



FIS Update April 10th, 2024

Hello FIS Team,

It seems a bit strange to say that we are approaching our final race project for this season! Crazy how fast the time has flown by! With that this will be a fun and action-packed trip so we will be finishing the season with a bang and hopefully on a high!

A Look Back at Last Week

Last week the majority of our team enjoyed a solid 4-day block of training at home. When most of BC was struggling with warm conditions and variable surfaces Whistler seemed to be one of the only mountains with hard snow! Our athletes enjoyed training 3 disciplines which is a true luxury that we have a training hill that allows us to be able to train SG-SL!

On the other side of BC we had 3 athletes trying to compete in the NOR-AM finals at Panorama. Unfortunately, we were unable to get any more races off since the last update. We only got to run 1 DH training run and 1 DH race. Lola had a smoking run and earned herself a 13th place finish overall and 3rd U19 all while scoring her first ever NOR-AM points in her first NOR-AM race! That was a roaring success for her. After that we could not get a consistent surface that was safe to run another speed run. We had the next DH race cancelled and both SG races were cancelled. This was unfortunate and all in all it was a great exposure trip for these 3 athletes who all got to run a new DH track and one that is a step up from Kimberley.

A big shoutout to Anne-Marie Joncas who took home 1st place U19 overall in Nakiska for the ski-cross NOR-AMS!!!!!!



A Look Ahead

Everyone is gearing up for our Friday departure! For the Nakiska trip it looks like we should have fairly good weather at the moment, It will start a bit warm and looks to get colder as the week goes on so we are hopeful that we will have a hard and consistent race surface for the duration of this series.

We will be staying in the athlete's favorite accommodation, The Rocky Mountain Ski Lodge in Canmore. We have 3 SUV's that we have rented to make the drive as well as the club's truck and trailer. For any parents who are thinking about coming to watch the races please reach out to me. The mountain closes on Sunday. Monday onwards there will be no public access and our races are at the top of the mountain. They most likely will need volunteers so the only way to get up to the race slope would be to volunteer.

As many of you may know by now, we have had another injury on our coaching staff. It seems to be a hard year on both athletes and coaches alike this year! Laurence had an awkward fall last Sunday and is currently on crutches awaiting an MRI to look at her knee... I am sorry to say she will not be able to join us for this project and will be greatly missed by all! We are very lucky to be apart of such a strong club where we have many talented coaches to work with. Will Goneau has answered the call and will be joining us for Nakiska. Will has a wealth of experience as he raced FIS for several years and brings a ton of positive energy. We are lucky to have him join us, and we are looking forward to having him with us.

Following this series, we will drive home on April 20th directly back to the WMSC in hopes of making it in time for the club's BBQ and awards banquet. If you have not registered, please do so the link to register is below. You may have to copy and past this address into your browser as I have not been able to figure out how to share a link...

<https://campscui.active.com/orgs/WhistlerMountainSkiClub?e4q=bc5ff1f3-8eea-419f-a7a7-11ba1957aa35&e4p=35d92779-9990-4c73-995c-77986c966909&e4ts=1712801732&e4c=active&e4e=snlvcmpscui00001load&e4rt=Safetynet&e4h=f42c656e208a8c9eb6ce667026146aef#/selectSessions/3279146/filter/session=62608246>

Nakiska Schedule

Thurs April 11th- 4:30-5:30pm load truck and trailer
Fri Apr 12th- 6:15am arrive at WMSC to depart at 6:30am
Sat Apr 13th- Train/free ski at Nakiska
Sun Apr 14th-19th- race 2 SL, 2 GS, 2 SG at Nakiska
Sat Apr 20th- Travel from Canmore back to WMSC for the club

March Camps

As this season is wrapping up we are lucky that we have a glacier that we can do some spring training on. Normally I am not a fan of traveling to ski in May, however seeing that everyone can be at home or close to home presents a unique opportunity. For the FIS group we will have two 4-day blocks of training in May. We will be training on the Whistler Peak TO-Bars.

Our focus is on enhancing technical skiing through integrated training environments. These camps involve high volume, lower intensity sessions as lots of drill courses. There will be dryland included.

- NGSL Spring Fling | May 4-5 | U10 and U12 | \$190
- Build your GS Platform | May 9-12 | U14-FIS | \$350
- Speed, Agility and Balance SL Camp | May 17-20 | U14- FIS | \$350

- **Registration deadline April 15, 2024**

To join the May camps, ensure you are registered/renewed for the 2024-25 WMSC and BC alpine Memberships and pay the winter program fee deposit. All racer accounts must be current.

Register through the WMSC Racer App

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

Sincerely,

Brad Eades

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"Toughness is in the soul and spirit, not in muscles."

- Alex Karras