



# VARA COACHES EDUCATIONAL FORUM



**SATURDAY, NOVEMBER 5, 2016 - Andrea Mead**

**Lawrence Building At Pico Morning Coffee, Lite Breakfast and  
Lunch Included - \$45 - 1.0 Cont Ed Credit from USSA**

## **Presenters include:**

**[Register Now]**

### **Gar Trayner: Director of Athlete Development at Killington Mountain School**

Gar is a 2002 Salt Lake City Olympian. Gar was a member of the British National Alpine Ski Team for seven years and had a long and successful ski-racing career. Gar ran his own global sports specific travel business for many years, while coaching the Scottish National Ski Team. He was the Head Coach of the British Children's National Ski Team for three years and he most recently served as the British Ski Cross Head Coach for British Ski and Snowboard.

Gar will present discuss development of a core coaching philosophy, LTAD and provide fundamental coaching tools to start the season.

**Martin Guyer: USSA Eastern Regional Director** - Since joining USSA two years ago, Martin has done an exceptional job as a development coach, bringing vision and energy to the Eastern Region. He has brought athletes and club coaches together for innovative training projects. He has recalibrated the focus toward fundamental skill development around the SkillsQuest model and has built the Eastern Regional Training Group into a functional layer within the national pipeline. Under Martin's leadership in 2015, Eastern Region athletes won four Junior National titles at the U16 and U18 levels. The Eastern Region also captured the Regions Cup at the U18 National Championships.

Martin will present an interactive discussion session on movement analysis and correction detection in slalom and giant slalom skiing.

**Michael Browne:** Mike is a USSA Level 6 TD and 4 referee. Mike has been actively involved in regional, national and state level official education and sits on regional and national AO committees.

Mike will discuss the newest USSA/FIS equipment changes and rules and how they may affect ski racing and the youth in the sport. Additionally Mike will give an overview of what Alpine officials will expect at events.

**Matt Gammons :** Dr. Matt Gammons serves patient population at both the Vermont Orthopedic Clinic and at the Killington Medical Clinic. Matt is board-certified in family practice and sports medicine. His specialty is in non-operative musculoskeletal care. He also enjoys several sports team affiliations, including serving as team physician for the U.S. Ski and Snowboard teams.

Matt will discuss -Subjective Measures- can we use them to maximize performance and reduce the risk of injury? Self-reported measures have been shown to correlate well with performance measure in athletes. Coupling these measures with what is known about overuse injuries coaches can help maximize training efforts while minimizing the risk of injury. These measures can also be used to help manage in-season injuries to allow athlete to participate successfully.