



**NYSSRA-VARA
U14 Conditioning Project
Olympic Training Center - Lake Placid, NY
October 5-7, 2018**

Project report

The focus of this project was to bring a select group of U14 NY-VT Men and Women to the OTC in Lake Placid to accomplish:

- A baseline of conditioning using the Skills Quest Fitness Testing

- Education in a basic conditioning program:

Warm-up exercises

Agility, Balance, and Coordination

Power

Anaerobic and Aerobic Activity

Core

Stretching

-Station training in some out of the box events that foster athleticism, and adaptation

-Individual and group events

-Variety of events and games

Team building exercises

Movement assessment

Slacklining

Fertliks (run a given distance then jog)

Volleyball

Basketball

Indoor soccer

Obstacle courses

Broom ball at olympic ice arena

-Expose athletes to different athletes and coaches

-Foster accountability, commitment, and discipline

Every athlete participated in a group of 7-8 with a coach as leader in every event listed.

A great deal of emphasis was placed on an educational component to do things perfect while

still blending reaction and adaptation skills. All athletes went home with a simple workout

handout, with the areas outlined above. All exercises were introduced with a minimalist

philosophy in equipment needed (can be done in home or yard), with what you have. Creativity,

adaptation, athleticism, and FUN!! Is the goal

Staff for project:

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Overview

Athletes were paired up in groups of two for roommates, This helped with keeping any regional cliques from forming and exposed kids to new faces. Each morning started with a run before breakfast to knock off the cobwebs. Dynamic warm ups were introduced before testing and all workouts.

Day 1

Skills Quest Fitness testing was executed timely and efficiently. Data will be sent to Park City to get a comparison against U14 athletes in other parts of the country. Will share this when it gets back to us. Conditioning stations after testing went well with the educational component being stressed. Broom Ball at the ice arena in town was a blast, ice was separated with cushions to create two separate games with athletes broken up into 4 teams that rotated.

Day 2

Six Stations were put in place:

- Movement assessment*
- Obstacle course*
- Slack Lines*
- Volley Ball*
- In door soccer*
- Basket ball*

All stations provided a group, and individual experiences, blended with conventional and nonconventional adaptation goals. This was achieved with movement, changing conventional rules, obstacles, stimulus, environment.

As usual the experience in the OTC was a big hit alone, but the solid program and fantastic committed coaches knocked it out of the park.

Coaches and athletes all agreed that the project was a success and goals were accomplished. We will continue to provide and expand with off season conditioning and fitness projects.

See you on the hill!!!

Cheers!

Merg