



VARA

## Physical Movement Assessment Project



VARA, in collaboration with GMVS, SMS and KMS, will be hosting 3 physical movement assessment days August through September. The assessment projects are for ages U14-U16 for the 2018 season.

**Purpose:** The purpose of the VARA assessment project is to provide participants with appropriate feedback on their functional movement and fitness levels. The focus for attending coaches is to provide insight on movement assessments, simple correction exercises, and training ideas to improve movement or overall athletics and to highlight the benefits of proper movement in athletic youth development.

The focus of the content will be placed on quality of movement for athletics. Each attendee will be individually assessed while in a fun group setting.

There will be an *educational component* for coaches in the form of familiarization with movement assessments and coaches will learn ways to implement assessments into their club training environment.

*\*\*VARA thanks the three sites involved for hosting the assessments and for the expertise of the leaders involved. We look forward to branching out to more sites in the future. Many thanks to Booster for sponsoring the events.*

### Dates/Locations:

**August 20<sup>th</sup> Sunday** - GMVS Race Performance Center

[\(Register Here\)](#) - Check in at 8:30 a.m.

**September 24<sup>th</sup> Sunday** - KMS Athletic Center

[\(Register Here\)](#) - Check in at 8:30 a.m.

**September 24<sup>th</sup> Sunday** - SMS Greg Needell Gymnasium in Burtscher Field House

[\(Register Here\)](#) - Check in 8:30

*\* Kids should bring bagged lunch or snack and water bottle.*



### Movement Assessment Coaches/Site Leaders:

**Dani Koch** - Head Women's Coach and Head Conditioning Coach at GMVS. Dani is a former 8 year coach with the Swiss Women's National Ski Team serving as assistant coach and conditioning coach.

**Gar Trayner** - 2002 Olympian and former member of the British National Alpine Team, Gar is the Director of Athlete Development at KMS.

**Jay Ogle** - Alpine and Strength & Conditioning Coach at Stratton Mountain School, D1 Ski Racer and graduate of UNH.

**Alex Krebs** - VARA Youth Coordinator

**Julie Woodworth** - VARA Executive Director

**Cost:** \$50 – First come, first served (first 30 registered)

### Activity Protocol - Functional Movement Assessment:

Power Testing with Jumps (Activities may vary at each location)

\*Vertec (double and single legged) \*Broad Jump

\*Agility Parcours/Obstacle courses \*Swiss Cross \*Beep Test

*.....keeping ski racers 1<sup>st</sup> in Vermont .....and Vermont ski racer 1<sup>st</sup> in the world.....*