



MOUNTAIN MOMENTS

LATEST NEWS

Dryland Training Report



13 athletes from U12 - U19 joined coaches John Trimmer and Lorraine Buckrell for 3 days of dryland training in early July. The crew hiked in Strathcona Park for two days, with some hiking 23k to Cruickshank Canyon lookout. On Saturday John took the athletes through some dryland exercises on the field in Courteney and to cool off in Comox Lake. Families met for a potluck dinner on Saturday. It was a great weekend!

Summer training continues with 7 U14 and U16 athletes travelling with John and Sylvi to Mt. Hood in Oregon for 5 days of on-snow camp between Aug 4 and Aug 10.

Athletes' Summer Accomplishments!

Ever wonder what ski racers compete in during the spring and summer months? Many of our athletes have been recognized at the regional and provincial level. Congratulations to the following athletes:

- This summer, Cardin Benham has been making waves at horse shows! Competing in the Hunters with her horse Leaf and stepping up to the Jumpers with Calla, Jolene's horse, she has shown impressive progress. Cardin is particularly thrilled with her advancement in the Jumpers, now tackling the 1.10m jump height with confidence. Congratulations to Cardin on her achievements and continued growth in both disciplines!
- Mercer Benham has made a strong transition to the Junior Expert category in the Island Cup Enduro race series, consistently securing Top 10 finishes. He also recently competed in his first Canadian Enduro Series race at Mt. Vedder in Chilliwack, where he impressed by placing 2nd in his category despite the challenging wet and muddy conditions. Well done, Mercer, on your fantastic results and adaptation to new racing challenges!
- Tessa Bell had an outstanding performance at the BC Summer Games, capturing Gold in the Triple Jump, Silver in the 80m Hurdles, and Bronze in the Long Jump. Her impressive results contributed to Zone 6's overall victory in the Track and Field event. Additionally, Tessa has qualified for Team BC for the Legions Youth Canadian Nationals, set for August 9-11 in Calgary, where she will compete in both the Triple Jump and Pentathlon. Congratulations, Tessa, on your remarkable achievements and best of luck at the upcoming Nationals!
- Piper Graaten has had a fantastic season in the Dunbar Downhill mountain bike series, securing a podium finish with a second-place result. She demonstrated her skills across Fernie, Panorama, and Kicking Horse resorts, turning her mountain adventures into impressive competitive successes. Up next, Piper will race at Silverstar Mountain and then head to Sunpeaks for the DH Canada Cup. Congratulations, Piper, and best of luck in your upcoming races!
- Hazel Schmidt qualified for the Zone 6 Athletics team for the BC Summer Games, competing in the 200m dash, 300m dash, and triple jump. She made it to the finals in two of these events.
- Danica Williams has earned a spot on Team BC for 14U baseball.
- Jasper Dingle's rugby team Junior Tide Rugby representing the south Island region, won gold at the 2024 BC Rugby Provincial Regional Championships in July.

If we missed your athlete's accomplishment please share it with your coordinator or with Rachel Moll for inclusion in the September newsletter.

New SeaCan!

MWSC has procured a new seacan which will be permanently placed at the top of the Whiskey Jack chairlift and will hold B-Nets, gates, and other gear for the coaches. This ambitious project has involved sourcing a sea can, painting it and then arranging to have it transported to the top of Whiskey Jack and wouldn't be possible without the help and support of Mike Manara at the mountain, Peter Stubbs (head coach of the Freestyle club) and many others. We expect to gain a lot of efficiencies with this new infrastructure which means more time on snow for our athletes!

SPONSORSHIP

The Sponsorship team will be kicking things off in August this year, and we are always looking for new sponsors. If you, your company, or employer, would consider sponsoring the club then please get in touch with Dave: sponsorship@mwsc.ca to receive the 2024-2025 Sponsorship Package

CLUB SPOTLIGHT

Registration Updates

Registration opened in June and returning members were offered the opportunity to register early and opt for a payment plan. Returning members have until early September to register before we open registration to our waitlist. Please don't wait and complete your family's registration at first opportunity. The registration link for returning members is [here](#).

