



U14 - U16 Regional Project

NYSSRA will be coming to 3 regional areas this year for a 2 evening U14/16 SL skill development project.

Purpose

Bring together 20 athletes in each respective region for an evening program focused on SL skill development. Keeping athletes close to home, not interfering with their weekend program and not missing school. 10 U14 (5 Women 5 Men) and 10 U16 (5 Women 5 Men) will be invited by selection, along with a select group of coaches to help lead the project. Integrating U14 and U16 athletes for multiple reasons in a non-competitive development centered experience. First evening will be focused on progressions and drills in training environments, second night will be adapting first night concepts into brush and gate environments. 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
Short radius turns
Body position
Pole usage*

<u>Date</u>	<u>Time</u>	<u>Location</u>
<i>Jan.9-10,2019</i>	<i>4:00-8:00 PM</i>	<i>Toggenburg</i>
<i>Jan.16-17,2019</i>	<i>4:00-8:00 PM</i>	<i>West Mountain</i>
<i>Jan.24-25,2019</i>	<i>4:00-8:00 PM</i>	<i>Buffalo Ski Club</i>

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, Members 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 The only cost for coaches is for lift access.



New York Ski Racing Association, 5 Southside Dr. Suite 11-173, Clifton Park, NY 12065
518.302.6052 www.nyssra.org