



U14 VT/NY INVITATIONAL PROJECT REPORT

March 23rd & 24th, 2017

Once again Stratton Mountain and SWSC (Stratton Winter Sports Club) hosted the fourth annual VT/NY Invitational Project last Thursday and Friday. On behalf of VARA and NYSSRA we would like to offer a huge thank you to Stratton Mountain, David Edry (SWSC Director), SWSC race crew, volunteers, timing crew, New Balance, EASEF and all of the NY & VT coaches for making this once again a successful project. Without everyone's generosity and dedication it is difficult to run a successful project. We are grateful for all of the sacrifices the staff made to support our young aspiring ski racers.

This year we focused on GS skills and our project goals were:

- Bring together a group of U14's for training and competition
- Integrate VARA and NYSSRA athletes in a camp environment
- Offer GS training and competitive team duals
- Offer a project that keep more athletes focused on development later in the season

Due to everyone's team attitude and efforts we met our camp goals.

Details:

The athletes were grouped together with VARA and NYSSRA athletes and coaches from either VARA or NYSSRA so they would get to know each other. The groups stayed the same throughout the project.

March 24th the girls ran GS skill courses on "Frank's Fall Line" while the boys free skied the ENTIRE Mountain. Stratton had an amazing coverage of snow and the conditions were great for our athletes to have all mountain skiing. This was a Thursday and the athletes basically had the mountain to themselves. In the afternoon the girls free skied while the boys ran the GS skill courses.

Three GS skill courses set on "Franks" were very specific. The first course focused on delays and terrain. The second course was a "Kombi" and the third was an hourglass. Athletes need to improve their inspection skills so they read terrain with more accuracy. In the Kombi, the athletes that had mastered a balanced stance were able to adapt to the change in rhythm and tempo of the course. The mission of the hourglass drill was to focus on varying turn shape. All of the athletes had a great time free skiing Stratton and loved being able to go over to the Snow Bowl where they said they worked on their tans!



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Thursday evening David Edry organized and ran a team building activity at the Stratton Sports Center. This was an incredibly fun event and another way for athletes to not only get to know their group but meet all the other athletes. These types of activities are nothing new for David and he had all of the athletes laughing and engaging with each other, from shoe tossing to hoola-hoops the athletes had a great time! The announced their very creative team names!

March 25th, team duals! Athletes raced head to head in a GS dual on “Franks”. Athletes were not given their individual times, awards were scored by TEAM. After the dual athletes took a lunch break and finished with a few more runs of duals and free skiing. Team awards were announced in the Stratton Village.

Observations: Athletes of this skill level were challenged by rhythm and radius changes. Inspection skills were weak. Setting different and varied training environments will better prepare our athletes for the future.

The team awards are posted on the VARA Youth Coordinator site:
<http://www.vara.org/resources/youth-coordinator/12/>

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