



## U12 Regional Project

***NYSSRA will be coming to 3 regional areas this year for a 1 evening U12 skill development project.***

### **Purpose**

*Bring together 20 athletes from each respective region for an evening program focused on skill development. Keeping athletes close to home, not interfering with their weekend program and not missing school. 10 first year (5 Women 5 Men) and 10 second year (5 Women 5 Men) will be invited by selection, along with a select group of coaches to help lead project. This project will also be open to any coach in the area and we encourage all coaches to attend that would like to come for an educational experience.*

### **Focus:**

*Athleticism  
Adaptation  
Pole usage*

<b><u>Date</u></b>	<b><u>Time</u></b>	<b><u>Location</u></b>
1/8/2019	4:00-8:00 PM	Toggenburg
1/15/2019	4:00-8:00 PM	West Mountain
1/23/2019	4:00-8:00 PM	Buffalo Ski Club

*Selection and additional information will go out shortly. The only cost will be lift access charged by each ski area.*

Staffing will be comprised of the NYSSRA Youth Development Coach, Member of Coaches Committee, select local coaches from region.

Coaches who would like to attend must register in advance with NYSSRA by completing the online form available on the Coaches Tab at [nyssra.org](http://nyssra.org) The only cost for coaches is for lift access.

