



2017 NYSSRA VARA OTC U14 DRYLAND CAMP REPORT

NYSSRA, VARA and the Lake Placid Olympic Training Center worked together to host the 2017 NY-VT-OTC - U14 Dryland Training Camp. NYSSRA and VARA athletes from their respective states attended this 2-day camp, which took place in Lake Placid, September 8-10, 2017.

51 athletes and 10 coaches participated in a highly scheduled weekend of dryland activities. Our goals for the project were:

- Fun
- Fitness
- Education
- Challenge
- Adaptation
- Meeting new athletes and coaches

These goals were met through team building exercises, physical assessments, nutrition education, confidence building, yoga and agility conditioning, meeting new peers and working with new coaches.

We were very fortunate to have two guests join us for the project. Tricia Mangan (current U.S. Ski Team B team) and Brooklyn Raney (Kimball Union Academy Dean of Community Life and Leadership Coordinator) both of whom worked with the athletes Friday and Saturday. Brooklyn was very instrumental in confidence and leadership activities and the importance of team dynamics. Tricia spent time with the girls, shared her journey to the USST and spoke of common experiences as a small club athlete.

Schedule: **Saturday**-Physical Testing and Team Building

We utilized the [USSA Skills Quest Conditioning Assessments](#):

- 20 meter Shuttle Run (beep test)
- Standing long jump and triple jump
- 20 meter sprint
- 90 Degree push up
- Repeated Jumps (hurdles for this age group)

- Plank

Results from the physical assessments are posted on the VARA Youth Coordinator Site <http://www.vara.org/resources/youth-coordinator/12/>

Athletes can use these scores to track their physical fitness this fall and moving forward. The main focus of the testing portion of the camp was to have athletes understand where their level of fitness is at this point and with approximately 10 weeks until ski season, we emphasized where the athletes can work to strengthen their weaknesses.

Saturday pm: Team building activities with Brooklyn. Athletes had the opportunity to work with each other, get to know their peers in a group setting.

Sunday: Yoga, field games, obstacle courses and wrap up.

After a yoga session athletes gathered at the field for 9 stations of agility/balance/coordination exercises. Photos and video of the camp taken by Dirk Gouwens (NYSSRA Director) can be found here <https://imgur.com/a/Ya80C>

The success of the camp is due to the hard work of the athletes, the NYSSRA and VARA camp staff, the support of the OTC, and a team orientated, activity filled schedule. We did encounter some rain on Saturday but Sunday was beautiful and perfect for our outdoor activities.

One of the most important but often overlooked benefits to the weekend were the many new friendships that were made between the NY and VT athletes. Our mission to bring our 2 States together, in a positive environment was accomplished.

It was a privilege and an honor to stay at the Olympic Training Center. The OTC staff was very patient, helpful and friendly, especially since this group was quite large. Much appreciation and thanks go to, Jared Steinberg & Staff -Lake Placid OTC, Brad Clark-ORDA. Thank you Steven Mergenthaler (Mergs) for all of your help with the organization of dryland activities and obstacle courses. Thank you Tricia Mangan (USST), Brooklyn Raney (KUA), Dirk Gouwens- NYSSRA, Jimbo Johnston-NYSEF, Christine Booker-BMA, Rich Burnley-Gore/NYSEF, Adam Julius-GMVS, Michelle Spear-Brantling, Rolf Gidlow-KMS, Todd Glick-Windham, Ryan Sheredy-Smuggler's Notch for not only donating time but also helping with transportation for the event. As said earlier, these projects are successful due to all of your help and commitment to the athletes and NYSSRA/VARA.

Respectfully Committed,

Kathy Okoniewski (NYSSRA) & Alex Krebs (VARA)