



## **U14 NYSSRA-VARA U14 Dryland Camp 2017**

**Olympic Training Center Lake Placid -September 8-10, 2017**

### **DATES:**

September 8-10, 2017 (arrival eve of the 8th)

### **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 2017 NYSSRA VARA Dryland and Physical Assessments Camp. Selected U14 NYSSRA and VARA athletes ('04 & '05 Yob) will stay at the OTC and have access to a national level training facility. Athletes will be tested for the USSA 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 \$275. This includes all meals, housing, coaching, activities, and transportation for the weekend. \*This does not include incidental spending money.

### **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 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: 30 NY athletes and 20 VT '04 & '05 birth year athletes. Athletes must be current NYSSRA or VARA and USSA members. The VT and NY athletes will be chosen by their State Associations. NY Selections will include invited athletes and applications submitted by August 7<sup>th</sup>, 2017. Selected athletes must commit by August 7<sup>th</sup> 2017. Alternates will be named if selected athletes decline. [Link for application: https://docs.google.com/forms/d/1iXwchPCjEFY-Eryilu2cGk7FXAmLh9eiURs8sjlASNA/edit?ts=59568a58](https://docs.google.com/forms/d/1iXwchPCjEFY-Eryilu2cGk7FXAmLh9eiURs8sjlASNA/edit?ts=59568a58)

## 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:

|                  |                          |  |              |
|------------------|--------------------------|--|--------------|
| Kathy Okoniewski | NYSSRA Youth Coordinator | <a href="mailto:kathyo@nyssra.org">kathyo@nyssra.org</a> | 315.382.5045 |
| Alex Krebs       | VARA Youth Coordinator   | <a href="mailto:alex@VARA.org">alex@VARA.org</a>         | 802.338.1680 |

## SCHEDULE:

### Sept 8th

|               |  |
|---------------|--|
| 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                              |

### Sept 9th

|              |                                       |
|--------------|---------------------------------------|
| 6:30am       | Athlete wake up                       |
| 7:00am       | Breakfast                             |
| 7:45am       | Athlete warm up                       |
| 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       | Ice skating / ice cream               |
| 9:00-9:30pm  | Athletes to bed/pack bags -Lights out |
| 9:30pm       | Coaches Meeting                       |

### Sept 10th

|              |                               |
|--------------|-------------------------------|
| 6:30am       | Athlete wake up               |
| 7:00am       | Breakfast                     |
| 8:00am       | Athlete warm up & yoga        |
| 9:00am       | Load vans for field           |
| 9:00-12:30am | Agility workout/Games         |
| 1:00pm       | Lunch                         |
| 1:30-2:30pm  | Mindset workshop              |
| 2:30pm       | Event Wrap Up/Athlete meeting |
| 3:00pm       | Parent Pick Up @ OTC          |

## STAFFING

Staffing for this project will be a selection of 6-NY coaches, 4-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](mailto:kathy@nyssra.org). VT Coaches' names should be emailed to [alex@vara.org](mailto:alex@vara.org). Please email these names by August 8th, 2017. 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 USSA and MUST complete the SAFESPORT certification process. This is a 2-3 hour process, so please plan accordingly. Go to **safesport** through this link. <https://training.teamusa.org/store>

## EVENT COST and REGISTRATION:

**\$275.** The camp fee includes lodging, breakfast, lunch, & dinner, transportation, activities, coaching, venue costs, and a t-shirt. This fee is for the entire project. There is no single-day fee. Selected athletes need to commit by August 7th<sup>t</sup>, 2017. VT & NY athletes- Please commit to your Youth Coordinators.

**Payment for camp will be on Adminskiracing.com.** Check in will at the Olympic Training Center, Lake Placid, Sept 8th @ 5:30-7:00pm.

## CONTACTS:

|                  |                           |  |              |
|------------------|---------------------------|--|--------------|
| Kathy Okoniewski | NYSSRA Youth Coordinator  | <a href="mailto:kathy@nyssra.org">kathy@nyssra.org</a> | 315-382-5045 |
| Alex Krebs       | VARA Youth Coordinator    | <a href="mailto:alex@vara.org">alex@vara.org</a>       | 802-338-1680 |
| Dirk Gouwens     | NYSSRA Executive Director | <a href="mailto:dirkg@nyssra.org">dirkg@nyssra.org</a> | 518-545-8221 |