

VARA Coaches' Education Forum

Andrea Mead Lawrence Building At Pico
Morning Coffee, Lite Breakfast and Lunch Included \$45
\$55 for day-of sign up - Registration 7:45-8:45 Registration
The program will run approximately 9am-2:00 pm.

US Ski & Snowboard Contd. Ed Credit

[[Register Now](#)]

Event Date - October 26, 2019

DR Matt Gammons 9-9:40

Mind Set Reset – Matt will discuss mindset, the different types, how to recognize which type an athlete may have, limitations of certain types of mindsets and tips on how to help reset a mindset.

DR Gammons works with RRMC and focuses on orthopedics and Sports Medicine with a special interest in Concussion Management. Dr. Gammons has authored numerous sports medicine-related articles, papers and presentations, he has been the recipient of several professional honors, including the Harry Galanty Young Investigators Award for Outstanding Research from the American Medical Society for Sports Medicine. He also enjoys several sports team affiliations, including serving as team physician for the U.S. Ski and Snowboard teams.

Julia Ford 9:45- 10:30

Julia is a Sochi Olympian, former USST Member , multiple National DH Champion, and product of the Mid Vt Council. Julia will speak from the athlete's perspective on, the whole athlete, and the importance of the role a coach plays in forming a human being as well as a competitor. Julia is currently the Director of Alpine Skiing at Cardigan Mtn. School. Julia was a three-sport varsity athlete in high school where she excelled at each and is presently pursuing competing in triathlons.

Break - 15min

Kerstin Stoedefalke, PhD 10:45- 11:30

Professor Colby -Sawyer College - Exercise and Sport Sciences Department
The Multiple Dimensions of Race Performance

Kerstin Stoedefalke is a Professor of Exercise and Sport Sciences at Colby-Sawyer College in New London, NH. She has helped athletes of all ages and abilities work on optimizing their performances. Her fundamental philosophy is that we are only as strong as our weakest link. Therefore, if athletes don't eat optimally, then they will not be able to compete optimally. Similarly, if proper recovery is lacking, the body will not be able to re-build to the desired level. If race anxiety interferes with focus, then of course performance will suffer. In other words, there are multiple influences on performance and only "perfect practice makes perfect".

LUNCH 11:30- 12:05

Darrell Gray 12:10- 12:55 pm

BMA High-Performance Director

SkillsQuest Fitness Assessment, Use and Validity

Darrell will discuss the SkillsQuest program for youth and conditioning best practices when working with limited time.

Darrell was the U.S. Ski Team Domestic Coach of the Year in 2006, Darrell has his Level 400 coaches' certification and also runs the strength and conditioning program at BMA. He is a NSCA Certified Strength and Conditioning Specialist and also has his USA Weightlifting Sport Performance Certification. One of Darrell's favorite quotes is, "If you love what you do you will never work a day in your life!"

Stan Soja - Toko 1- 1:30

Wax Prep and EPA Compliance

Stan has over 20 years of experience in the race service area and specializes in wax and ski prep equipment. He will lend his knowledge to the VARA coaches Education Forum and discuss new age waxing and EPA compliance. Stan performs hands on tuning and waxing clinics for junior race programs to technical wax selection and application for the highest level academies and university competition.