

2015 U14 NYSSRA/VARA OTC DRYLAND PROJECT SUMMARY

The Olympic Training Center proved to be an incredible environment for these young athletes and an invaluable experience. The athletes were able to interact with Olympic and World Championship medalists in all different sports, all of which were more than willing to talk to our athletes and answer questions. Not only that but our athletes witnessed how hard they work in the gym, outside of the gym and how seriously overall they take their training and rest periods.

U14 Summary

In a way this was an eye opener for many of these athletes as to what it takes to become an elite athlete and how much hard work, time and determination it takes to get there. It also made them realize what they need to do on a daily basis whether it's a simple 5 minute core exercise, some visualization or workouts. The staff stressed the importance of physical and mental fitness and the fact that the physical assessments we did were for the individual athletes' and their own personal improvement, they were not to be compared to each other as it is important for everyone to remember that at this age group there is a huge range of physical maturation (please see below photo).

Another extremely important part of this project was the comraderie between the athletes. It gave the VARA and NYSSRA athletes got to know each other and made a lot of new friends. For many reasons this was a fantastic project and I hope it will continue in the future.

A special thank you to Kathy O., Dirk Gouwens, the staff at the OTC and all NYSSRA and VARA coaches for organizing and helping with the project.





These athletes are both YOB 2001 U14 athletes!

Respectfully submitted,

Alex Krebs
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