



**2018 U14 VARA-NHARA GIRLS SPEED
ELEMENTS PROJECT**

DARTMOUTH SKI WAY

JANUARY 19, 2018



DATE: January 19, 2018

PLACE: Dartmouth Ski Way, Lyme, NH

QUOTA: 21 U14 Girls (7 from each council) Council Chair Persons will invite athletes

STAFF: Co-Leaders Alex Krebs (VARA) and Gerd Riess (NHARA) Other VARA and NHARA Coaches TBD

TIME: Registration is in the Ski Way Base Lodge 7:30-8:15am. Coaches' meeting at 8:30, athlete meeting to follow, load lifts at 9:00am. Finished by 3pm.

COUNCIL CHAIRS: Please go to this google doc link to enter your council athletes names

<https://docs.google.com/spreadsheets/d/16-hOgOeUvDrGmCeO5t8pWEdAGifCI5jE7jp9CxA0mPo/edit?usp=sharing>

REGISTRATION: VARA Athletes go to https://adminskiracing.com/racereg/event_listing/viewevents Click on VARA and then VARA Youth Events and choose the VARA-NHARA Girls Speed Project. If you do not already have an adminskiracing account you will need to create one.

COST: \$55 plus applicable online processing fees

DEADLINES: Online registration begins January 7, 2018. **A LATE FEE OF \$20.00 AFTER 5PM ON JANUARY 15, 2018**

GOALS:

- Create a controlled environment to train speed fundamentals
- Provide opportunities to work on speed skills like gliding, jumping and terrain
- Create an opportunity to work with new coaches and meet NHARA peers

MEMBERSHIPS: Athletes must be current USSA members and VARA members.

DESCRIPTION: Athletes will meet in the morning and be assigned a coach and ski group. The day will be spent going through speed progressions in a controlled environment. Please bring GS skis and SG skis if you have them. SG skis are not necessary for participation. This is a one day speed project to develop fundamental skiing skills with bumps, jumps, gliding turns, tuck turns and terrain changes and also training with some of the NHARA U14 athletes. All will have the opportunity to train on a NCAA Championship hill in a closed and supervised environment, where they can learn and gain confidence with all types of terrain and speed. Experienced VARA and NHARA coaches will instruct an age appropriate progression for the athletes. It will be a FUN day of speed skills!

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