



VARA NEWS AND INFO NOV 2021

In this email:

- AO info and updates
- First Timers Timing Clinic Info
- Coach Ed L100 Info
- Parent and Coach Ed Info
- Impt. Links

AO UPDATE ADDED

An AO update and Ref 1 test will be held Saturday 11/13 at 9:00 am at BOC. The location for the in-person attendees will be upstairs of the Bromley base.

Virtual attendees will receive a zoom link.

All USS indoor non ski event protocols will be followed. USS non athletic event [guidance link](#).

LINK to Register: [\[LINK HERE\]](#)

BOC Contact: [Mike Healy](#)

Instructor: [Bob Mangiacotti](#)

ALSO COMING UP:

Tonight – 11/9/21 Virtual update 6 pm

Instructor: Chuck Hughes

11/14/21 – Cochran's in-person update (Ref/CO) 9 am

Instructor: Mike Browne

Registration [Link](#)

12/8/2021 – Pico In-person (no tests) 6 pm

Instructor: Chuck Hughes

Registration [Link](#)

** **First Time Timers Clinics** ** (also great for tentative timers!)

Sat, Dec 4 - Beginners' Timing Workshop with **Split Second**

Sun, Dec 5 - Beginners' Timing Workshop with **Vola**

9am- 3pm IN-PERSON NO FEE

Cochran's Base Lodge HANDS-ON SESSION

Attendees should bring their :

Timer, laptop with timing software installed

Valid software key

Bring your own lunch. Contact me (jacunskim@gmail.com) with questions.

Registrants must enter their info on the appropriate tab [here](#).

Alpine Official Interest?

If you are interested in becoming an Alpine Official Check out the USS Officials education link [HERE](#)

COACH EDUCATION

Below are some tools to assist with your fall coach and parent education.

- **L100 PDF** - for coaches/clubs to help with the L100 process - [LINK HERE](#)
- Kathy O has created “**Office Hours**” for any Eastern Coaches, whom may have questions for her and the Eastern Region Coach Developers. These office hours will run the next 6 weeks 10/14-11/18 on Thursday Nights @7pm: Please join us, we are here for you!

Topic: Kathy Okoniewski's Zoom Meeting

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://us02web.zoom.us/j/86105637174?pwd=aG8zOW9vaXpKWDZabGYvc2FPTVViUT09>

- **VARA 101** - [Link](#)
- **FIS Intro** – Info can be found in the [Eastern Handbook](#)

Coach ed posts

Elle Gilbert Understanding Our Young Athletes Series (share with your members)

Topic 1: Understanding Our Young Athletes

Part 1: [Link](#)

Part 2: [Link](#)

Topic 2: Working Out Our Own Stuff

Part 1 - [Link](#)

Part 2 - [Link](#)

Topic 3 - Doing Our Best by Our Kids

Part 1 - [Link](#)

Part 2 - [Link](#)

Topic 4 - **Talking With Teens – (Coming soon)**

Links to [Equipment Zoom](#) and Devin Delaney [Nutrition Zoom](#)

Sasha Rearick Session – [Oct 18](#)

Check NYSSRA.org for second session

IMPORTANT LINKS

IMPORTANT SAFE SPORT LINKS :

SafeSport Code:

<https://uscenterforsafesport.org/response-and-resolution/safesport-code/>

SafeSport Training and Education

<https://uscenterforsafesport.org/training-and-education/safesport-courses-for-all/>

Preventing Bullying Need to Know

<https://uscenterforsafesport.org/wp-content/uploads/2019/11/US-Center-for-SafeSport-Preventing-Bullying-What-Great-Coaches-Need-to-Know.pdf>

MAAPP (*Minor Athlete Abuse Prevention Policies*) Training and Education

<https://uscenterforsafesport.org/training-and-education/minor-athlete-abuse-prevention-policies/>

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Child Welfare by State:

<https://www.childwelfare.gov/topics/systemwide/laws-policies/state/>

Consent Laws:

<https://apps.rainn.org/policy/compare/consent-laws.cfm>

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COMING SOON

Finalized Council Schedules, VARA Schedule and finalized rules & age specific updates.