



2019 U14 VT/NY INVITATIONAL PROJECT

DATES:

March 21-22, 2019

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 21st: GS training, Skills, Free-Ski. Actual curriculum TBD

March 22nd: 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	alex@VARA.org	802.338.1680
Steve Mergenthaler	NYSSRA Youth Coordinator	mergs@nyssra.org	518.524.3328
David Edry	SWSC Director	davidedry@comcast.net	978.505.8443



Stratton Winter Sports Club
 Stratton Mountain, Vermont
www.stratton.com
 802.297.4075





SCHEDULE:

March 21st

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. Parents need to drive athletes to the sports center.)

March 22nd

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 21st, 2019.

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. VARA coaches’ names **MUST** be submitted by email to Alex Krebs: alex@vara.org by **March 13, 2019**. NYSSRA coaches’ names **MUST** be submitted by email to Steve Mergenthaler: mergs@nyssra.com by **March 13, 2019**. The



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coaching staff will be determined by the VARA and NYSSRA Youth Coordinators and announced following confirmation of all athletes.

EVENT COST and REGISTRATION:

\$170. 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 on <https://adminskiracing.com/node/231802> 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 15th at 8 pm.** After this date there will be a late fee of \$50. Discounted parent tickets will be available at registration for half price on FRIDAY ONLY.

LODGING:

Stratton Mountain Resort offers mid-week lodging pricing. Please visit the Stratton Mountain Resort lodging site. <https://www.stratton.com/plan-your-trip/deals-and-packages>

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
Steve Mergenthaler-NYSSRA Youth Coordinator
David Edry-SWSC Director



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