



## 2025 VARA U10/8 RACING

The VARA U10 age level provides non-scored competitions and skill development for 7-8-9-year olds. The birth year for VARA U10/8 racing in 2025 is 2015, 2016, and 2017.

**Vermont State and National Governing Body Guidance (NGB):** VARA competitions will operate under the guidance of US Ski and Snowboard, and VARA, participants, parents, and coaches are responsible for being familiar with these guidelines. All vara members must adhere to VARA, USS, and host site/venue guidance and code of conduct.

USS code of conduct. [Link](#)

USS Parent Code of Conduct [Link](#)

Eastern Region Handbook - [Link](#)

**For sanctioned race info, please see the [USS COMPETITION GUIDELINES](#)**

**Children's Development Committee** - the CDC oversees rules and policies of U14 and younger racing in VT. This group works with the VARA Executive Director to create schedules, policies, qualifications, rules, and state guidelines for the U14 and younger age groups. Committee members include; [Diann Roffe](#) (Chair), 3 Council chairs ([Peter Stokloza](#)/SVC, [Naga Kusumi](#)/NVC, [Lori McClallen](#)/MVC, [Dave Sklar](#), SVC [Ryan Sheredy](#)/NVC, and [Justin Lillie](#)/MVC.

### **Children's Development Sub- Committee**

The Children's Development Sub Committee consists of the 3 Council Chairs from each of the three Councils and the CDC Chair – Diann Roffe/Chair, (North-Naga Kusumi, Mid-Lori McClallen, and South-Peter Stokloza). The committee will work with the Executive Director regarding VARA U14 through U10 issues that arise at state championships and state-governed events.

**RACE STARTS: Councils should follow** US Ski & Snowboard Guidelines for the U10 age group. Councils should practice 90% freeskiing, fun duals, and stubbie courses with some skill assessment drills.

1. VARA is the governing body of U10 racing in Vermont.
2. VARA will delegate to the three state Councils (North, Mid, and South), the authority to design and administer their respective races and rules for U10 racing. VARA shall make recommendations to the councils.
3. Councils will adhere to the US Ski & Snowboard established age categories.
4. Councils must also follow all US Ski & Snowboard and VARA procedures for running a fair and legal race.
5. It is suggested that the councils run no more than 5 intra-mountain races.
6. To compete in VARA races, two membership requirements must be met:
  - a) Current US Ski & Snowboard Youth Membership
  - b) Current member of VARA.
7. VARA membership will be verified from the VARA website. On the [VARA Website](#), there is an option to print your VARA card-VARA does not issue a member ID #
8. Coaches must be VARA and US Ski & Snowboard members to obtain on-hill privileges.

9. U10 Council races should be US Ski & Snowboard sanctioned events. Sanctioned races must be held on homologated trails.
10. It is recommended that race fees be \$35- \$40 (plus any online registration fees) or less.
11. The councils are encouraged to present event award ceremonies in a timely manner.
12. Council host sites are encouraged to allow freeskiing and/or training options post-event.

### **Quechee Skill Development Project**

U12/10 Skill Development Project:

(Friday) **January 31, 2025**

Registration details TBD

#### **Parent/Spectator Clause**

Any issues parents or spectators may have involving VARA rules, The Race Organizing Committee (ROC), Alpine Officials, the Jury, the race site, or US Ski & Snowboard while at a sanctioned council event, VARA States, projects, or Tri-Council events must be handled by the responsible coach before being brought to the Race Organizer, Alpine Officials/Jury, registration volunteers or VARA. The athlete's coach must represent the competitor regarding the issue, not his/her parents.

**SKILLSQUEST:** VARA Recommends that all U10s be introduced to the Skills Quest Drills. It is recommended that Councils plan to introduce a skills assessment to their council U10 participants. For example, councils may introduce a skill during competition race days (1 drill at a time per race). OR, host a skills assessment day where many skills are assessed. **Skills info may be found on the US Ski & Snowboard site and the links below:** [SKILLSQUEST](#)

Also See: [EASTERN REGION LINK](#)

#### **Petitioning Athletes**

For an athlete to be considered for skiing **up** an age class at the council level, the Program Director must submit the petition to the Council Chairperson. The Council must first approve the petition. If approved at the council level, the request will be submitted to the VARA Children's Committee Chair and the VARA Executive Director. If approved by the VARA Children's Committee, the VARA Executive Director will then submit the request to the US Ski & Snowboard Eastern Regional Director, who will then submit the request to the US Ski & Snowboard National Office. Once approved by US Ski & Snowboard National, the athlete will then race in the petitioned age class for the entire VARA Council Race season. Once approved to ski up an age class, that athlete **MUST** race in that age class for the entire season. There will be **NO** returning to the original age class.

The following conditions apply: [Ski Up Form](#) (hyperlink)

1. PA will be considered and treated as any other participant in that age class.
2. PA will be presented with an award if so earned.

#### **VARA Technical Statement**

**Purpose:** VARA recognizes the importance of building strong technical foundations for the long-term success of VARA skiers. This document is a guide to assist VARA coaches and clubs in teaching the necessary skills that will help athletes reach their full potential. This technical statement is in alignment with US Ski & Snowboard athlete development principles.

**Objective:** The objective of the VARA Technical Statement is to promote consistency in athlete development through a shared platform of technical skill acquisition by providing member clubs and coaches a framework for programming that aligns with the technical principles of US Ski

& Snowboard athlete development. The technical statement will guide member clubs in teaching technical skills that are consistent with the mission and goals of VARA.

[LINK](#) to VARA Technical Statement

There is NO VARA Head Tax for council racing in this age group. A mixed-age open race is subject to the head tax. This can be automatically collected on ASR. \$2 per head per racer.