but we can't see what the end of the trip looks like and these conditions can change. Plus this is only the start of the season. Please see below for some recommendations:

- Base layers above and below DH suits
- SL training shorts
- face masks (balaclava)
- Multiple pairs of proper ski socks



Looking towards safety. As we start to bridge the gap between preparation and competition it is imperative for us to look at athlete safety. As we all know Alpine ski racing comes with a certain level of inherent risk. In today's world there are certain things we can do to help mitigate the exposure to unnecessary risk. We as the FIS staff have sat down and spoke about this and we ask that the athletes all have the following safety equipment:

- FIS stamped Helmet purchased within the last 2 seasons
- Back protector

- SL bar for the front of the helmet
- Mouthguard
- FIS stamped DH suit is recommend
- Shin pads for SL with pole guards

We also all need to be prepared for dryland on camp:

- Workout wear for both indoors and outdoors
- Proper shoes for dryland
- Yoga mat is a good idea and not necessary

### **Logistics for Panorama-Norquay**

We will be traveling to and from Panorama on a chartered bus that has been hired for all athletes. We will also have a truck and trailer for our gear. Please try to do your best to be on time and preferably a bit early and ready to go as we have a long travel day and will lose an hour with the time change (Panorama is 1 hour ahead MDT). We will have 2 pickup points, the first being at the Whistler Mountain Ski Club and the 2<sup>nd</sup> pickup point will be the parking lot on 333 Seymour Boulevard at the Superstore.

- **Whistler Mountain Ski Club Pickup 6:00 am**
- **333 Seymour Boulevard Pickup 7:40 am**

I am really looking forward to meeting everyone and to getting back on snow with the athletes! We have an exciting year ahead of us and as the snow line begins to drop in the mountains it's time for the FIS team to head out on our first winter project of the year!

If you have any questions, please feel free to e-mail or text me,

Sincerely,

**Brad Eades**

WMSC Lead FIS Coach

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