



VARA U12 GS Terrain Project
Okemo Mountain Resort
February 13, 2023

The U12 GS Terrain Project is a special one-day training opportunity for U12 VARA athletes. The project is designed to introduce athletes to terrain in a GS environment, bring athletes together from the entire state and provide an opportunity for U12 athletes to work with different VARA coaches. Athletes will work on reading and absorbing terrain, looking ahead, airtime, knee and ankle flexion, and shin pressure.

PRICE: \$35

REGISTRATION: <https://adminskiracing.com/node/449804>

PROJECT: The U12 Project is hosted by Okemo Mtn School and Okemo Competition Center. VARA Club coaches from around will be leading athlete groups.

All athletes and coaches must pre-register.

The Team Captains' Meeting will be held virtually on February 12th at 7 pm – link to be shared with all registered coaches.

All athletes must be accompanied by coaches from their home club and ski on GS skis.

Tentative schedule:

8:15 – 8:45 am Team Captains pick up lift tickets and bibs at the Okemo Competition Center

9:00 am Athletes and Coaches load AB Chair outside of main base lodge.

9:15 am Meeting outside of the Yurt at the bottom of Wardance to split into training groups.

9:30 am -11:45 am Terrain Elements Stations in Coach Groups

Run 1 – Free Run of GS turns down the middle of Wardance staying out of the terrain and gate sets.

Run 2 and 3 – Elements and hill Inspection / Explanation of each element (groups will be assigned to start on one lane or the other)

Run 4 and More – Rotate through the elements alternating from left lane to right lane.

- 11:45 am Break for Lunch. Lunch on your own.
- 12:30 pm Groups meet up again at the Yurt
- 12:45 – 2:30 pm Continue to rotate through Terrain Elements stations (groups should start on the opposite lane from the morning session)
- 2:45 pm Camp wrap-up meeting at the Yurt. Bib Return. Coaches are asked to loop up to help pull after the meeting if courses aren't already pulled.

Coaches will stay with groups as groups rotate.

Groups should aim to only break for lunch, but may break as needed. Food and bathrooms available at the Sugar House. The yurt at the bottom of Wardance is available for warming up. Okemo is CASHLESS for all concessions.

The camp will consist of 6 element stations. The hill plan is attached and details are explained below.

Rotation through stations will be in two lanes with groups alternating from lane to lane each run. Stations A-D are on Skier's Left and E-F are on Skier's Right.

Remember to keep verbal coaching to a minimum to let the terrain do the teaching and also keep groups flowing through the stations!

Below are some basic details on each station as well as helpful videos and links.

Station A:

Side slip edge sets in corridor – video [HERE](#).

Helps reinforce knee and ankle flexion through an edging drill to promote success navigating the terrain set. Increase the challenge by having the athlete vary the drill – side slip edge set on downhill ski only, then uphill ski only.

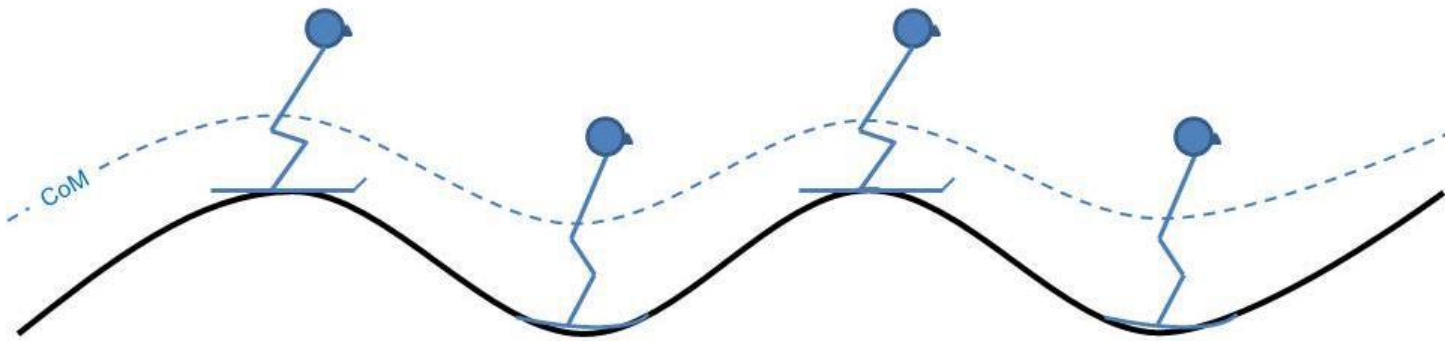
Station B:

GS Set through Spine and Rollers.

Adjust for skill of each athlete. Could begin by running in shorter sections if athletes aren't ready to run the full set. Let the terrain do the teaching as athletes figure out how to respond and absorb the terrain.

Station C:

Wave Track – progress to starting further up the hill and/or running in a high tuck



Skier flexes on the upside of the bump and extends the lower body into the trough between the rolls. The dashed line indicates the path of the skier's center-of-mass.

<http://videos.ussa.org/coetv/detail/videos/skills-quest/video/5582469017001/phase-4-straight-run-in-a-wavetrack?autoStart=true>

Station D:

Pole Jumpers – these will be set only using a blue dye line as that is a newer safety recommendation

<http://videos.ussa.org/coetv/detail/videos/skills-quest/video/5582469016001/phase-2-pole-jumpers?autoStart=true>

Pole Jumpers in a high tuck: <http://videos.ussa.org/coetv/detail/videos/skills-quest/video/5582471281001/phase-3-pole-jumper-in-a-tuck?autoStart=true>

Station E:

Rise Line/Drop Line Drill w jump: GS Course set with rise line/drop line dyed on both sides. Understanding where transition is and proper movement in transition through a GS set. This set will go over a small jump. Feel free to have the athletes just go over the jump a few times before running the full gate section into it.

[Video of U14 Jump:](#)

Station F:

GS set for Tuck/Glide Turns with timing (Brower). Working on low tuck, high tuck, efficient gliding.

[Video of U12 Tuck1](#)

[Video of U12 Tuck2](#)

[Level 100 Coaching Manual](#) has some info on pages 29-32 on skiing terrain and jumping.