

## 2017 U14 SL Fundamentals Projects December 9, Stratton Mountain, VT



Project Leader:	<b>Alex Krebs: VARA Youth Coordinator</b>
Date:	December 9 2017
Location:	Stratton Mountain, Vermont
Target:	35 U14 VARA Athletes

### Project Purpose:

Provide a SL progression through different environments for our VARA U14 athletes. Bring together VARA athletes and coaches from the state for athlete and coach education.

### Thank Yous:

On behalf of VARA I would like to thank Stratton Mountain Resort, Stratton Winter Sports Club and David Edry.

I would also like to thank Cindy Mumford (GMVS), Justin Lillie (S6), Jud Bartlett (Midd), Jet Robbins (OMS), Ryan Sheredy (SNSC), Neiko Razinger (BOC), Mamie Phelan (MSA), Christine Booker (BMA), Dillon Snell (SWSC) and all of the Program Directors that supported this project and sent their coaches.

The success of these events are dependent on the help and experience of the VARA coaches. All of their help was much appreciated. The coaches worked really well together, shared what they have been working on with their own program athletes and connected with their camp group of athletes.

### Project Recap:

With the space we were given on Frank's we had plenty of room to set numerous corridor brush sections. Above and below the corridor were 2 short brush "wiggle" courses where athletes used ankles and knees. First corridor was 18 brushes long and 15 meters wide set on fairly steep section. Second corridor was 10 brushes long and 7 meters wide. Third corridor was an hourglass set at 10 meters to 4 meters back to 10 meters. Coaches really liked the hourglass because it really forced athletes to change their turn radius without gates, it took the athletes a run or two to discipline themselves to change their radius. In the other two corridors coaches liked the freedom of choosing their own drills for their athletes, goals and terrain. In the second session 4 SL progression drills were set. First set was a 20 stubby picket fence. Second set was a 20 stubby gate 9 meter course with brushes added for pole touch. Third set were 20 gates mixture of stubby and tall pole mixed rhythm. Fourth set was a 20 gate tall pole SL with 2 hairpins set around 11 meters on gentle terrain. Athletes recognized the progression and of course liked the tall pole course the best! Around 2:15 athletes were tired (especially those that hadn't had many days on snow) and all finished by 2:30.

### Observations:

The simplicity of the corridors and the layout of progressions benefitted all athletes despite whether it was their first day on snow or their 20th day on snow. All coaches commented on the positive attitudes, enthusiasm, motivation, comradery, support of each other and focus these groups of U14 boys and girls displayed. They said it was truly remarkable how responsive they were to feedback and comfortable with new coaches to ask questions and learn new drills. Coaches taught athletes new drills and the athletes taught the coaches new drills, it was a very unique and impressive group of athletes and coaches. Our VARA athletes were also good Samaritans and when one public skier took a fall the athletes skied up to help them! Free skiing was a large component of the day and athletes practiced a drill on a free run and then tried it in the corridors. Some general comments from coaches were that pole usage was challenging and late, while those with more on snow mileage were more balanced in transition other athletes were not. Coaches saw good use of edge angles and definite line corrections in drill courses and marked improvement from run to run. During free skiing athletes were able to keep a consistent turn shape from top to bottom. Athletes had fun and of course most loved the tall pole course the best although body position was better in the stubby courses than the tall pole. Great job, super effort and work ethic. Good

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luck to all athletes and have a great season.

Respectfully submitted - Alexandra Krebs: VARA Youth Coordinator



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