



Vacation Activities

from

VARA's Youth Coordinator Alex Krebs

Hello VARA Members!

Summer months are flying by and many of you may be on vacation or heading on vacation before school starts up again. Hopefully all of you have been involved in other sports and/or engaged in a dryland program. Keeping active by participating in other sports is extremely important especially for the youth level athletes. This type of sport "cross training" helps develop different muscles, coordination, aerobic, anaerobic and helps keep sports fun!



Just because you are on vacation doesn't mean you have to sit still. It just means you have to get creative. If you are at the beach, running in the sand helps develop all sorts of muscles you probably didn't even know you had in your feet and legs. Also, swimming is a great aerobic activity. If you are in the mountains, explore hiking trails or mountain biking trails. Have a park nearby? Or in the woods? Create your own obstacle course or find a set of stairs and run up and down the stairs or find something similar to a balance beam and work on your balance.

Speaking of balance, my friend and counterpart in NY, Kathy Okoniewski (NYSSRA Youth Coordinator) put together a great group of Slackline videos which she has shared with me and I would like to share with all of you. Click [HERE](#) to view the Slackline progression videos.

Whether you are at the beach, in the woods, at the lake or in the park, go play! Active play is a really great way of honing your ski skills without even

realizing it and at the same time HAVING FUN!

Happy Summer!

Best,
Alex

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Please visit the [VARA youth Coordinator page](#) on the VARA site.



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