



## **U14 NYSSRA-VARA U14 Dryland Camp 2019**

**Olympic Training Center Lake Placid –October 4-6, 2019**

### **DATES:**

October 4-6, 2019 (arrival eve of the 4th)

### **LOCATION:**

Olympic Training Center, 196 Old Military Rd, Lake Placid, NY 12946

### **OVERVIEW:**

The Olympic Training Center in Lake Placid will be site of the 2019 NYSSRA VARA Dryland and Physical Assessments Camp. Selected U14 NYSSRA and VARA athletes (2006 & 2007 YOB) will stay at the OTC and have access to a national level training facility. Athletes will be tested for the US Ski and Snowboard Skills Quest Physical Assessment, participate in educational lectures, and take advantage of other activities, including hiking, core strength training, field games, and dynamic stretching. The camp objective will be oriented towards learning, setting personal athletic goals, team building, and camaraderie. The coaching staff will be comprised of NYSSRA, VARA coaches and invited guest conditioning coaches.

The cost of this camp is \$299. This includes all meals, housing, coaching, activities, and transportation for the weekend. This does not include incidental spending money. (\$20 is enough)

### **GOALS:**

- To bring together a selected group of U14's for physical testing, activities and education.
- To integrate VARA and NYSSRA athletes in a camp environment.
- To offer a project that encourages physical fitness, athletic excellence, fitness goals, age group benchmarks, emphasis on strength and fitness during the prep-season.
- To create an environment where coaches can work and educate participating U14 athletes.

**DETAILS:** 2 days of physical testing, education and activities. Curriculum to include the USST Skills Quest Physical Fitness Assessment for U14's, Hiking, agility workouts, sports nutrition, sport psychology, games and team building. Athletes will stay and eat at the Lake Placid Olympic Training Center.

## Selections and Qualification:

Quota: 25 NY athletes and 20 VT '06 & '07 birth year athletes. Athletes must be current NYSSRA or VARA and US Ski and Snowboard members. The VT and NY athletes will be chosen by their State Associations.

## EQUIPMENT:

Athletes must be prepared to be extremely active during the weekend. Active wear and sneakers are required. We strongly suggest a water-bottle belt and water bottle for hydration during dryland training.

## PROJECT LEADERS:

Steve Mergenthaler      NYSSRA Youth Development Coach      [mergs@nyssra.org](mailto:mergs@nyssra.org)      518-524-3328  
VARA Contact TBD

## SCHEDULE:

### Oct. 4

5:30 - 7:00pm	Registration OTC-Athletes to settle in rooms
7:30pm	Project Introduction/Athlete Meeting
8:00-9:30pm	Team building games
9:30-10pm	Athletes to Bed - Lights out
10:00pm	Coaches meeting

### Oct 5

6:30am	Athlete wake up
6:45	Athlete warm up activity
7:00	Breakfast
8:00am	Review of Physical Testing
8:30-11:30am	Physical Testing
12:00pm	Lunch
1:00-3:30pm	Hike
4:00pm	Group activities & presentations
5:30pm	Dinner
6:30pm	Broomball / ice cream
9:00-9:30pm	Athletes to bed/pack bags -Lights out
9:30pm	Coaches Meeting

### Oct 6

6:30am	Athlete wake up
6:45	Athlete warm up activity
7:00	Breakfast
9:00am	Load vans for field
9:00-12:30am	Agility workout/Games
1:00pm	Lunch
1:30-2:30pm	Event Wrap Up/Athlete meeting
2:30pm	Parent Pick Up @ OTC

## STAFFING

Staffing for this project will be a selection of NYSSRA and VARA coaches. Coaches will stay at the OTC. Lodging and meals will be covered for the event.

**Coach Requirements:** All coaches participating at the OTC must be members of NYSSRA or VARA and US Ski and Snowboard and MUST complete the SAFESPORT certification process.

## EVENT COST and REGISTRATION:

**\$299.** The camp fee includes lodging, breakfast, lunch, & dinner, transportation, activities, coaching, venue costs, and a t-shirt. This fee is for the entire project. **Payment for camp will be on Adminskiracing.com** under NYSSRA Events There are no refunds within the 72 hours prior to the start of the camp. Check in will be at the Olympic Training Center, Lake Placid, Oct. 4 @ 5:30-7:00pm.

## **Required Paperwork and online forms:**

● *Health Summary - Online form*

<https://docs.google.com/forms/d/e/1FAIpQLSc2aW0kspegxXsnkFLQDqOKOQWvgy90EISJrXNC083pGIFnGA/viewform> (No need to fill this out if you have been to a NYSRA camp before and ins. info has not changed.)

● *ORDA Waiver Print, sign and bring with you.*

[https://nyssra.org/pages/news/ORDA\\_Waiver\\_7-1-14.pdf](https://nyssra.org/pages/news/ORDA_Waiver_7-1-14.pdf)

● *Olympic Training Center will be emailing you their official online required paperwork*

## CONTACTS:

Steve Mergenthaler	NYSSRA Youth Development Coach	<a href="mailto:mergs@nyssra.org">mergs@nyssra.org</a>	518-524-3328
Dirk Gouwens	NYSSRA Executive Director	<a href="mailto:dirkg@nyssra.org">dirkg@nyssra.org</a>	518-545-8221
VARA Contact TBD			
Julie Woodworth	VARA Executive Director	<a href="mailto:Julie@vara.org">Julie@vara.org</a>	802-236-4695



## **NYSSRA/VARA OTC U14 DRY-LAND CAMP – PACKING LIST**

*NYSSRA, VARA, and the OTC is not responsible for lost or stolen items, so label and keep track of your things. Please don't bring anything valuable!*

*Athletes may bring their cell phones, but they will be asked to leave them in their rooms during the day.*

*Linens and Towels are provided by the OTC.*

- *Athletic Clothes, sweatpants, sweatshirts, shorts, t-shirts, athletic socks, enough for 2 days*
- *Water bottle: REQUIRED – marked with your name*
- *Comfortable clothes for evening to play broomball or hang around in*
- *Sneakers*
- *Raincoat and warm fleece for night*
- *Toiletries*
- *PJ's*
- *Money for ice cream on Sat night*
- *Required Paperwork – OTC, ORDA*
- *Medication if needed*
- *Water bottle pack, hydration pack or small day pack for water when hiking*
- *School books if needed*

*If you take medication, have any allergies, or have any other concerns, please see Mergs. or . when you arrive.*

*Although we have not scheduled time for homework, we can make some time prior to bedtime if needed.*