



## FIS Update April 3<sup>rd</sup>, 2024

**Hello FIS Team,**

As April has started, we have now entered our final month on this year's racing calendar. We do have a lot left in the coming weeks so stay tuned for a full update.

### **Nakiska & Sun Peaks**

As many of you know after my WhatsApp communication yesterday, Sun Peaks has been cancelled this year due to a few factors. This does mean that we lose a great 4-day race series close to home that I know some athletes wanted to finish their season at. With that I am working on a new budget for anyone who has not registered for Nakiska and will be posting a registration link shortly for the Nakiska series that will have the Sun Peaks portion removed from this budget. For everyone who has already registered we will issue a refund for the Sun Peaks portion once the Nakiska trip has finished and has gone through the budget reconciliation process.

The Nakiska series is going to be a great way to cap off a great year. We have 5 tech races and 2 SG races over 6 days. 2 SL races, 3 GS races and 2 SG races on the final day. We will be staying in Canmore at the Rocky Mountain Lodge and will drive to and from Nakiska daily. To have this many races and 3 events in one series is rare and an action-packed finale. These should be fun races with fuller fields as I know a lot of club programs are making the cross-country trek from Ontario and Quebec. Our athlete's will get a good opportunity to compete against a number of new competitors their age! Stay tuned for more details coming shortly.

### **A Look Back at The Last Week**

Last week the majority of our team returned home from a tough series at Red Mountain. We had a few athlete's head East back to Kimberley to race 2 SG races and then head back to Panorama for NOR-AM finals. The group at home had a 4-day block of training and on Friday for the first time this year the FIS team got to enjoy some SG training on our racing center! This is something we would like to do more often, and unfortunately with the weather conditions this year we were unable to make this happen earlier this year. Non the less it was great for everyone to get out on the long boards and work on stretching out their turns to work on some of the finer movements of "rolling the skis over and creating a platform". Our team also got to train GS from Johnny's start down sunset to 5-O. The weekend rounded off with 2 days of SL training. We are trying to move our SL lane space around as possible to prepare for Nakiska. You may have noticed we got some flatter lane space and that is in preparation for Nakiska SL.

On the other side of the province, we had Lola, Vivvy and JJ racing speed. Everyone had a strong showing in the SG races at Kimberley. Vivvy showing her comfort in SG earning a 6<sup>th</sup> & 8<sup>th</sup> place overall finish! Immediately after Kimberley we drove back to Panorama for the NOR-AM finals. Here we have 2 of our men's world cup team forerunning with one previous WC athlete. We also have a few of our national team athletes racing head-to-head against our athletes. Some of these athletes include Cassidy Gray and the Seiger brothers. It's great to see these athletes running the same course as our athletes. Sticking to the theme of the year we were only able to get 1 DH training run before bumping up the racing schedule due to weather conditions. The 1<sup>st</sup> and only training run was a great opportunity for our athletes to step up from the Kimberley DH onto a NOR-AM track. Everyone did great on our first day and most found a lot of comfort through their first run. Yesterday was our first DH race day, and we had some up's and down's. Unfortunately, Vivvy went down halfway down the course and ended up spraining her wrist. This was unfortunate after a valiant run! JJ also did not make the finish but was skiing great and is ready for our next DH race. Lola had a standout performance racing into 3<sup>rd</sup> U19, 13<sup>th</sup> overall in her first NOR-AM race and earning her first NOR-AM points!!!!

### **A Look Ahead to the Week Ahead**

In Panorama we are off today due to a weather day and will run our final DH race tomorrow followed by 2 SG races before heading home. Back home in Whistler we are looking forward to another strong 4-day training block. The weather looks as though it will cooperate, and our main hurdle is the grooming with soft conditions. The Hill will not be groomed everyday so we have tried to create a training plan that will work with the weather and our grooming needs. This will be another good block training 3 events and we are very fortunate to have this ability! You will find the training schedule for this week below.

### **This Weeks Training Schedule**

#### **Thurs Apr 4<sup>th</sup>- SG from Club 21-4.6**

- 8:15am load Fitz Chair
- 8:40am inspection
- 9am first run
- 11:20am pull SG and slip ruts
- 11:30-12pm min break
- 12-2pm GS free-ski
- 2:30pm dryland in Studio

#### **Fri Apr 5<sup>th</sup>- GS Johnny's start to 4.6**

- 8:15am load Fitz Chair
- 8:40am inspection
- 9am first run
- 11:20am pull GS and slip ruts
- 11:30-12pm min break
- 12-2pm GS free-ski
- 2:30pm dryland in the gym

**Sat Apr 6<sup>th</sup>**- SL 5.0 to finish

- 7:45am early load at Fitz Chair
- 8:15 inspection
- 8:30 first run
- 11:20am pull SL course and Slip in ruts
- 11:30-12pm 30 min break
- 12-1:30pm SL free-ski
- 2:30pm Dryland in gym for circuit workout

**Sun Apr 7<sup>th</sup>**- SL 5.0 to finish

- 7:45am early load at Fitz Chair
- 8:15 inspection
- 8:30 first run
- 11:20am pull SL course and Slip in ruts
- 11:30-12pm 30 min break
- 12-1:30pm SL free-ski
- 2:30pm Dryland TBD

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

Sincerely,

**Brad Eades**

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*"My attitude is that if you push me towards a weakness, I will turn that weakness into a strength." -Michael Jordan*