



U12 NY-VT SL FUNDAMENTALS PROJECT

West Mt -April 1&2, 2017

DATES:

April 1&2, 2017 (arrival eve of the 31st)

LOCATION:

West Mountain, 59 West Mountain Rd. Queensbury NY 12804

OVERVIEW:

NYSSRA, VARA, and West Mountain will host a SL Fundamentals camp for a select group of NYSSRA and VARA U12 athletes. These athletes will qualify through their respective State selections. This event will provide a fun and competitive learning environment, designed to give this selected group of U12's the opportunity to learn fundamental SL skills and continue to focus on ski racing skills longer into the season. Bringing the two states together will also give the athletes and coaches a chance to create pace and make new friends.

GOALS:

- To bring together a selected group of U12's for training and competition.
- To integrate VARA and NYSSRA athletes in a camp environment.
- To offer SL fundamental skills and competitive duals.
- To offer a project that keeps more athletes focused on development later into the season.
- To create a working environment where coaches can share their experience with participating U12 coaches.

DETAILS:

2 days of SL Fundamentals and gate drills. Curriculum to include fundamental free-skiing drills, U12 brush and stubbie courses, ability/age appropriate gates, set for learning proper gate clearing, SL tactics, line, pole usage, turn shape, balance and understanding pressure. Competitive Dual SL will add pace and fun to this event. Athletes will stay at the Queensbury Hotel in Glens Falls, NY.

EQUIPMENT:

Athletes must be on SL Skis and have appropriate SL protective gear (helmet, chin bar, shin and pole guards). Strongly suggest a water bottle belt and water bottle for hydration during spring training.

PROJECT LEADERS:

Kathy Okoniewski	NYSSRA Youth Coordinator	kathyo@nyssra.org	315.382.5045
Alex Krebs	VARA Youth Coordinator	alex@VARA.org	802.338.1680

SCHEDULE:**March 31st**

6:30-7:30pm	Registration at the Queensbury Hotel-Athletes to settle in rooms (Please eat dinner before arrival)
7:30-8:30pm	Project Introduction/Athlete Meeting/Team building games
9:00-9:30pm	Athletes to Bed - Lights out
9:30pm	Coaches meeting

April 1st

6:30am	Athlete wake up
7:00am	Breakfast
7:30am	Shuttle to West Mountain
8:00	Physical activation warm up
8:30am	Load lifts
9:00-10:30am	Free Ski Skills
10:30-12:00pm	SL Drill courses
12:00-1:00pm	Lunch

1:00-2:30pm	SL Drill courses
3:30pm	Shuttle departs for Queensbury Hotel
4:00-5:30	Stretching, showers, rest time
5:30pm	Dinner
7:00pm	Evening activity
9:00-9:30pm	Athletes to bed/pack bags -Lights out
9:30pm	Coaches Meeting

April 2nd

6:30am	Athlete wake up
7:00am	Breakfast – Bags to lobby
7:30am	Shuttle to West Mountain
8:00	Physical activation warm up
8:30am	Load Lifts
9:00-11:30am	SL Tactics and Technique
11:30-12:30pm	Lunch
12:30-2:00pm	SL Tactics and Technique/ duals
2:30pm	Event Wrap Up/Athlete meeting
3:00pm	Parent Pick Up @ West Mountain Lodge (59 West Mt. Rd. Queensbury, NY)

QUALIFICATION:

Quota: 20 NY athletes and 20 VT '05 birth year athletes only. The VT and NY athletes will be chosen by their State Associations. NYSSRA will select and name 10 girls and 10 boys, to attend this project from results earned at the U12 Gore Mt Skills Assessment. The list will be final 72 hours before arrival at the Queensbury Hotel on March 31st, 2017.

STAFFING

Staffing for this project will be a selection of 5-NY coaches, 5-VT coaches. Programs with qualified athletes should submit the name of the coach that will be participating in the project. NY Coaches' names should be emailed to kathy@nyssra.org. VT Coaches' names should be emailed to alex@vara.org. Please email these names by March 14, 2017. Coaches will stay at the Queensbury Hotel and help chaperone athletes during the entire project. Lodging and Meals will be covered for the event.

EVENT COST and REGISTRATION: Registration opens on 3/10 at Noon.

\$295.00. The project fee includes lodging, breakfast, lunch & dinner (Sat night only), local transportation, lift tickets/2 days, coaching, venue costs, and a team t shirt. This fee is for the entire project. There is no single-day fee. Selected athletes need to commit by March 20th. VT & NY athletes- Please commit to your Youth Coordinators. Registration will be on:

<https://adminskiracing.com/node/113422>

AdminSkiRacing.com – NYSSRA – NYSSRA Events

LODGING:

Athletes and Coaches will be staying at:

Queensbury Hotel

88 Ridge St. Glens Falls, NY 12801

518-792-1121

Parents Info:

West Mountain will most likely only be open for our athletes training. There are lots of things to do in the Lake George, Glens Falls, Saratoga region. The Lake George outlets are famous for the huge variety of shops and are just 10 minutes from West Mountain.

If parents are staying in the area, there are additional rooms at the Queensbury Hotel or you might want to plan a quick getaway at The Sagamore in Bolton Landing (30 min north) or the Gideon Putnam in Saratoga Springs (20 min south). There are many more budget friendly options as well.

<http://www.thesagamore.com/>

<http://www.gideonputnam.com/>

If you are traveling with other children you may want to check out the Six Flags Great Escape Lodge and Indoor Waterpark, Just 10 min. from West Mountain.

<http://www.sixflagsgreatescapelodge.com/>

There is a John Mayer concert at the Times Union Center in Albany (45 min South) on March 31.

There is also a Golden Dragon Acrobats show at The Egg in Albany on April 1.

CONTACTS:

Kathy Okoniewski	NYSSRA Youth Coordinator	kathyo@nyssra.org	315-382-5045
Alex Krebs	VARA Youth Coordinator	alex@vara.org	802-338-1680
Dirk Gouwens	NYSSRA Executive Director	dirkg@nyssra.org	518-545-8221