



2016 NYSSRA VARA OTC U14 DRYLAND CAMP REPORT

NYSSRA, VARA and the Lake Placid Olympic Training Center worked together to host the 2016 NY-VT-OTC - U14 Dryland Training Camp. NYSSRA and VARA athletes from all around their States attended this 2-day camp, which took place in Lake Placid, Oct 8&9, 2016.

54 athletes and 14 coaches participated in a highly scheduled weekend of dryland activities, including team building, physical assessment, nutrition education, hiking, agility and conditioning, field games, and broomball.

This camp was very successful due to the hard work of the athletes, the NYSSRA and VARA camp staff, the support of the OTC, and a team orientated, activity filled schedule. The weather over the weekend was overcast but clear, so that we could be outside for some of our activities. The fall foliage and mountains were spectacular during the hike and outdoor field games/agility. As usual, Lake Placid and the Adirondacks during the fall was a beautiful setting for this camp.

The physical assessment portion of the camp was scored and recorded. Some of the new USSA testing protocol was tested, and staff worked hard to educate the athletes in proper technique. The scores will be sent to the athletes and their coaches to review and posted on the NYSSRA & VARA websites. These athletes can use these scores to track their physical fitness this fall and into the future. The main focus of the testing portion of the camp was to have athletes understand where their level of fitness is at this point of the fall. With approximately 10 weeks until ski season, we emphasized where the athletes can work to strengthen their weaknesses.

The athletes worked hard during the physical assessment and played hard during the other activities. We were lucky to have no serious injuries during a highly active weekend. Most of the athletes were sore after the first day and after broomball, which was expected, as they are naturally competitive. An often overlooked benefit to the weekend was the many new friendships that were made over the course of the weekend. Our mission to bring our 2 States together, in a positive environment was accomplished.

On Saturday afternoon, we went to the Lake Placid Nordic Jumping facility, where we watched a national and regional 70meter Nordic jumping competition. The Dryland Athletes were able to watch ski jumping up close and meet many of the competing athletes.

It was a privilege and an honor to stay at the Olympic Training Center. The OTC staff was very patient, helpful and friendly, especially since this group was quite large. The Olympic Development Authority (ORDA) was great to work with for the broomball event on Saturday night.

Much appreciation and thanks go to, Jared Steenberge & Staff -Lake Placid OTC, Brad Clark-ORDA, Zack Gray – Nutrition, Darrel Gray and All Staff – Testing and Dryland Curriculum, Dirk Gouwens- NYSSRA, NYSEF, OTC, BMA, GMVS, MMSC for use of vans, the NYSSRA & VARA Development Committees and Dryland Staff from VT and NY.

Respectfully Committed,

Kathy Okoniewski & Alex Krebs

2016 Staff – NYSSRA VARA OTC DRYLAND CAMP:

Kathy Okoniewski	NYSSRA Youth Coordinator
Alex Krebs	VARA Youth Coordinator
Dirk Gouwens	NYSSRA
Tom Ashworth	USSA
Jeff Long	NYSEF GO
Mike Browne	VT
Taylor Mikell	MMSC
Justin Lillie	S6
Adam Julius	GMVS
Darrel Gray	BMA
Zack Gray	BMA
Nadine Downing	Castleton College
Jimbo Johnston	NYSEF WF
Pieter van Ingen	NYSEF WF

2016 Athlete Roster – NYSSRA VARA OTC DRYLAND CAMP

Aaron Wilson	S6
Aidan Robin	MMSC
Alina Watson	BE
Amber Wood	S6
Anna Reynolds	WF
Ashley Rosenbloom	MMSC
Audrey Cole	GMVS
Audrey Higgins-Lopez	WF

Ava Day WF
Ben DeGiralamo TG
Benjamin Poisson WF
Brody Chipman COCH
Brooks Dahl GO
Calastine Feger BR
Carly Elsinger GMVS
Caroline Derose KB

Celine Sommer GMVS
Cilla Nee WF
Claire Felton GO
Cole Paton GO
Daniella Bregman WI
Dennis Gal HU
Erika Weibe GMVS
Gabrielle Cote WF
Gavin Dewey GMVS
Grace Honos GMVS
Hannah Justicz MMSC
Hillary Larsen GO
Honor Seares HU
Jamie Alessi HU
Jaden Klebba WF
Jonathan Davis GMVS
Josef Galperin HU
Katherine Killian BMA
Kathryn Barclay TG
Kelly Gebhardt S6
Lawton Jones COCH
Laz Rifkin HV
Lillian Werges BM
Luke Weisiger TG
Mathew Brooks WV
Mathew Moeckel GO
Nick Calcagni MMSC
Norah Dempsey GO
Olivia Zubarik GMVS
Rex Eidlen HH
Riley McHugh MSA
Riley Raymond HU
Rowan Norfolk WF
Sam Steinberg WI

Samantha Spieler HU
Thomas Tzchau BMA
Tobias Love TG
Trent Orrange-Paton BR