



VARA U12 GS Terrain Project
Friday, March 1, 2019
Okemo Mountain, Vermont
Project Report

Project Purpose: The scope of this project is to introduce athletes to terrain in a GS environment, get together U12 athletes 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 and knee, ankle and shin pressure.

Thank you: On behalf of VARA I would like to thank Pete Cornish (Okemo), Chris Hurka (OMS), Mike Cronin (OMS), Mariel Meringolo (OMS), Maggie Seiple (Okemo), Jim Sullivan (SWSC), Bowen Holden (GMVS), Fletch (Pico), Peter Benyik (MSA), Steve Severson (QUE), Dustin Martin (MMSC), Micheline Lemay (MMSC), Greg Hadley (KMS), Crosby Coughlin (BMA), Corey Pollock (Pico), Cheyenne Wood (S6) and Erik Smith (BOC). The success of these events is dependent on the help and experience of the VARA coaches. The coaches all pitched in and worked well together with each other and their groups of athletes.

Project Recap: 13 environments total (video courtesy of Crosby Coughlin, BMA)

A.M. Session:

1. Starts
2. Jump [video](#)
3. GS Apex
4. Corridor
5. Spine [video](#)
6. GS through rollers [video1](#) [video2](#)
7. Glide Turns [video](#)
8. Pole Jumpers [video](#)
9. Small wave track [video](#)

P.M. Session:

10. Added gates above and below the jump
11. Connected the spine to the GS rollers
12. GS Section with helper brush above the gate
13. Varied rhythm GS with brush below the gate

Observations:

Athletes made improvements with the terrain throughout the day. The terrain really exposed weaknesses in the athletes skiing and it was imperative that athletes look ahead. All could benefit from skiing terrain like this on a consistent basis. The start section with two gates was really beneficial

as many of them don't get the opportunity to work on their starts. There is room for improvement in the gliding turns as many are unable to ride a flat ski or make a clean tuck turn. They needed to constantly be reminded not to "sacrifice a turn for a tuck". Overall athletes gained confidence with each run through the jump, spine and rollers.

Thank you again to the coaches for all of their hard work with the athletes and making the day a positive experience for everyone.

Respectfully submitted,
Alex Krebs

