

J4 Development Spring Report

Council Reports

Adirondack – J6's are recognized and are awarded. 4 council races towards states. Award to 5 or top 10 up to the hill. Participated at Gore speed camp. Carried out skills assessment after the 2nd run. Assessments were done by coaches. It's on the blog. Excellent coaches clinic with Shaun. The clubs now have a nations team. Each club needs to supply 2 gatekeepers at council events.

(FAST – fundamental alpine skills team) – Steve Mergenthaler Total of 40 or 50. It could be a special event or for another day at state champs

Central – 6s are awarded with 5s. Skills assessments - none

GVSC – J5 and 6s were in the same category for awards. Held a speed camp at BM. Skills assessments – none No coaches clinic in GVSC

Mtn – 3 clubs and 4 mtns They did get pole plant and apex drill. No coaches clinic.

Niagara – included 6s with others. Held speed camp with BM. Had a 1 evening coaches ed event. Had a 1 day optional clinic for athletes to show up for – 60% participated. Drills in the am and dual SL in the afternoon. Did pole plant and one ski drill at 2 other races. Had 80% participation.

Rip – Had pre-season camps with Merg – speed and Catalano too. Participated at the GO speed camp. Only 2nd year J5s may race during the selection season. Most of the clubs have mini-world cup series within their clubs for J5-6s. Some include ski school kids. Did apex drill at HM. For selection you now must have a start in both SL and GS.

Council Quotas - Process will remain the same for next year and posted on the NYSSRA website early Jan

State Champs Seeding – 5 seeds and then bibbo at Eastern level. Piche flips 15. Can Am was very intense this year. Merg recommends keeping it as it is. They will be challenged with this at Future Stars and Can Ams.

Single Pole SL – Keep it

SL Setting – mandatory at state championships – switch courses and don't reset still 9-11. 10 m is working out for our athletes. GS should be 22-24 m.

Skills Assessments – Scoring issue was discussed. We need a standard. Keep the poles with the J4s for the 1 ski drill. Did Can Ams do skills drills? Using as a test or is it a fundamental training tool? Got instant feedback. Feedback is really important. It is a good idea to have fundamental training tool.

Have it at J4 state champs? – With travel it's tricky. Those that were there participated. Rich wants to focus on the race, not drills. Rauch – It would be nice to be judged at state champs by others. At this level with school etc it would be best to not do it at State Champs. Central – Suggest doing the flip flop ½ day sessions. It only takes 1/12 hour. Do it again next year.

For Steve – Should we offer a piece for top 10 kids from J4 states? F.A.S.T. We could also do it just for the 5s at Kandahar Champs. You need a core group from each part of the state to be judges. It's hard to get judges. Steve will go to Coaches Ed group. Mike – You could set for apex and use pole plant. Steve would rather it be a skill, not incorporated in the race.

It's a good idea to have random bibs and judges to rank.

Kandahar Festivals – Proposal to move HH/BR to Central Council Kandahar. Quotas will be evened out. Passed unan; It will be reviewed on an annual basis.

Council Speed Projects - Gore and BM doing a great job. Continue on.

Eastern JIV Fundamentals Camps – Keep as is

JIV Speed Projects – Councils are encouraged to hold their own projects with Jumps, rollers, gliding

Submitted by Corky Risley