



2019 U14 VT/NY INVITATIONAL PROJECT



Project Goals:

- To bring together a group of U14's for training and competition.
- To integrate VARA and NYSSRA athletes in a camp environment.
- To offer GS training and competitive team duals.
- To offer a project that keeps more athletes focused on development later in the season.

Thank you: On behalf of VARA and NYSSRA we would like to thank Stratton Mountain Resort, Stratton Winter Sports Club, David Edry, Dylan Snell, Robbin Gibson and the SWSC race crew. We would like to thank EASEF for their financial support of the project which is greatly appreciated. We would also like to thank our coaching staff Chad Willard (BMA), Ryan Sheredy (SNSC), Peter Stokloza (MSA), Ion Pusperica (WI), Drex (KMS), Marty Guyer (GMVS), Steve Dunlap (HO), Jet Robbins (OMS), Joe Healey (SMS), Ben Blakely (MMSC) and Mike Gilbert (WMR).

Project Recap:

Day 1 Environments: (click on the link for video)

[Apex](#) Set with turn offset to match corridor with a timing mark above apex for timing of edging and direction

[A-Rhythm](#) Eclectic pattern with brush above for adaptation

[Corridor](#) focusing on taking free skiing and bringing this to dictated space

[Delay set](#) sections of turns into delays with varied delay tactics

[Serpent](#)

[Pole Hoppers](#)

[Rope Drill](#) 200 meter rope staked to slope with a progression for balance, athleticism, adaptation, and movement skills.

Hour glass- 12 GS turns from wide to narrow to wide offset brush above the gate



Stratton Winter Sports Club
Stratton Mountain, Vermont
www.stratton.com
802.297.4075





The VT/NY U14 Stratton GS project found the group with good snow, a dedicated venue, a great group of coaches and solid progressions. This was accomplished with a solid mix of free skiing, drills, and short environments. The added experience with meeting new athletes and coaches is always a big plus!

Free skiing is always a big component of any development, so all projects need this built into the day. Drill progressions chosen incorporated balance- pressure- edging- athleticism- adaptation. Covering these areas were a common thread in all sections of this project. That said, a sincere focus was aimed at early pressure- edging- and turn shape appropriate for slope and offset. These environments were accomplished over the course of an entire day and were very effective for amazing one day results.

Day 2:

Team GS Race!

Due to the weather the duals were changed to a GS sprint but still in the team format. Athletes were not given their times and awards were given by TEAM.



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

Respectfully submitted,
Alex Krebs (VARA) and Steve Mergenthaler (NYSSRA)



Stratton Winter Sports Club
Stratton Mountain, Vermont
www.stratton.com
802.297.4075