If you know any families who would like to join the club, please encourage them to sign up for the waitlist as soon as possible by filling in the [form](#) linked on the website. In particular we are looking for U10 and U12 athletes.

In case you missed it - If you've been distracted by the warm weather and not thinking about registration for ski club when those emails arrived, you'll want to look at the website and note some of the great changes the club has made for next season. Next year we have combined our programs into one stream of programming and training times are extended to 2:30 pm. See mwsc.ca for details and contact your program coordinator if you have questions.

Spartan Racing



Spartan racing is a fun and challenging summer mountain activity! Aug. 24-25, part of the Childs Family will be at Big White for the Spartan obstacle course race weekend. The kids will be participating in the 1.5km and 3km races (depending on age), while parents and teens will be in the 5km, 10km

or maybe 21km (depending on ambition ;). It will be fun filled trail running, swinging, climbing and sandbag carries; a great way to get outside and be active with the whole family. Pictured are Della C. and Giuseppina B. from the last time they participated in 2022 and the whole family can't wait to get back in the mountains. Contact Jen Childs (jen.childs@hotmail.com) if you're curious about another fun mountain activity (and discounts).

EVENTS CALENDAR



AGM - 2pm Saturday September 14th in Club Cabin (with a virtual option). The formal AGM will run from 2-2:45 pm, and an information meeting with members from 3-4 pm. Athletes are invited on a coach-led hike from 2-4 pm and your volunteer Board of Directors will host a social and gear swap from 4-6 pm. Please plan to join us.

Whiskey Jack Brush Clearing Party - September 15th - MW Alpine Resort has asked us to clear brush on Whiskey Jack which will facilitate having this run available for racing. We are looking for as many volunteers as possible to do this work. Please plan to support this effort after attending the AGM on Saturday. Watch for an email call with more information.

Waitlist Opening - September 15th. If you are a returning member, please register before September 14th so that you are a member in good standing for the AGM and so that we can estimate how many new families we can welcome to the club.

Fall Camp - U12 and up - Nov 30-Dec 7 (dates and location are to be confirmed)

Start of season - U12 and up - December 14-15

Holiday Camp - U12 and up - December 21-22-23, December 28-29-30, January 2-3 (Holiday camp is included for all 2 day skiers and available for a fee for 1 day skiers).

Start of season - U10 - Jan 4-5

Holiday Camp - U10 - December 28-29-30 (to be confirmed)

DID YOU KNOW?

Safety is our priority. MWSC has taken the pledge to commit to the

Safety is our priority. MWSOC has taken the pledge to commit to the [responsible coaching movement](#). Committing to this movement means that we are committing to create a sport environment that is safe, smart and secure. Safety is everyone's responsibility and there are things you can do to assist the club. First and foremost, please take [SafeSport training](#). We ask all adult club members to take the training (and it counts toward volunteer hours). In addition, we are looking for volunteers for the Safety & Risk committee. If you're interested in joining the committee or would like to discuss any aspects of Safety and Risk please contact board member - [Josh Good](#).

Summer projects are ongoing. All committees and board members have projects they are working on over the summer. *Finance* is working on year end financials, *Communications* will produce the annual report, *Operations* has arranged to have the cabin painted and new signs created, *Registration* opened early, *Governance* is working on employment contracts and the next round of hiring of coaches and *Fundraising* is focusing on targeted sponsorship over the summer. These are just some of the ongoing projects that keep the club running smoothly.

U14 Provincials 2026. The U14 Provincials event is coming to the Coast Zone in 2026. The Board put together a bid to host the event. Special thanks to Michael Dingle for drafting the bid and procuring support from MWAR and other key stakeholders to potentially host this exciting event!

RECENT KUDOS

Thanks to those who have provided a Google review to help elevate the profile of our club. To add your review please use this [link](#).

Thank you to everyone for their hard work in the off season!



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Mt. Washington Ski Club

headcoach@mwsc.ca

<http://www.mwsc.ca>

Mt. Washington Ski Club
, Courtenay, BC

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