

# Whistler Mountain Ski Club

Developing Champions in Life and in Sport



## ED Update

Hello WMSC athletes, members, & coaches:

It's hard to believe that we're over half way through January! We've had a great start to the year, our programs are in full swing and we are now into the quality training period. The heavy snowfalls which made training difficult over Christmas have given us great surfaces on both the DNMTTC and Gandy that should last us through the season. This update covers:

### Respect in Sport

#### Event Recaps:

- Dec 30th Club Race
- U12 Skills event (postponed)
- U14 Teck races
- Western SX series
- U16 Sun Peaks Teck Open

#### Upcoming events:

- U14 Speed Camp this weekend
- U16 Speed Camp next weekend
- "Speed" Net Set Wednesday, January 23<sup>rd</sup> and
- Net Set Appreciation/Whistler Cup Social Saturday, January 26<sup>th</sup>
- U12/New Member Mid-Season Information Session and Social Saturday February 2<sup>nd</sup>
- Club Race #2 Sunday, February 3<sup>rd</sup> (GS)

### Respect in Sport

Respect in Sport is a Nationwide initiative across many sports, and is part of WMSC's pledge to be a leader in the responsible coaching movement to drive the continued evolution of sport.

The Respect in Sport Parent Course reinforces your role as parents in you child's activities, encouraging positive behaviours through effective communication. Feedback from members who have taken the Course has been overwhelmingly positive. All WMSC coaching staff have completed the more-intensive Respect in Sport for Activity Leaders module and it is important that parents do their part to get us all moving forward together in the development of our club culture.

The Parent Course is a short online module that, once started, can be done in short sections so that you can fit it into your crowded schedules.

Unfortunately, looking at the list of the parents who have completed the Respect in Sport parent module there are many that have failed to complete this obligation.

Parents, please prioritize completing the Parent Course. For more information on how to complete the program please go to: <https://alpine-canada-parent.respectgroupinc.com/>

## ED Update

### Event Recaps:

#### ***December 30<sup>th</sup> Club race***

Between the waves of coastal storms throwing copious amounts of snow at us we managed to get our first Club race off. A huge thanks to Rob Boyd, the WMSC timing team and all our volunteers who helped to run the race and to prepare and maintain the course. It was great to see our athletes fighting hard in bumpy conditions, and it especially good to see our newest racers rising to the challenge!

#### ***U12 Skills event postponed until March 16<sup>th</sup>***

Unfortunately, the U12 Skills event was cancelled due to the heavy snowfall. We were not able to prepare and maintain a safe environment with the conditions. The January 5th event has been rescheduled to March 16th, the day before the Janyk Cup.

#### ***U14 Teck Coast zone races great start to our home races January 12<sup>th</sup>-13<sup>th</sup>***

Conditions could not have been better for our first home race of the season. A huge thanks and congratulations to Chief of Race Scott Waldrum and Technical Delegate Bob Walton, the net-set and course crews who worked hard to get the piste in shape for racing, all of the race officials and our timing, race office, on-hill course and socials teams.

The event was a tremendous success, providing both elation and heartache to our young athletes, who to a fault gave everything that they could. Every ski race is a stark reminder that small mistakes have consequences, and seeing these young athletes stand up, brush the snow off and find the resolve to come back even more prepared reinforces how valuable the life skills that our sport teaches us are.

#### ***Western & FIS Edmonton Skicross races Jan 12<sup>th</sup>- 13<sup>th</sup>***

While the u14 races were on here and the u16 athletes raced in Sun Peaks a group of 4 athletes went to Edmonton to compete in the Western Ski Cross series & FIS event. Congratulations to all four who had some great performances and also came away with a great haul of medals. For a full recap please see here: <http://www.wmsc.info/organizations/3850/announcements/1426694-WMSC-SX-racers-head-to-Alberta->

#### ***U16 Sun Peaks races January 10<sup>th</sup>-13<sup>th</sup>***

The Sun Peaks Racers did a brilliant job hosting the first races of this year's U16 Teck Open series. The event was particularly challenging as this was both the season's first race as well as the qualifier for BC's Canada Winter Games team. However, our athletes rose to the occasion and gave their all, coming away with great memories and strong results.

Congratulations to all our athletes who competed in the event. The experience and lessons learned will be valuable to you throughout the rest of the season.

Congratulations and good luck to the seven WMSC athletes who qualified to represent BC at the Canada Winter Games at the end of February. See: <http://www.wmsc.info/organizations/3850/announcements/1426871-BC-Alpine-names-14-U16-athletes-to-2019-Canada-Winter-Games-Team-BC>

Please visit our homepage at <http://www.teampages.com/organizations/3850> for full recaps on all events.

## ED Update

### Key Upcoming Events:

#### ***U14 & U16 Speed Camps, Net Set Appreciation & Whistler Cup Social***

We kicked off our speed camps on January 19<sup>th</sup> with a successful day of speed environments and free-skiing for our U14 athletes and, weather permitting, we will continue to build the environments progressively through the weekend.

Looking forwards to next weekend we will have 4 days of speed training for our U16 athletes again as a progression building from shorter sections to longer sections with more terrain.

A huge thanks again to the net setting teams who were out both last week and this week to ensure the safety of our athletes. We will have one more day of net setting this Wednesday, January 23<sup>rd</sup> to add nets for the greater speeds of the U16 athletes so please come out to help.

We are also holding a 'Net Set Appreciation' Social on Saturday, January 26<sup>th</sup> to quench the thirst that develops from the honest work involved! At the Social our tireless Whistler Cup volunteers will be on hand to share information about this year's Whistler Cup and the volunteer opportunities.

Whistler Cup is a phenomenal event for the athletes, and it is a wonderful opportunity meet a diverse group of volunteers from around the world. We are now in the 27<sup>th</sup> year of the Whistler Cup, please join us by volunteering your time and make it a fantastic and memorably event.

#### ***U12/New Member Mid-Season Information Session and Social February 2<sup>nd</sup>***

Building on December's on-snow orientation, we are holding an information session for all U12 parents and new members at the Club Cabin at 2:00pm on Saturday, February 2<sup>nd</sup>. In the information session we will be sharing more information about the club, our philosophy, and our development programs.

**Note that all U12 athletes will be ending their day on Saturday, February 2<sup>nd</sup> at 3:00 pm at the Club Cabin to coincide with the end of the information session, following which there will be a U12 après social allowing you to connect with other athletes and coaches.**

In addition, for those U12 parents and any new members that missed the on-snow orientation in December, we will be holding another orientation session Saturday, February 2<sup>nd</sup> as well. Please meet at the Garbo hut at the top of the Garbanzo chair at 9:30am.

#### ***Club Race #2 February 3<sup>rd</sup>***

The week after our speed camps we will have our next Club race which will be a GS on the training centre. Some of our athletes will be at away races, however it gives a great opportunity for the athletes still here to get some more race practice along with their training. More information will follow and again we will be looking for volunteers to help which is also a great opportunity to learn about running a ski race.

I hope to see you all on the snow or in the club soon!

Best regards

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Whistler Mountain Ski Club

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