



Greetings snow seekers!

Wow, what can we do about this weather! The snowless Dec. certainly will make this season a challenge not only for Vermont but for the entire region. Let's hope for colder days and lots of snow moving into the new year!

The lack of snow and a non-winter like environment is making for very limited time skiing, if any at all. So what to do with the extra time you may have with your club staff and members? Consider off snow education and check out the new Sport Education blog posts on USSA.org, see below.

Here are the ones USSA has posted so far:

<http://ussa.org/blog/sport-education/2015/10/12/welcome-ussa-sport-education-blog>

<http://ussa.org/blog/sport-education/2015/10/19/marketing-doesnt-have-be-scary>

<http://ussa.org/blog/sport-education/2015/11/02/developing-funds-and-resources-your-club>

<http://ussa.org/blog/sport-education/2015/11/16/how-ski-clubs-can-be-community-oriented>

<http://ussa.org/blog/sport-education/2015/12/03/special-offers-ussa-members>

The Club Excellence Webinars are also something that USSA has logged now for the past two years and you may want to check them out: <http://my.ussa.org/aip/global/club-excellence-workshops>

It is also a great use of the extra time off snow to use education tools for coaches, parents and the kids. Some ideas:

- Check out the [VARA Youth Coordinator](#) page for videos and important information on children's racing rules.
- Review [skills quest drills](#) and scoring with the staff. See the USSA [Coach Development](#) link.
- Review your club philosophy as well as coach, athlete and parent expectations.
- Get a head of the game and plan your February break training week.
- Review with parents the [VARA](#) rules and [USSA](#) pipelines.
- Review the [USSA Eastern Handbook](#) and youth quotas ([U14](#)) ([U16](#))
- Watch lots of fundamentally strong skiers on video.
- Dryland training.



#### **VARA/USSA RACING NEWS:**

Dec 19<sup>th</sup> BOC VC sponsored by Fischer is postponed.

Dec 20<sup>th</sup> race at Sugarbush is changed to the 18<sup>th</sup> Friday [Link to race info](#). 2 VC Slaloms sponsored by Fischer.

#### **USST RACING**

##### **ALPINE - Audi FIS Ski World Cup**

##### **Men's GS/SL - Val d'Isere**

Ted Ligety will be looking to get back on track as the Audi FIS Ski World Cup heads to Val d'Isere for a GS and slalom Saturday and Sunday. The races will be live on [NBC Sports Live Extra](#) with same day broadcast on Universal HD.

##### **Women's GS/SL - Are**

Mikaela Shiffrin and World Cup leader Lindsey Vonn will be in the spotlight in a weekend of tech racing in Are, Sweden. The races will be live on [NBC Sports Live Extra](#) with same day broadcast on Universal HD.

## Broadcast and Live Streaming (times EST)

### Saturday, Dec. 12

3:30 a.m. - Men's GS1, Val d'Isere - [NBC Live Extra](#) - LIVE STREAM  
4:30 a.m. - Women's GS1, Are - [NBC Live Extra](#) - LIVE STREAM  
6:30 a.m. - Men's GS2, Val d'Isere - [NBC Live Extra](#) - LIVE STREAM  
7:30 a.m. - Women's GS2, Are - [NBC Live Extra](#) - LIVE STREAM  
3:00 p.m. - Men's GS, Val d'Isere, Universal HD  
4:30 p.m. - Women's GS, Val d'Isere, Universal HD

### Sunday, Dec. 13

3:30 a.m. - Men's SL1, Val d'Isere - [NBC Live Extra](#) - LIVE STREAM  
4:30 a.m. - Women's SL1, Are - [NBC Live Extra](#) - LIVE STREAM  
6:30 a.m. - Men's SL2, Val d'Isere - [NBC Live Extra](#) - LIVE STREAM  
7:30 a.m. - Women's SL2, Are - [NBC Live Extra](#) - LIVE STREAM  
3:00 p.m. - Men's SL, Val d'Isere, Universal HD  
3:00 p.m. - Men's GS, Val d'Isere, Universal HD  
4:30 p.m. - Women's GS, Val d'Isere, Universal HD

Any questions on the USSA information please contact [bkrill@ussa.org](mailto:bkrill@ussa.org), or for VARA contact [julie@vara.org](mailto:julie@vara.org) or [Alex@vara.org](mailto:Alex@vara.org)

I'll end with this quote from.....

*Ryan Cochran-Siegle on Development*

*"Keep an open mind to try new things. Ski racing isn't just about mastering one specific talent - it's about developing a variety of skills that can be used in all situations."*

Thanks and THINK SNOW!

Julie

