



DO HARD THINGS! YOUTH CONDITIONING CAMP

With ELITEAM's Doug Lewis & Kelley Lewis - Hosted by Okemo Mountain School
Guest coaches include, Olympians, Julia Ford (*former OMS athlete*) and Leanne Smith (2x Olympian).

Date: November 2, 2019

Location: Okemo Mtn School- 53 Main St – Ludlow, VT 05149

Camp Fee: \$40

[REGISTER HERE]

VARA is excited to be partnering with one of the leading Dryland Training programs for ski racers, ELITEAM, and...Okemo Mtn School, for a day of conditioning, education, and FUN!



Julia Ford



Lewie as a U14



Leanne Smith

Doug has been inspiring and educating young athletes for over 25 years. His program is always high energy with non-stop action and all about pushing limits, learning new skills and having FUN! The Do Hard Things program is for those who want to get a jumpstart on the season. Attendees will learn that hard work can be fun. The day will include a variety of ski specific workouts to improve each athlete's power, strength, agility and coordination.

This camp is for ages 8-15 and open to VARA members who want to take advantage of the experience and expertise this day will offer. The program will follow the ELITEAM philosophy of building the complete athlete through sports physiology, psychology, and nutrition.

Parents are welcome to stay and watch or explore the town of Ludlow, the surrounding areas of Weston, Manchester, and Woodstock, VT. There will be a parent information session at the end of the program. The cap for attendees is 60.

SCHEDULE- (subject to change)

8:30-9 Registration

9:00 Welcome

9:10 Warm-up, Circuits, Strength/Agility training

11:30 Lunch

12:15 Sports Psychology Talk

12:45 Agility, Obstacles Courses, Quick-feet Slalom

2:45 Doug Lewis Speech to athletes/parents

3:00 Olympian's Talk and Q and A

Particulars: Participants should dress weather appropriate and bring a change of clothes, wear workout shoes, bring a water bottle and pack a lunch. Camp activities will move into the Gym should there be difficult weather. Attendees will be provided snacks and will receive a camp souvenir. **Please fill out these waiver links and bring the printed copy with you to camp.** [Waiver E](#) [Waiver O](#)

Questions – Contact: Julie@vara.org