



## U14 VT/NY INVITATIONAL PROJECT

### March 23<sup>rd</sup> & 24<sup>th</sup>, 2017

**DATES:**

March 23-24, 2017

**LOCATION:**

Stratton Mountain Resort, VT



**OVERVIEW:**

VARA, NYSSRA, Stratton Winter Sports Club, and Stratton Mountain Resort will offer this exciting dual-state project for a select group of VARA and NYSSRA U14 athletes. The athletes will qualify through their respective U14 State Championships. This fun and competitive event will allow this select group of U14's the opportunity to keep their focus of ski racing longer into the season. Bringing the two states together will also give the athletes a chance to meet some new U14's from different regions.

**GOALS:**

- To bring together a group of U14's for training and competition.
- To integrate VARA and NYSSRA athletes in a camp environment.
- To offer GS training and competitive team duals.
- To offer a project that keeps more athletes focused on development later in the season.

**DETAILS:**

March 23rd: GS training, Skills, Free-Ski. Actual curriculum TBD

March 24th: A day of team GS duals with the VT and NY athletes mixed together. A dual team Championship format (GS Skis)!!

**PROJECT LEADERS:**

Alex Krebs	VARA Youth Coordinator	<a href="mailto:alex@VARA.org">alex@VARA.org</a>	802.338.1680
Kathy Okoniewski	NYSSRA Youth Coordinator	<a href="mailto:kathyo@nyssra.org">kathyo@nyssra.org</a>	315.382.5046
David Edry	SWSC Director	<a href="mailto:davidedry@comcast.net">davidedry@comcast.net</a>	978.505.8443



Stratton Winter Sports Club  
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**SCHEDULE:**

March 23rd

8:00am Registration (West Wing of Stratton Base Lodge)  
 8:30am Team Captains Meeting in Courtyard  
 8:45am Project Introduction/Athlete Meeting in Courtyard  
 9:00am Load Lifts-Frank's Falline  
 2:30pm Session wrap-up  
**3:00pm Fitness Center Team Activity** <https://www.stratton.com/things-to-do/activities/training-and-fitness-center> (Please be ready to head right from the mountain to the sports center with sneakers and work out attire, sweat pants, leggings etc.)

March 24<sup>th</sup>

8:00am Registration (West Wing of Stratton Base Lodge)  
 8:30am Team Captains Meeting  
 8:45am Athlete Meeting  
 9:00am Load Lifts-Competitive Duals  
 2:30pm Awards/Event Wrap Up

**QUALIFICATION:**

Quota: 30 VT athletes and 20 NY athletes. The VT and NY athletes will be chosen directly from their results at the U14 VARA and NYSSRA State Championships. VARA will select 15 girls and 15 boys to attend this project at Stratton and NYSSRA will select 10 girls and 10 boys following the VT and NY State Teams. Athletes will not be allowed to attend both the Eastern Regional Championships and the U14 Invitational Project, so if an athlete is an alternate to the Eastern Regional Championships and ends up attending that event, the next athlete on the VT and NY State Championship list will be invited to this U14 Invitational Project. The list will be final 48 hours before the first Team Captain's Meeting on March 23rd, 2017.

**STAFFING**

Staffing of this project is 5 VARA Coaches and 5 NYSSRA coaches. The selection of coaches will be done by the VARA and NYSSRA Youth Coordinators. Programs with qualified athletes should **submit** the name of the coach they are nominating to possibly participate in the project. Coaches' names **MUST** be submitted by email to Alex Krebs: [alex@vara.org](mailto:alex@vara.org) by **March 17, 2017**. The coaching staff will be



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determined by the VARA and NYSSRA Youth Coordinators and announced following confirmation of all athletes.

#### **EVENT COST and REGISTRATION:**

**\$175.** The project fee includes a daily lift ticket, coaching, and venue costs. This fee is for the entire project. There is no single-day fee. Please register online at <https://adminskiracing.com/> go to RACE LIST and scroll down to VARA Youth Projects. Athletes that do not already have an account will need to create one. **Registration is due by March 20th at 5 pm.** After this date there will be a late fee of \$50. Discounted parent tickets will be available at registration for \$59 each day.

#### **LODGING:**

Stratton Mountain Resort offers mid-week lodging pricing. Please visit the Stratton Mountain Resort lodging site.

#### **EQUIPMENT NEEDED:**

Athletes should arrive with **GS skis**. Athletes will need a full-ear helmet, GS suits, and ski variable weather clothing. Dryland gear and swim wear is also recommended. **Make sure to bring sneakers for the Thursday afternoon team building event!!!!**

#### **SUMMARY**

It's exciting to offer our VT and NY U14's a productive and fun late season event that lengthens their season and gives them incentive and excitement to work hard in March, meet new athletes and work with different coaches.

We are really looking forward to working with the Stratton Winter Sports Club (SWSC), Stratton Mountain Resort, all of the athletes, parents and coaches.

Sincerely,

Alex Krebs-VARA Youth Coordinator  
Kathy Okoniewski-NYSSRA Youth Coordinator  
David Edry-SWSC Director



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