



VARA U14 SL Fundamentals Project
December 9, 2017
Stratton Mountain, Vermont
Slalom Skis

DATE: December 9, 2017

REGISTRATION: 7:15 am in the West Wing of the Stratton Mountain Base Lodge

QUALIFICATION: Previous year's VARA States Results. All athletes must have **current VARA and USSA licenses.**

EQUIPMENT: SL skis, shin guards, SL helmet, pole guards, water bottle, snacks, lunch or lunch money and warm clothing.

Project Leader: Alex Krebs (VARA Youth Coordinator) in addition to several VARA U14 coaches.

Schedule:

7:15-Registration in West Wing of Base Lodge

7:45-Coaches' Meeting

8:00-Athlete Meeting

8:15 Load Lifts

8:30-11:30 Directed Free-ski and specific SL drills utilizing brush corridors that will carry over into brush and gate drills in the afternoon

11:30-12:30 Lunch

12:30-2:30 Specific brush and gate courses designed to work on turn shape and transition

2:45-Wrap up and depart

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