



“Education is the kindling of a flame, not the filling of a vessel” - Socrates

In addition to the Club’s wide range of Core, Extended and Extended Programs, Summer Camps and Pre-Season Training Camps, the Club offers a range of structured one-on-one on-hill race coaching, sport-counselling and strength and conditioning services to our athletes and alumni, on the DMNTC and at the Club Cabin outside of normal programming times.

Arrangements are subject to availability, and pricing will vary on number of individuals and coach available. Services may be co-ordinated as follows;

For coaching: Via your Age Category Lead Coach;

U12: Gillian@wmsc.info

U14: Henry@wmsc.info

U16: Drew@wmsc.info

U18/21: Conrad@wmsc.info

Over U21: Mark@wmsc.info

For Strength & Conditioning: Through the WMSC Strength & Conditioning Lead Coach

U12 – U21: Shannon@wmsc.info

Over U21: Mark@wmsc.info

Counselling: Kayla Benbow, registered Clinical Counsellor

kaylabenbow@newpathwayscounselling.com