



Summer Skiing

"Pole Plants Don't Take Summer Vacation"

By Edie

from

VARA's Youth Coordinator Alex Krebs

Hello VARA Members!

Just as schools are getting out or are already out and athletes are thinking they are done with homework/school work here comes another task for all of them to tackle over the summer and fall. It is certainly not necessary to ski during the summer and many athletes even at the top level do not ski during the summer for many different reasons. It is extremely important to stay active in sports and PLAY outside (that will be the next blog) but for those athletes that will be heading off to summer ski camps, below is some VERY important homework for everyone to focus on while on snow this summer. Why not work on your pole plants this summer so that it is one less thing for you to work on during the winter and competition season? I hope all of you will listen to the words below written by my friend Edie Thys Morgan, author of the blog www.racerex.com and book "Shut Up and Ski". So....let's get to work!!



Alex Krebs
VARA Youth Coordinator
802-338-1680
alex@vara.org

Please visit the VARA youth Coordinator page on the VARA site. <http://www.vara.org/resources/youth-coordinator/>

Pole Plants Don't Take summer vacation

[by Edie](#)

Summer Homework

Your pole plant is your wing man. Don't ever leave your wing man.

This just in...pole plants are back. If you didn't believe me in [Once Upon a Pole Plant](#) then just look at What Sasha Rearick had to say from the USST men's training camp in Mt. Hood:

"The pole plant was something that was emphasized a couple years ago, and we are going better with that. More kids know how to pole plant. Not everybody, but we're making progress there," noted Rearick. "But we need to be in much better balance on the skis. That's the foundation. If you don't have that, the rest doesn't make any sense. And upper body stabilization is the one that here we've re-identified that there is slight separation. There's too much of the concept of following your skis, and we've lost this upper body stability... to be able to do it in any condition and at any time."

Read the full article in Ski Racing [here](#)

To all of you going skiing this summer, be sure to pack your pole plant. And to anyone who ever ignored, minimized or disparaged the pole plant, well, I should be a bigger person but...

Neener neener neener!

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