



Hello 2019/2020 U14 Athletes and Families,

With April wrapping up here we are approaching the start of our Spring and Summer Camps, we have 4 camps planned for May with another 5 camps in June / July. May and June provide great training opportunities for us, some of the best change's athletes make happen in the Summer skiing portion of our program. I am excited for the program we will be offering this spring; I think that it will provide ample opportunity for improvements made in skiing.

### **Camp Date Changes**

Originally, we had 3 camps planned for May, with the mountain staying open until the 27<sup>th</sup> of May we are able to host a 4<sup>th</sup> May camp. The advantages with this are that we will have much more terrain to ski (whatever WB still has open) and the cost passed on to you is a fraction of that of a summer camp. With this our first summer camp will be June 6<sup>th</sup>- 9<sup>th</sup> not May 30<sup>th</sup>- June 2<sup>nd</sup>.

### **Disciplines**

Please read below for the planned disciplines for each camp in May. These are subject to change due to several circumstances including weather, available training space, and snow conditions.

- May 2<sup>nd</sup> – 5<sup>th</sup> Camp 1: Paneled Slalom and TFS, **Slalom Skies.**
- May 9<sup>th</sup> – 12<sup>th</sup> Camp 2: GS and TFS, **Giant Slalom skies.**
- May 17<sup>th</sup> – 20<sup>th</sup> Camp 3: SL, Paneled Slalom and TFS, **Slalom Skies.**
- May 23<sup>rd</sup> – 26<sup>th</sup> Camp 4: SL, Paneled Slalom and TFS, **Slalom Skies.**

Each of these camps will have a heavy component of TFS (Technical Free Ski), Our goal is to have a balance of time in gates as well as skiing the mountain working on our technical skills and how they apply to our skiing away from race environments.

TeamPages will have all this information on it, please refer to that as updates will be on the event themselves. I expect that there will be some growing pains moving all the 2007 athletes over from the U12 team, please be patient with this process. We will be working hard to make this as seamless as possible.

### **Schedule**

The Schedule for the Camps will be as followed.

- 8:40 Meet @ Village Gondola
- 8:45 Warmup @ Village Gondola
- 9:15 Load Gondola
- 9:45 Meet Coaches at Top of Tbars for team meeting
- 9:55 – 12:00 TFS and Paneled SL
- 12:00 – 12:30 Lunch @ Roundhouse
- 12:30 – 2:30 TFS and Paneled SL
- 4:00 Fitness @ WMSC Cabin
- 5:15 Fitness completed

### **Accreditation & Travel to Tbars**

We will be loading the gondola each morning before public, with that all WMSC athletes will require accreditation. You will receive your accreditation Thursday morning and are to return it Sunday afternoon. Accreditation needs to be visible while loading the gondola.

Upon arrival to the rendezvous athletes are to head directly to the Tbars, if you stray from the rout (Roundhouse to Tbars) WB will pull your pass for the remainder of the season. We are not permitted to ski anywhere other than the Tbar run until the mountain is open to public just after 10:00.

### **Fitness**

We will be hosting Fitness sessions at the Ski club after each day of skiing (Thursday through Sunday). Our sessions will include balance, core, runs, games, agility, mobility, flexibility, and body weight movements. These sessions are strongly recommended and will be led by my self or Shannon Smith our Fitness lead coach. Fitness is a large component of our program, as a province and ski club we are behind in physical conditioning, making gains here will translate into better skiing, and better training days.

Every morning we will be doing AM warm up and activation, Please be prepared in proper fitness attire for a run and activation before getting on the gondola.

### **Focuses**

For those who are new to U14 we break our focuses down into the Technical and Tactical categories while on hill. If we are skiing outside of gates/ environments we will be focusing on Technical skills, inside of environments we will focus on tactical skills. Essentially every athlete will have 2 focuses one technical and one tactical for the camp.

For our first camp we will be spending our time working on our athletic stance in our TFS. In gates we will simply be focusing on Space, allowing us to maintain movement while in our environments. Please let me know if you have any questions.



## **Equipment**

Spring is the time to demo skies and test new equipment. I have strong connections with some reps around town and can arrange to have any one set up on demos. Coaches will also be observing and making suggestions on skis for the next season. It is especially important that we are on the same page with boots. Improper fitting can result in boots that are too stiff, that won't perform well, especially once it gets cold. Please let me know if you have any questions about equipment, I will be happy to answer them.

I look forward to seeing a lot of you over the coming months.

Regards,

**Henry Yeigh**

U14 Lead Coach

Whistler Mountain Ski Club

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