



MT. WASHINGTON  
**SKI CLUB**

YOUR MWSC NEWSLETTER / AUG 2025

# MOUNTAIN MOMENTS

## LATEST NEWS

### Newsletter Highlights

Happy Summer!

In this edition:

- Dryland Training
- September Volunteer Projects - Wiring Coaster and Cabin Clean up
- AGM Weekend - Sept 12-14
- Events Calendar
- BC Alpine Award Nominations are Open!

### Dryland Training Recap

This summer two dryland training sessions were offered. July 4-6 athletes participated in ziplining, hiking and strength training at the track in Courtenay. Aug 15-17 athletes played disc golf, and went rock climbing, hiking and mountain biking. Thanks to Coach Mat for organizing these activities that



*Athletes and coaches of all ages biking together!*

organizing these activities that

helped build connections among athletes while improving strength, speed and endurance in the off season.

## September Volunteer Projects

This September there will be two volunteer projects to participate in:

1) **Wiring Coaster:** MSWC is excited to host the 2026 U14 provincials in March . The event format includes running two separate races each day. Course #1 is on Whiskey Jack which is already equipped with timing wire. Course #2 will be on Coaster and MWSC will be installing timing wire during September/October. If you enjoy working outdoors this is a great opportunity to rack up some volunteer hours. Stay tuned for more info!

2) **Cabin Cleanup:** A bin has been ordered and we need volunteers to help with a major cabin clean up mission. Sunday September 14th!

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## SPONSORSHIP

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## Thank You To All Our Sponsors!

Our sponsors play a vital role in supporting the club and in turn gain

excellent exposure within the club and on the mountain. Many of our sponsors are either current or previous club members who continue to support the club year after year. As we gear up for another season we'll be launching our sponsorship campaign in the coming weeks. If you own a company, or you think your employer may consider sponsoring the club and would benefit from additional exposure please speak with Dave Spence, Sponsor Coordinator ([sponsorship@mwsc.ca](mailto:sponsorship@mwsc.ca))

Thank you to all our 2024-2025 sponsors for supporting us last season!  
<https://www.mwsc.ca/sponsors>

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## CLUB SPOTLIGHT

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### AGM Weekend - September 12-14

Make a weekend of it!

AGM weekend is just around the corner! Planned weekend events include:

- Friday September 12th (5-7 pm): **Club Member Night @ Ski Tak Hut.** Our long time sponsor and go to location for gear, Ski Tak Hut in Courtenay, will open for club members to check out and try on gear before ordering new. A wide variety of products and sizing will be available with guidance from coaches.
- Saturday September 12th
  - 9-12 pm: **Gear Swap.** Bring gear, sell gear, buy more gear! Coaches will be available to help advise. Club Cabin - athlete level.

- 1:45 pm: **Athlete Hike.** Coach led hike into Strathcona Park. Meet at club cabin.
- 2-4 pm: **AGM and Information Meeting.** Please see [link](#) for formal notice of AGM.
- 5 pm: **Potluck Social.** Please bring a favourite dish to share.
- Sunday September 13th (9 am): Meet at club cabin for participation in volunteer projects - cabin clean out and wiring Coaster.

## EVENTS CALENDAR

All members should have received an email from their coordinator with details of the upcoming season calendar. All dates are published [here](#). Some key upcoming dates are:



Sept 12-14 - AGM Weekend (see above newsletter section for details)

Early Nov - Mount Sima (U16-FIS Awaiting dates, prices and availability from Sima)

November 30 - December 6: Fall camp Sun Peaks (U12+ )

December 7-16: U16-FIS Panorama Training 8-12th FIS race series after, U16's would need transport home.

December 12: Mount Washington opening day

December 13: "Kickstart Weekend" 1st day club programming

December 20-23: Holiday Camp 1

December 28-30: Holiday Camp 2

January 2-4: U16 Programming starts

January 2-4. U10 Programming Starts

January 3: 1st day U10 program

January 3: Open House Club Social

March 17 - 21: U14 Provincials @ Mt Washington Alpine Resort - volunteers will be needed all week!

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## DID YOU KNOW?

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**BC Alpine Award Nominations are open!** Anyone can nominate. Last year the club was linked to several awards including: Club Development of the Year, Head Coach of the Year (John Trimmer), Coast Zone Official/Volunteer of the Year (Michael Dingle) and Provincial Official of the Year (Doug Hughes). Nominations are due August 27th! Find out more [here](#).

**Registration is Open!** Do you know a family who would be a great fit for the club? Please direct them to our website to complete the expression of interest form. They will then be contacted by our registrar for registration information. We are particularly looking for U10 and U12 athletes.

**Mabel's Labels Fundraising Code** - A great way to ensure that your athlete's poncho is returned after being taken by accident is to label it!! If you're a fan of [Mabel's Labels](#) - please choose to support Mt Washington Ski Club at the same time. To do so, choose 'support a fundraiser' from the main menu at the top of their webpage and enter Mt Washington Ski Club.

## RECENT KUDOS

Thanks to those who have stepped into 25-26 Board roles and other key roles that make club activities go smoothly. Find out more at the AGM!



## CONNECT WITH US

Find us on Facebook, Instagram or contact us directly.



### Mt. Washington Ski Club

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<http://www.mwsc.ca>

**Mt. Washington Ski Club**  
, Courtenay, BC

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