



*VARA U14 Fundamentals Project
December 9th, 2017
Stratton Mountain, Vermont
Year of Birth 2004*

VARA is hosting a one day SL Fundamentals projects with the help of Stratton Winter Sports Club and Stratton Mountain Resort. The project is for Year of Birth 2004. Athletes are chosen from last year's VARA State Championships. The goals of the camp are improving ankle flexion, pole plant, carving and balance. The day will consist of free skiing and fundamentals in groups in the morning followed by appropriate brush course drills in the afternoon. Athletes will have the opportunity of working with different VARA coaches as well as skiing with athletes from all VARA councils.

DATE: December 9th, 2017

LOCATION: Stratton Mountain, VT (Frank's Fall Line) and free-skiing

QUALIFICATION: The event will be for 34 U14 YOB 2004 VARA athletes, 17 boys and 17 girls. All athletes must have current VARA and US Ski & Snowboard licenses. Please check Google docs for membership status.

Project Leader: Alex Krebs (VARA Youth Coordinator) and 5 VARA coaches. Coaches need to inform Alex Krebs if they will attend. First 5 coaches will have a comp ticket.

Price: \$60. Payment link through Adminskiracing Payment is due by November 29, 2017. After that date there will be a \$25 late fee.

http://adminskiracing.com/racereg/event_listing/viewevents Choose VARA and then VARA Youth Projects

Deadline to confirm or decline: ALL invited AND alternates please click on the below link for a Google Doc to **CONFIRM** or **DECLINE** your athlete(s) **NO LATER THAN NOVEMBER 27, 2017.**

Athlete List:

<https://docs.google.com/spreadsheets/d/1krScqBbplihWDMDxDjOwmpMhfA2t1FBIPgHWT73NDBs/edit#gid=0>

Alex Krebs-VARA Coordinator

VARA Youth Coordinator

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