Vermont Alpine Racing Association

VARA Coaches' Education Forum

When: November 1, 2014 8:00am-2:30pm
Where: Pico Ski Club
Who should attend: Youth age class coaches, head coaches, program directors, parents. This course will count towards USSA continuing education as a half credit.
Cost: $35 Lunch Included

Schedule:
8:00 Registration.
You may register online by clicking on the link at the bottom of this page or bring cash or check made out to VARA in the morning. We encourage you to register online as it will give us a better idea of how many to expect for lunch purposes and also expedite the registration that morning.

8:30-8:45: Welcome from VARA Executive Director Julie Woodworth and VARA Youth Coordinator Alex Krebs. Brief overview of VARA website and where to find up to date and important VARA Race and Council information.

8:45-9:30: A coaches' guide to concussion evaluation and management. Led by Dr. Matthew Gammons, MD, Vermont Orthopedic Clinic. Time for Q & A.

9:45-10:30: USSA Skills Quest educational presentation. Video from last year's National Project in Park City with U16 and U14 athletes running through the exercises. Led by Jack Bailey, Killington Mountain School Men's Head Alpine Coach and U16 Coach. Time for Q & A.

10:45-11:30: Injuries in Elite Alpine Ski Racers-Preliminary Data from the VAIRG Study. Led by Nathan K. Endres, MD, Assistant Professor, Department of Orthopedics and Rehabilitation, University of Vermont. Assisted by Olly Hall (Physical Therapist, Inspire Physical Therapy), member of the Vermont Alpine Injury Research Group, and ex-UVM ski racer) Discussion will be based on research the group has collected over the past two years, looking at how young racers get injured and how it differs from World Cup athletes. Will also address their future goals of coming up with ways to prevent as many injuries as possible. Time for Q & A.

11:30-12:00: Lunch Break

12:00-1:15: "Girls on Fire" for coaches! Led by Brooklyn Raney Leadership Coordinator at Kimball Union Academy. Girls on Fire is an interactive approach to discussing with coaches the important role they play in young women's lives. The workshop will include activities and discussion prompts that will assist adults in having tough conversations with girls regarding topics such as gossip, cliques, body image, digital citizenship, positive team culture, and leadership.

1:30-2:30: Setting up an age appropriate speed/speed elements venue. Led by Tom Sell, Killington Mountain School Alpine Program Athletic Director. Tom is a highly experienced coach at many levels from developing athletes to the World Cup level. Tom will focus on the elements for venue excellence in speed initiatives.

There will be refreshments, lunch and a raffle

The fee for the program is $35 Event sign up link: **[Register Now]**
If you want to mail a check, please send it to the VARA Office, P.O. Box 774, Woodstock, VT 05091

Julie Woodworth	Alex Krebs
VARA Executive Director	VARA Youth Coordinator