



**Greetings and Happy September!**

- 1) VARA Skills Quest Fitness Days**
  - 2) VARA Program Alpine Equipment Fit Days**
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### **VARA Skills Quest Fitness Days...**

VARA is planning three Skills Quest Fitness evaluation days. The following sites will host and coordinate each day.

- Thanks to **SMS, OMS, and GMVS** for their generosity and the support of our VARA youth programs, also from **ELM Electric & Admin Ski Racing**
- These dates are not Eastern Region Skill Quest programs.
- If you did not get into any of the Eastern dates sign up for one of these dates today. U18/FIS athletes who need a testing day are welcome to sign up.
- These are free events for all.

### **SITE AND DATE FOR SKILLS QUEST FITNESS EVALUATION DAYS**

Stratton Mtn School - September 24, 2023 – Validated W/parent session

Okemo Mtn School - October 1, 2023 - TBD if it will be validated

Green Mtn Valley School - October 15, 2023 – Validated W/parent session

- The events will run staggered starts with groups of 10. Beginning at 9 am. Warm up prior to start time.
- All athletes and groups should **arrive 45 minutes before their test time**. If time slots do not fill up, we may combine groups. Time slots may vary depending on the number of attendees.
- Bring Water bottles, snacks, proper workout clothing, and shoes.
- Be sure to include your contact email to get updates about the event.

### **Parents**

At SMS & GMVS, there will be a parent-ed session about Skills Quest and fitness for alpine races for interested parents who are hanging out to wait for their kids. An RSVP for those parents is requested. Details will be delivered as soon as we have a feel for the interest. [Parent sign-up is on this link. LINK](#) - It is important for you to RSVP for the parent component.

Please complete the athlete registration sheet (link below) with all the information requested. Contact information is important for schedule and arrival time, information delivery, and to obtain info about parent attendance.

**WHO SHOULD ATTEND** - Open to all - U14, U16, FIS/U18 and older if needed. VARA, NHARA, MARA, NYSSRA, TRISTATE, ETC....

## WHY SHOULD WE PARTICIPATE IN A SKILLS QUEST FITNESS DAY?

Below are a couple of quotes from Sam Damon, Eastern Regional Director, and Chip Knight, USST Alpine Development Director, regarding SkillsQuest Fitness testing, whether validated or not.

### **SAM DAMON...**

*"My observation is that this testing serves as an important touchpoint for kids to feel and be prepared. It's a great chance to see where you're strong and where you need to improve, and then you can test again down the road and see how your training and growth have paid off. For kids who like sports, it's a fun way to spend a day!"*

### **CHIP KNIGHT...**

*"SkillsQuest – Fitness is our benchmark physical conditioning test and a fantastic way for young athletes to measure their gains in dryland training – against their own previous best scores, the scores of their friends, teammates, and peer competitors, as well as their heroes on the U.S. Ski Team. I encourage everyone to challenge themselves to get a new PR this fall!"*

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**Validated Testing** - Validated test scores are recognized by USS- A validated test means the scores are standardized so USS can compare and use them for selections or development spots in the season if needed.

**Non-Validated** - Many programs already coordinate non-validated testing as an in-house project to track fitness levels and prepare athletes for the Skills Quest Fitness test as a U16 and older athlete. Non-validated scores are not sent to US Ski and Snowboard but are kept for home programs to use as a comparison from spring to fall and as the athlete progresses through the age groups.

**WHY DO THIS?** - *The SQ Fitness evaluation/testing is a primary way to compare fitness levels from season to season and correlates with alpine racing improvements. Whether validated or not, the Skills Quest program is designed to gauge alpine racers' preparedness off the hill for on-hill training and racing.*

**NOTE:** *Everyone in alpine racing is encouraged to do the testing and to become familiarized with the exercises. The primary goal for U14 and club U16 ages is to become familiar with the exercises and the proper form required for each. It is encouraged by US Ski and Snowboard for U14 athletes to begin participating in Skills Quest Fitness Days.*

ATHLETE & Coach Registration - [LINK!!](#)  
Please pass info along as needed.

## VARA PROGRAM EQUIPMENT FIT DAYS

### FALL FIT DAYS IN THE VARA COMMUNITY

*Below is a list of alpine equipment fit days happening in Vermont. There may be more and Info will be forwarded to our VARA membership. Love our VARA community!! Happy Fall!*

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## **You're invited to the [Burke Mtn Academy](#) Alpine Fit Day**

September 9<sup>th</sup>, 2023

9 am – 12:30

Sport Thoma and industry reps will be on hand to size and adequately fit gear for VARA alpine athletes.

Contact [Diann Roffe](#) to RSVP

Manufacturers present are Rossignol, Nordica, Dynastar, Volkl, Dalbello, Marker, Fischer, Head, POC, Sweet Protection, Swix and Komperdell

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## **You're Invited to the OMS and Okemo Comp Center Fit Weekend**

[Totem Pole Ski Shop](#) and [Boot Pro](#)

Ludlow, VT

September 9 and 10, 2023 - 9 am - 3 pm

On Saturday and Sunday, September 9th and 10th, OMS/Okemo Coaches will be available at Boot Pro and Totem Pole Ski Shops in Ludlow, Vermont, from 9 am - 3 pm each day to help with gear selection - coaches from other programs are invited and encouraged to attend with their athletes!

Unfortunately, Northern Ski Works will still be managing repairs from the flooding and will not be open for Fit Weekend. Tom Favro is available by email [tom@northernski.com](mailto:tom@northernski.com) and can work remotely with coaches to meet your athlete's needs.

Also, in addition to Boot Pro and Totem Pole running fit sessions, on Sunday, September 10th, US Ski and Snowboard East is hosting a Validated Skills Quest Testing opportunity at OMS for U16+ athletes. You MUST pre-register [HERE](#) by Monday, 9/4 at 5 p.m.

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## **You're invited to our 14th Annual Race Fit Day at**

**Peak Performance Ski Shop!**

Saturday, September 23, 10am – 1pm

Check out the latest 2024 race equipment from the top manufacturers in the industry, meet the race reps, and learn about the newest technology. Try on boots, get sized for skis, and a helmet. Ensure your athlete is on appropriately sized equipment for the 23/24 season. Race reps from Atomic, Dalbello, Dynastar, Fischer, Head, Lange, Nordica, POC, Rossignol, Smith, Stockli, Sweet Protection, Volkl and more will be on hand.

Peak Performance Ski Shop  
2808 Killington Road - Killington, VT 05751  
(802)422-9447 \* [www.peakskishop.com](http://www.peakskishop.com)

Please direct all questions to the contacts involved with the event. See above.