



## VARA COACHES EDUCATIONAL FORUM

**When:** November 7, 2015 8:00am-2:30pm

**Where:** Pico Ski Club - Andrea Mead Lawrence Building

**Who should attend:** Youth age class coaches, head coaches, program directors, parents. This course will count towards USSA continuing education as a half credit.

**Cost:** \$40 (light breakfast lunch, refreshments and a raffle included)

Event sign up link: [\[Register Here\]](#)

### 730 - 800 Registration

You may register online by clicking [Register Here] above, only club checks will be accepted by VARA the morning of the event. Registration online is required as it will give us a better idea of how many to expect for lunch/breakfast purposes and also expedite the registration that morning. All fees included in registration fee.

**8:00-8:10** Welcome from VARA Executive Director Julie Woodworth and VARA Youth Coordinator Alex Krebs. There will be a brief overview of VARA website and where to find up to date and important VARA Race and Council information.

### 8:15 – 9:15 Dr. Matthew Gammons, MD, Vermont Orthopedic Clinic - Concussions-Myths and Management.

Dr. Gammons will cover common misconceptions about concussions, explain the current scientific evidence and discuss management despite our knowledge limitations. Time for Q & A. Alex Krebs, VARA Youth Coordinator will follow with a brief concussion presentation.

### 9:30 – 10:30 Tom Sell - Killington Mountain School Alpine Program Athletic Director

SL and GS Course setting with a “plan” - This presentation will focus on gate placement to create different situations, terrain and slope changes. Age appropriate course setting and the new SL turn. Tom is a highly experienced coach at many levels from developing athletes to the World Cup level and is a USSA Eastern Development Committee member. Time for Q & A.

### 10:45- 11:45 Brooklyn Raney - Leadership Coordinator at Kimball Union Academy

Returning again this year Brooklyn Raney will be speaking on Youth Leadership - “The ‘ship’”: From sportsmanship, to leadership, to friendship, and hopefully a championship, this interactive talk will bring to light the sometimes forgotten transferable life skills we learn as athletes. As coaches, we will discuss how to use these life skills as a way to communicate with, and motivate, our players. *Brooklyn Raney promotes a “follow first” approach to leadership, motivating young women, parents and sports teams to explore themselves fully while becoming positive, confident leaders.*

### Lunch 11:45 -12 20

### 12:30-1:30 Martin Guyer- USSA Eastern Regional Director will discuss Skills Quest

Martin was the USSA Eastern Regional Head Coach for the past two years and has just taken the position of Eastern Regional Director, before his work with USSA Martin was the head FIS Coach at GMVS. Martin will introduce and discuss the Skills Quest assessment method and introduce the conditioning assessment component of Skills Quest.

### 1:45 – 2:45 Tony Mure – Head Strength Coach for Holderness School

Owner of In The Zone Strength and Conditioning, Tony has trained over one hundred and fifty D1 athletes, Olympians, pros and has been the strength coach for the Plymouth State Men's Basketball program for 4 years, strength coach for New Hampton Prep school Basketball Team 5 years, head strength coach Holderness School Men's Basketball team for 2 years, 8 years working with Tom Barbeau of Waterville Valley ski program and 7 years with George Capaul of Holderness School Ski Program. Certifications in ACE, AFFA, NSCA, and currently a level 2 instructor in Burdenko method, working on his masters level certification.

**Event Contacts:** Julie Woodworth/ [Julie@vara.org](mailto:Julie@vara.org) and Alex Krebs/ [alex@vara.org](mailto:alex@vara.org)