



## **NYSSRA/VARA OTC U14 DRY-LAND CAMP – October 5-7, 2018**

**Dear NYSSRA & VARA Athlete,**

*Congratulations on your selection to the NYSSRA-VARA U14 OTC Dryland Camp!*

**DATES:**

**October 5-7, 2018** (arrival eve of the 5th)

**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 2018 NYSSRA-VARA Dryland and Physical Assessments Camp. Selected U14 NYSSRA and VARA athletes 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 \$279. 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 Skills Quest Physical Fitness Assessment for U14's, agility workouts, sports nutrition, sport psychology, games and team building. Athletes will stay at the Lake Placid Olympic Training Center.*

### **Selections and Qualification:**

Quota: 25 NY athletes and 20 VT '05-06' 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 September 7, 2018. Selected athletes must commit by September 7, 2018. Alternates will be named if selected athletes decline.

### **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.

### **Registration:**

To officially register for the camp, you must be a current member of NYSSRA or VARA and US Ski & Snowboard. Please go to the Adminskiracing.com website . <https://adminskiracing.com/node/179023> NY athletes, you must also email me to let me know your intent by September 7<sup>th</sup>. (mergs@nyssra.org) There will be **no refunds** within the 72hr. window, prior to start of camp. **NYSSRA invited athletes**, you do not need to fill out an online application, just email me and then register on the above link if you'd like to attend the NYSSRA-VARA Dryland Camp 2018. (Login to your Adminskiracing.com account and the event should show up as available to register)

Required Paperwork and online forms:

- NYSSRA Code of Conduct and Waiver (2) Print, sign and bring with you.  
<https://nyssra.org/pages/news/conduct.pdf>  
[https://nyssra.org/pages/news/New%20York%20State%20Ski%20Racing%20Associ\(5\).pdf](https://nyssra.org/pages/news/New%20York%20State%20Ski%20Racing%20Associ(5).pdf)
- Health Summary - Online form
  - <https://docs.google.com/forms/d/e/1FAIpQLSc2aW0kspegXsnkFLQDqOKOQWvgy90EISJrXNC083pGIFnGA/viewform> (No need to fill this out if you have been to a NYSRA camp before and ins. info has not changed.)
- NYSEF/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

Please plan to arrive at the Lake Placid Olympic Training Center on Friday, October 5th between 5:30 – 7:00 pm. The NYSSRA/VARA staff will meet you in the main lobby, where you will check in with the OTC staff and be assigned your room. At that time, you will need to turn in your required OTC/ORDA paperwork and signed NYSSRA/VARA Code of Conduct and Waiver. Parents can pick up their children at 2:30pm at the OTC on Sun October 7th.

Parents - If you plan to stay in Lake Placid over the weekend, make reservations early. This is peak leaf viewing weekend and hotels are very busy. [www.lakeplacid.com](http://www.lakeplacid.com)

### **Important Numbers:**

Stephen Mergenthaler NYSSRA Youth Development- **518-524-3328**

Alex Krebs VARA Youth Coordinator – **802-338-1680**

Jared Steenberge OTC Staff – **518-523-8434**

Dirk Gouwens NYSSRA Executive Director – **518-545-8221**

Julie Woodworth VARA Executive Director -**802-236-4695**

*Athletes attending the NYSSRA/VARA OTC Dryland Camp will be expected to conduct themselves in a responsible and mature manner. Camp staff will go over the Code of Conduct on Friday night at the athlete meeting. Infractions to the code of conduct will be dealt with individually. In severe situations, athletes will be sent home.*

*Plan to be super active and athletic this weekend! Be prepared by hydrating and fueling appropriately prior to arrival and bring your positive attitude! We look forward to working you!*

*Sincerely,*

*Stephen Mergenthaler      NYSSRA Youth Development Coach      [mergs@nyssra.org](mailto:mergs@nyssra.org)*

*Alex Krebs                      VARA Youth Coordinator      [Alex@vara.org](mailto:Alex@vara.org)*



### **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 and NYSSRA*
- *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 Alex . when you arrive.*

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



## **NYSSRA/VARA U14 OTC DRY-LAND CAMP October 5-7, 2018**

### **DAILY SCHEDULE**

#### **October 5th**

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*

#### **October 6th**

6:30am             *Athlete wake up*  
7:00am             *Breakfast*  
8:15am             *Athlete warm up*  
8:30am             *Review of Physical Testing*  
8:50-11:30am     *Physical Testing*  
12:00pm           *Lunch*  
1:00-3:30pm      *Agility/Coordination/Balance/Movement Stations*  
4:00pm             *Group activities & presentations*  
5:00pm             *Dinner*  
6:00pm             *Broom Ball / ice cream*  
9:00-9:30pm      *Athletes to bed/pack bags -Lights out*  
9:30pm             *Coaches Meeting*

#### **October 7th**

6:30am             *Athlete wake up*  
7:00am             *Breakfast*  
8:30am             *Athlete Dynamic Warm up*  
9:15am             *Load vans for field*  
9:15-12:30am     *Mountain Ninja/Marines Team Competition*  
1:00pm             *Lunch*  
1:30-2:30pm      *Wrap up/Athlete meeting/T-shirts*

*\*Schedule Subject to change*



## Selections for NYSSRA Athletes – U14 NY-VT Dry-land Camp 2018

### 2006 YOB

Based on performance at Regional Kandahar Events

Lilyann Fisher - NYSEF

Emma Poisson - NYSEF

Mary Martin - Belleayre

Kirsten Iles - Labrador

Sofia Bregande - Labrador

Madeleine Barstow - Labrador

Carissa Dunlap - Holimont

Rose Heagney - Bristol

Francesca Ferrara - Holimont

Gavin Ebert - NYSEF

Leon Huang - Hunter

Aidan Fromm - Windham

Eli Goldberg - Song

Ronan Crowley - Greek Peak

Charles Donahue - Song

Garrett Goetz - Kissing Bridge

Dougie Basadur - Holimont

Hans Solly - Holimont

### 2005 YOB

Based on performance at U14 State Championships

Mary Catherine Mangan - Holimont

McKenna Fromm - Windham

Madalyn Cummings - Holimont

Mia Pozzi - Toggenburg

Cameron Johnson - Holimont

Kieran Delay - Song

Erik Shattenberg - Holiday Valley

Dominick DeGuardia - Woods Valley