



Whistler Mountain Ski Club out of country pre-season training camp eligibility policy

The WMSC philosophy for training out of country is that camps are primarily for FIS aged athletes whose competitive season starts earliest. If there is space on the camp exceptions may be made, for athletes entering second year of U16, to attend out of country camps for those who can demonstrate a proven need and adequate technical, physical capability to benefit from such a camp.

The purpose of these camps is:

1. To train race-specific courses at a moderate to high intensity with moderate to high volumes.
2. To get additional time on snow, and to prepare athletes for races that are earlier in the season for the older age categories.

To benefit from this type of environment, athletes must be skiing confidently, competently and with sound technical ability to make significant tactical changes in these race-specific environments.

Furthermore, most training venues (eg. Chile / Colorado / Glaciers) are located at very high altitudes which are much more physically taxing on the body. Without proper conditioning, an athlete will not be able to recover effectively enough to improve throughout the whole camp and will also be more susceptible to injury.

All athletes attending must fulfill the following requirements;

1. **Sufficient training days on snow, accumulated at Spring and Summer camps, working on the fundamental technical skills, that when combined with the camp days meets the ACA long term athlete development recommendations.**
2. **Execution of the WMSC fitness programs or an alternative prescribed program that prepares athletes for significant volumes of long runs of high intensity skiing, for many consecutive days.**

Rationale

The WMSC staff share a common goal of developing athletes to be champions in life and in sport. The principles that we follow for athletic development are focused on developing the person, then the athlete, then the skier and finally the ski racer and as such, believe in the following:

- Using local resources to provide WMSC athletes with the appropriate number of training days, whilst preparing FIS athletes with adequate preparation for the out of country pre-season camps. Whistler Spring and Summer camps are focused on technical development through free skiing, drills, and basic course sets. Pre-season camps will be primarily race-specific gate training.
- Giving the athletes the best and most appropriate opportunities at the correct age and stage of development. The pre-season camps will provide the well-prepared FIS athlete with the opportunity to consolidate skills on winter snow for an earlier competition season. Travel to, and training at altitude requires an athlete to be fit enough to benefit from this type of camp. By training on snow in the spring at home, younger athletes can have adequate time to rest between training blocks. Whistler Blackcomb and early season local camps provide athletes U16 and younger excellent environments to learn and develop, greatly reducing the need for travel.
- U16 athletes and younger are strongly encouraged to focus on technical development at home, physical preparation and other sports to be best prepared for the season when it comes and to be able to take full advantage of the early season camps and the training days available at home.

If you have any question about which camps your child should attend or where best to direct your resources, please contact your lead coach.