



U12 NY-VT SL FUNDAMENTALS PROJECT

NYSEF Whiteface & Olympic Training Center Lake Placid -April 2&3, 2016

DATES:

April 2&3, 2016 (arrival eve of the 1st)

LOCATION:

Olympic Training Center, Lake Placid and Whiteface Mt.

OVERVIEW:

NYSSRA, VARA, and NYSEF-Whiteface will host a SL Fundamentals camp for a select group of NYSSRA and VARA U12 athletes. These athletes will qualify through their respective State selections. This event will provide a fun and competitive learning environment, designed to give this selected group of U12's the opportunity to learn fundamental SL skills and continue to focus on ski racing skills longer into the season. Bringing the two states together will also give the athletes and coaches a chance to create pace and make new friends.

GOALS:

- To bring together a selected group of U12's for training and competition.
- To integrate VARA and NYSSRA athletes in a camp environment.
- To offer SL fundamental skills and competitive duals.
- To offer a project that keeps more athletes focused on development later in the season.
- To create a working environment where coaches can share their on snow experience with participating U12 coaches.

DETAILS:

2 days of SL Fundamentals and gate drills. Curriculum to include fundamental free-skiing drills, U12 brush and stubbie courses, ability/age appropriate gates, set for learning proper gate clearing, SL tactics,

line, pole usage, turn shape, balance and understanding pressure. Competitive Dual SL will add pace and fun to this event. Late afternoon/evening activities will include touring the Olympic Village and ice skating. Athletes will stay at the Lake Placid Olympic Training Center.

EQUIPMENT:

Athletes must be on SL Skis and have appropriate SL protective gear (helmet, chin bar, shin and pole guards). Strongly suggest a waterbottle belt and water bottle for hydration during spring training.

PROJECT LEADERS:

Kathy Okoniewski	NYSSRA Youth Coordinator	kathyo@nyssra.org	315.382.5045
Alex Krebs	VARA Youth Coordinator	alex@VARA.org	802.338.1680

SCHEDULE:

April 1st

6:30-7:30pm	Registration OTC-Athletes to settle in rooms
7:30-8:30pm	Project Introduction/Athlete Meeting/Team building games
9:00-9:30pm	Athletes to Bed - Lights out
9:30pm	Coaches meeting

April 2nd

6:30am	Athlete wake up
7:00am	Breakfast
7:30am	Vans depart for Whiteface
8:30am	Load lifts
9:00-10:30am	Free Ski Skills
10:30-12:00pm	SL Drill courses
12:00-1:00pm	Lunch
1:00-2:30pm	SL Drill courses
3:30pm	Van depart for Jumping Complex/Mt. Van Hovenburg Tours
6:00pm	Dinner
7:00pm	Ice skating / ice cream
9:00-9:30pm	Athletes to bed/pack bags -Lights out

9:30pm	Coaches Meeting
<u>April 3rd</u>	
6:30am	Athlete wake up
7:00am	Breakfast
7:30am	Vans depart for Whiteface
8:30am	Load Lifts
9:00-11:30am	SL Tactics and Technique
11:30-12:30pm	Lunch
12:30-2:00pm	SL Tactics and Technique/ duals
2:30pm	Event Wrap Up/Athlete meeting
3:00pm	Parent Pick Up @ Whiteface Main Lodge (large room in back)

QUALIFICATION:

Quota: 20 NY athletes and 20 VT athletes. The VT and NY athletes will be chosen by their State Associations. NYSSRA will select and name 10 girls and 10 boys, to attend this project from results earned at Kandahar Championships. Selections will include the next 10/10 athletes - after the U12 Piche Team Selections. NYSSRA and VARA will continue on the list until the quota is filled. The list will be final 72 hours before arrival at the OTC on April 1st, 2016.

STAFFING

Staffing for this project will be a selection of 5-NY coaches, 5-VT coaches. Programs with qualified athletes should submit the name of the coach that will be participating in the project. NY Coaches' names should be emailed to kathy@nyssra.org. VT Coaches' names should be emailed to alex@vara.org. Please email these names by March 14, 2016. Coaches will stay at the OTC. Lodging will be covered for the event.

Coach Requirements: All coaches participating at the OTC MUST complete the SAFESPORT certification process. This is a 2-3 hour process, so please plan accordingly. Go to safesport through this link.

<https://training.teamusa.org/store>

EVENT COST and REGISTRATION:

\$285.00. The project fee includes lodging, breakfast & dinner, transportation, lift tickets/2 days, coaching, venue costs, and a team hat. This fee is for the entire project (except lunch). There is no single-day fee. Selected athletes need to commit by March 14th. VT & NY athletes- Please commit to your Youth Coordinators. **Payment on Paypal** (Credit card only) and registration both will take place on **April 1st at the Olympic Training Center, Lake Placid - 6:30-7:30pm.**

LODGING:

Athletes and Coaches will be staying at the OLYMPIC Training Center, 196 Old Military Rd, Lake Placid, NY. 12946.

CONTACTS:

Kathy Okoniewski	NYSSRA Youth Coordinator	kathy@nyssra.org	315-382-5045
Alex Krebs	VARA Youth Coordinator	alex@vara.org	802-338-1680
Beatty Schlueter	Development Director NYSEF	beatty@nysef.org	518-946-7001 x25
Dirk Gouwens	NYSSRA Executive Director	dirkg@nyssra.org	5188-545-8221