



Reading List Volume 2

from

VARA's Youth Coordinator Alex Krebs

Hello VARA Members!

We got through the "winter that never was" or I have also heard it called the "spring that started in November", whatever your name for what we experienced over the last few months, I believe it made some of us stronger and better for it. Many of our VARA resorts' revenues are down and that is unfortunate as we all rely on them to support ski racing. On the positive side (and yes I am finding a positive to this past season) athletes, coaches and PARENTS had to go with the flow, be creative and deal with all sorts of situations and weather conditions. There were times when athletes had gloves so wet they could wring them out but they didn't say a word and kept on training and competing. These are the things that make us strong "Easterners" and later in life able to deal with difficult life situations. Don't get me wrong, I am not asking for another season like this past one, but it made all of us "think outside of the box".

As promised to many of you I am sharing another suggested Summer Reading List with you. Reading List Volume 1 is still posted on the **[VARA Youth Coordinator Site](#)** and thank you to professionals and friends that have shared book titles with me that I know you will find beneficial whether it is as a parent, coach or athlete. Click on the title and you will find more information on the books.



Bode Miller: Go Fast, Be Good, Have Fun

Hermann Maier: The Race of My Life

Specifically for younger athletes:

Skiing has its ups and downs: Sports Illustrated

The Little Rippers Volume 1 : Rebecca Munsterer
Go West Little Rippers: Rebecca Munsterer

Other Recommendations:

Prime Ski Racing-Triumph of the Racer's Mind: Jim Taylor

The View from the Finish Line: Bill McCollum

A Life Without Limits: Chrissie Wellington

Good Girl Revolution: Young Rebels with Self Esteem and High Standards: Wendy Shalit

Recommendations from Brooklyn Raney: Dean of Students at Kimbull Union Academy, Motivational Speaker and Founder of Girls Leadership Camps at KUA.

Teenage Brain: Frances Jensen

Boys In the Boat: Daniel James Brown

American Girls-Social Media and the Secret Lives of Teenagers: Nancy Jo Sales

Mindset-The New Psychology of Success: Carol S. Dweck

Daring Greatly: Brene Brown

Specific to Coaches:

Be Fit to Ski-The Complete Guide to Skiing Fitness: Sue Kramer

Superbosses: Syd Finkelstein

That should keep some of you busy for a little while because I know none of you are busy with your full time jobs and personal kids :) I am always looking for other reading suggestions so please feel free to share books with me.

I will post this on the VARA Youth Coordinator site and check there frequently as

I am still posting latest news. The USSA Congress is this week and I will let you know what happens in regards to Youth Course Setting and Equipment.

Best,
Alex

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Please visit the [VARA youth Coordinator page](#) on the VARA site.



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