



## **NYSSRA/VARA U12 Slalom Project-Report West Mountain New York**

### **Goals:**

- Bring together selected NY/VT athletes for training and pace
- Create community between athletes from other regions
- Introduce SI skills through directed free skiing, drills (challenges), sectional environments
- Adaptation to terrain and varied turn shape
- Athleticism from random terrain and course sets
- Duals

### **Video:**

[U12 Rope Drill \(Merg Drill\)](#)

[U12 Serpent Drill](#)

[U12 Mix of Stubby and tall pole with brushes](#)

[U12 Mix of everything](#)

[U12 Mix of leaner and stubby](#)

[U12 Leaner gate with brushes](#)

[U12 Mix of leaner and stubby2](#)

[U12 Panel SL with brushes](#)

[U12 Tall Pole 1](#)

[U12 Tall Pole 2](#)

[U12 Stubby with Brush](#)

[U12 Corridor Drill](#)

[U12 Hop Drill](#)

[U12 Obstacle Course](#)

[U12 SL Duals](#)

**Observations:** The NY/VT U12 SL project seemed to be a tough go with the initial weather report. But as it turned out salting the first day led to a great surface that held up great for the second day. Then not grooming on the evening after the first day was the right call. The venue surface was solid for the development of this age group, and the turn-around time a big bonus (4-5 min.). The talented group of coaches from NY and VT made this project a huge success with the effort and experience they brought to the table.

A healthy dose of free skiing and drill progressions were on tap for the start of each day, then groups moved into environments. These environments exposed athletes to areas of balance, edging, pressure, turn shape, clearing, upper lower body separation, athleticism, and adaptation. All environments were presented in a progression format to build on patterns of movement.

As we know athletes getting to know other athletes from out region is a big plus in development, along with exposure to new coaches that could keep things simple and let the mountain and environments create a base of guided discovery. That said verbal coaching cues were also used when appropriate. Parents, athletes and coaches were excited with the progress accomplished in this two-day effort. These environments were introduced over two days with two sessions a day (AM/PM) results were solid with all athletes and excited to see how well the athletes picked things up without a lot of verbiage.

2019 U12 NYSSRA-VARA Team Photo



Stephen Mergenthaler NYSSRA  
Alex Krebs VARA

**Project leaders**

[mergs@nyssra.org](mailto:mergs@nyssra.org)  
[alex@VARA.org](mailto:alex@VARA.org)

518-524-3328  
802-338-1680

Special thank you to West Mountain!!!!