

VARA COACHES EDUCATIONAL FORUM SATURDAY, NOVEMBER 4, 2017

Andrea Mead Lawrence Building At Pico Morning Coffee, Lite Breakfast and Lunch Included \$45

\$55 for day of sign up

Registration 7:45-8:15 Registration

The program will run approx 8:30 am-2:30 pm.

1.0 USSA Coaching Contd. Ed Credit

[\[Register Here\]](#)

(You will need to "log in", or "create a log-in")



Don't miss this great educational opportunity. *Speaker list subject to change.*

Gar Trayner

KMS Athletic Director

National Performance Center Review & LTAD

with specifics about conditioning and testing and how it relates to skills quest fitness and u-start screening

Oliver Hall, PT

PRC Inspire Physical Therapy

Back Pain in Alpine Skiers

Matt Gammons

MD: Rutland Regional Medical Center

Sleep Habits & Effects on Youth

Mike Browne

Alpine F.I.S-quick update on new alpine rule changes

Kathy Okoniewski - NYSSRA Youth Coordinator

U14's and U12's - Review of SL & GS, distances, offset, timing, rhythm and tempo. The course's relation to terrain and snow surface.-Using Training Goals, Course Set Environments and Creativity for highest productivity, focus and fun and Recognizing key concepts for teaching youth to ski courses.

Anna Terry

LMT * E-RYT * NASM-CPT

Muscular Health 101-what you need to know about your (muscular) body to feel good and perform at peak

Alpine Officials

Alpine Officials Update Clinic will be offered immediately after the coaches ed session. You MUST sign up on [\[this google sheet\]!](#) If you are attending the AO Clinic you need to be on this sheet.