

2015 NYSSRA/VARA U14 OTC Dryland Project
Lake Placid, NY



U14 OTC Dryland Camp-October 2-4, 2015

VARA athletes chosen from last year's U14 States



Athletes:

Astrid Martin-GMVS	Aiden Bennett-KSC
Bo Rubenstein-GMVS	Carl Gebhardt-S6
Brienna Weston-MMSC	Charlie Coffin-MSA
Coriann Delaney-BMA	Ethan Whitney-BMA
Lizzie DeGraw-KMS	Harrison DiGangi-MMSC
Emma Austin-GMVS	Killian McKim-BMA
Emma Taylor-Quechee	Nolan St.John-S6
Kia Parlett-KSC	Raimon Bleda-MMSC
Allison McConnell-WI	Raymond Dennehy-BMA
Amanda Quiles-GO	Wyatt Hoffman-KMS
Avery Waters-GO	August Washburn-HU
Caroline DeRose-HV	Ben Giralamo-TG
Elizabeth Joffrey-GP	Carter Williams-BE
Emily Noonan-WI	Ethan Huff-GO
Gaby Cote-WF	Finn Ward-BM
Grace Graney-KB	Jackson Cook-GO
Hale Atkas-GO	Jackson Moran-GO
Hillary Larsen-GO	LB Burkhardt-GP
Honor Sears-HU	Monte Nichol-BU
Julia Patterson-BU	Noah Marino-LB
Mackenzie Ganhan-WI	Rex Eidlen-HH
Maddie DeLozier-BU	Shane Olin-BM
Senay Atkas-GO	Trent Orange-Paton-BR
Sierra Cappelli-HV	Tyler Munter-WF
Sylvie Waters-GO	Zach Zientko-WF

Coaching Staff:

Kathy Okeniewski-NYSSRA
Dirk Gouwens-NYSSRA
Alex Krebs-VARA
Corey McKim-BMA
Peter Girardi-KMS
Taylor Mikell-MMSC
Mike Browne
Jeff Long-GO
Rich Burnley-GO
Dan Quiles-GO
Amy Brown-HO

Schedule:

Friday:

Check in, dinner and nutrition talk and team building activities

Saturday:

Morning: Warm up and explanation of physical assessments followed by physical assessments
7 level core, sit and reach, plank, vertical jump, 4 square assessments and beep test
Afternoon: Pitch Off hike, dinner and evening activity of broomball

Sunday:

45 minute Yoga session followed by plyometrics and agility courses at the local field
Camp wrap up and departed for home

For photos and video (courtesy of Dirk Gouwens-NYSSRA) please click on the link below

<http://s1362.photobucket.com/user/dirkgouwens/library/NYSSRA%20VARA%20Lake%20Placid%20Dryland%20Camp%20Oct%202015>