



2017 NY-VT U12 SL Project REPORT

NYSSRA/VARA and West Mt worked together to host the 2017 NY-VT U12 SL Project. U12 athletes from NY and VT qualified to attend this 2-day camp, which took place at West Mt on April 1&2, 2017.

40 athletes and 14 staff participated in a weekend of on snow SL free skiing skills, SL drill courses, and tall pole Dual SL. Athletes also learned about SL competition rules and attended a semi-pro hockey game.

This camp was very successful due to the hard work of the NYSSRA/VARA project staff and the support of West Mt Racing. West Mt. was committed to hosting this project and had a huge amount of snow on their front face, where the training environment was set both days. With warm spring conditions and 4" of new wet snow on Saturday morning, we were still able to have a productive surface. This was made possible with a little help of salt and sun, and strong coaches! Saturday's training included free skiing and short fundamental training environments. Sunday's weather was sunny and perfect, which allowed us to finish up the project with a fun and competitive tall pole dual SL.

The on-snow curriculum consisted of a free skiing assessment and warm up. Athletes and coaches then worked in the training environment, where a mixture of SL Courses and drills were set. The Courses included, Stubbie SL, serpent drill, Picket Fence, pole touch drill, and Corridor. The staff concluded that the "leaning pole" environment proved to be the most productive when teaching contact with the tall gate and supporting the correct body position. The athletes progressed quickly to the straight-up pole, while maintaining proper position and line. Coaches worked especially hard on proper pole usage with this group of athletes. The range of skill within the group of athletes varied. All the athletes improved a great deal and gained confidence in skiing tall pole SL. The Athletes loved the Dual, and coaches observed that when pace and competition were brought into the environment, the level of skiing improved.

Coaches were impressed with the work ethic, attitude and maturity of the 11 and 12year old athletes. All the athletes were broken into mixed State groups. They worked hard during the on-snow sessions and were well behaved while staying at the Queensbury Hotel, and attending the Hockey game. Many new friendships were made over the course of the weekend and our mission to bring our two states together in a positive and productive project was accomplished.

Here is a link to the Video taken at this event. <https://vimeo.com/user9230202>

Here is a link to the photos taken at this event.

<http://s1362.photobucket.com/user/dirkgouwens/library/NYSSRA%20VARA%20U12%20SL%20Camp>

Much appreciation and thanks go to, Dirk Gouwens– NYSSRA Executive Director, U12 Project- Coaching Staff, Alex Krebs- VARA Youth Coordinator, Mike Browne-TD, Sascha Mehalik – West Mt. Program Director and the Montgomery’s of West Mt/ West Mt Racing.

2017 Staff – NY VT U12 SL Project:

Stephen Mergenthaler - Windham
 Fred Turton - NH
 Bob Okoniewski – Labrador Mt.
 Rich Burnley – Gore/NYSEF
 Sue Kramer – Bromley Outing Club
 Kevin Dale– Stratton Winter Sports Club
 Sean Graves – Killington
 Cory Pollack – Pico
 Biria St John – Suicide 6
 Alex Krebs – VARA Youth Coordinator
 Kathy Okoniewski –NYSSRA Youth Coordinator
 Mike Browne – TD VARA
 Dirk Gouwens - NYSSRA

2017 Athlete Roster – U12 NY VT SL Project

Meredith Montgomery	WMR	Olivia Burchell	PICO
		Eva Ingrilli	MSTC
Margaret Cummings	WV	Sally Brouhard	MSTC
Sarah Convery	WI	Morgan Lindell	MSTC
Amanda Richardson	TOGG	Carolyn Marlin	MSA
Alyssa Lundberg	HU	Caroline St John	SS6
Mckenna Fromm	WI	Jillian Ludl	Okemo
Ava Olsian	GP	Shelby Graves	KMS
Ariana Haben-Ribiero	BM	Maegan Bianchi	KSC
Caroline Wells	TG	Caitlin Dale	SWSC
Lucas Brumm	BE	Tijsen Moses	SWSC
Cole Evans	NYSEF	Steven Parent	MSA
Luke Spieler	HU	Bode Wood	SS6
Kyle Ventura	WI	Cody DeLaurentis	MS
William Fraser	NYSEF	Jaedon Beardsley	KMS
Coleman Dahl	NYSEF	Brice Muller	KSC
Sean Bodnar	WI	Maddix Webster	KSC
Kieran Delay	SG	Michael Caruso	Okemo
Colin Cotter	RM	John Firestone	Magic
Jackson Donlon	WM	Tripp Gregory	BOC

Respectfully Submitted,

Kathy Okoniewski

NYSSRA Youth Coordinator