



Important Update Information for the coming 2015-2016 Ski Season!

from

VARA's Youth Coordinator Alex Krebs

Hello VARA Members!

Hard to believe that it is back to school time and approaching ski season, although I'm sure some of our members have already headed to the Southern Hemisphere for training or racing. Hopefully athletes have been engaging in ski specific dryland activities this summer and if not, many clubs start offering dryland days this fall, just check with your club.



IMPORTANT INFORMATION! Please sign up for your [VARA membership](#) (hyperlink) [VARA Clubs join here](#) (hyperlink) and www.ussa.org for your USSA membership. Remember ALL COACHES, FIS and COLLEGIATE Skiers must be members of VARA!

There have been some USSA rule and equipment changes for this coming season, especially notable is the new FIS approved helmet rule. All athletes U14 and older will need to have the new FIS approved helmet. These new rule and equipment specifications are posted on the VARA Youth Coordinator site. Please visit <http://www.vara.org/resources/youth-coordinator/12/>

IMPORTANT VARA DATES!

September 13, 2015-Cochran's/VARA Fit Day/Dryland Day

www.vara.org

October 24, 2015-VARA GALA Quechee Club, Quechee, VT

www.vara.org

November 7, 2015-VARA Coaches' Education Seminar-Pico, VT Detailed information will be shared shortly.

Fun Stuff!

My good friend Edie Thys Morgan has shared with me one of her latest blogs and I want to share it with all of you. Edie has some great reading suggestions which I always appreciate. This latest blog touches on these three myths which I found very interesting. For the entire blog please go to www.racerex.com Please read below and enjoy, thank you Edie!

Edie's Blog:

First, is a recent article from John O'Sullivan entitled [The Three Myths that are Destroying Youth Sports \(hyperlink\)](#) Very summarized, the myths go like this:

Myth #1, "The Tiger Woods/10,000 Hour Myth:" Your child must specialize as early as possible if he or she wants to play college or pro sports

Reality: There are no definitive studies that directly tie early specialization to greater chance of long-term, high-level success but there is a USOC report that links high-level success to an early, multi-sport background. Furthermore, early specialization increases your chance of injury and burnout.

Myth #2 "The 9 Year Old National Champion Myth:" Win as soon as possible, as often as possible, travel as far as we need to get games, and only pick and play the kids who help us do that.

Reality: Selecting too young drives kids out who will peak later and vastly decreases the talent pool long term. To maximize your athlete's long term sporting future, choose development over competition.

Myth #3, "Youth Sports is an Investment in a Scholarship:" If my kid specializes, gets on the winning team as early as possible, and I invest in long distance travel, private lessons, and the best gear, I will recoup this investment when college rolls around.

Reality: Only 1 in 10,000 high school athletes gets a partial athletic scholarship. The average award is \$11,000 per year.

Another great resource is [Play Positive \(hyperlink\)](#). As a USSA member you may have seen their emails this year. You can sign up for their weekly coach or parenting tips, which are quite good. After getting 52 of them (or 104 if you sign up for both), you can't help but learn a few new tricks.

I think I've posted it before, but Rosalind Wiseman, who wrote outstanding books on teenage girls and boys (Queen Bees and Wannabes, Masterminds and Wingmen), has a great [SmartTeams \(hyperlink\)](#) talk that offers scripts to use with your kids and coaches to help turn awkward or challenging sports situations into teachable moments.

But don't forget, the best resource of all are your fellow parents and your kids' coaches. We're all in this together, so let's share the love!

Thanks again Edie for the above blog! And you're right, we are all in this together!

Hope to see our VARA members at the next few VARA functions.

Back to School!

Best,
Alex

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Please visit the VARA youth Coordinator page on the VARA site. <http://www.vara.org/resources/youth-coordinator/>



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