

# VARA Late Summer 2017 News and Notes

## 2018 VARA Team Announced

Please join the VARA Community in celebrating the 2018 VARA Team along with VARA Merit Award Recipients and for the induction of **Kelly Brush** into the VARA Hall of Fame.



### VARA Team

### Merit Award Recipients

### GALA Announcement

GALA Invitations will be sent out very soon.

### USST Nominations for 2018

## VARA State Championships 2018

February 9, 2018  
U16 Super G - Stowe, Vermont

February 25-26  
U16 Slalom/Giant Slalom

Men - Burke, VT - Host Club -BMA

Women - Sugarbush, VT - Host Club - GMVS

March 3-5 (Sat/Sun/Mon)  
U14 States - Middlebury Snow Bowl  
Host Club - Middlebury Ski Club



## VARA/COCHRAN'S DRYLAND DAY

September 17, 2017

Register now for a fun day practicing new training skills and learn from the top skiers in the nation. Former Olympians, US Ski Team members, NCAA collegiate champions and lovers of ski racing will be bringing their expertise to help youngsters through exercise stations and circuits.

[VARA/Cochran's Dryland Link](#)





## VARA Function Movement Screening Sponsored by Booster Straps - September 24th

GMVS and Dani Koch hosted a VARA Functional Movement Screening on August 20. The event was extremely educational for participants and attending coaches. Personal feedback was provided for the athletes. Additionally, coaches learned about the importance of proper movement, its effects on injury prevention and its significance in effective conditioning. The US Ski and Snowboard Skills Quest Fitness program was introduced and, in part, used in the days' agenda.

There are two more screening days on the schedule for September 24, 2017 one event will be held at Stratton Mountain School and one at Killington Mountain School.

**[Register Today!](#)**



### IMPORTANT FALL DATES!

[September 9](#) - Kelly Brush Ride

[September 17](#) - VARA Cochran's Dryland Day

[September 24](#) - Booster Functional Movement Screening SMS and KMS

October 6 - Eastern Children's and Development Committee meetings - Killington Mtn School or KSC

October 7 - Eastern EACC -Killington Mtn School or KSC

October 8 - Eastern Club Excellence - Killington Mtn School or KSC

[October 12](#) - NE Snow Ball - Boston

[October 14](#) - VARA Gala Sugarbush, VT

November 4 - VARA Coaches Education Forum

[November 25-26](#) - Killington World Cup

December 3 - VARA season opener @ GMVS

(Highlighted blue are links to more info)

**VARA MEMBERSHIP:**

**[VARA MEMBERSHIP LINK](#)**

**[VARA Club Membership Link](#)** (for clubs only, not individual memberships)

Don't forget to renew your VARA Membership! Please pass the link along to any new members!



Vermont Cup Sponsor



U16 State Championship Sponsor



George Tormey Series Sponsor