



2017-18 Spring Youth Report – Eastern Region

Kathy Okoniewski – Eastern Youth Coach

General Overview

- Regional Project Calendar
 - U14 Sugarbush GS Project
 - 33/46 athletes, 13 staff, Jan 22-24
 - U14 Whiteface SG/GS Project
 - 44/49 athletes, 13 staff, Feb 5-7
 - U14 NWAC GS/SL Tactics & Duals
 - 37 athletes, 13 staff, Feb 19-20
 - U16 Sugarloaf SG Project
 - 37/42 athletes, 10 staff, Jan 29-30
 - U16 Stowe U16 GS & SL Project - Cancelled
- National NPS projects
 - Copper Speed Dec 3-9
 - 17 athletes, 4 staff
 - Burke SL & GS Jan 8-12
 - 16 athletes, 6 staff
- U16 Eastern Regional Championships - Stowe
- U14 Eastern Regional Championships - Whiteface
- U16 Nationals
 - 39 athletes, 16 coaches
- Whistler Cup
 - 6 '03 athletes, 4 staff
- Can Am's U14 & U16
- Divisional/Program Visits – SARA, TSASRA, NJARA, NYSSRA, VARA, NHARA, MARA (Sorry PARA!) – Races, SkillsQuest, State Champs and Program Visits

- Educational Clinics
- Coaches and Parent Forums - @ U14 & U16 Eastern Regional Championships
- Invoicing, expenses, Budget
- Goals & Self Review

PROJECTS-

Copper NPS – High value and volume opportunity for eastern athletes. Use of speed venue, work with new coaches & former world cup athletes, opportunity to ski on western snow, create friendships with other regions. Time trials at end of Project created pace and perspective in early Jan. Highlights – great venue, snow surface, and opportunity. Lowlights -expensive, frost bit feet.

BURKE NPS – Opportunity for a small group of top athletes to train and compete together nationally. Selections for 7 Nations and Regional European trip. Pace and perspective in Jan. Highlights-Results created a benchmark for the hard work needed for the upcoming season. Volume on the venue. Coming together as Team East. Lowlights - Calendaring was tough on academy athletes who had been off snow for the Holiday Break. Selections and field size were topics of discussions. Lack of depth in Eastern results.

U16 Sugarloaf SG Regional Project- Well organized, executed, and outcome. High volume of runs and team work. Excellent surface and venue. All selections from list and discretionary attended. Field size was bigger than originally decided upon, but there were no issues with field size and quality of project. Great opportunity to train prior to the open SG race. Points were scored by these U16's. Highlights – volume and confidence building. Great coach collaboration. Chalk talk with Chip Cochrane. Lowlights – a couple of injuries.

U14 Sugarbush Project – Well organized and easily adapted as was needed. Strong curriculum and positive team work with staff. Weather was challenging on Day 1. GMVS offered the RPC as Plan B in afternoon, which was excellent. Day 2, on snow, was very productive. Highlights – Coaches meeting 1st night. Great discussions over training curriculum, the Racing Performance Center at GMVS, and GS Training on Inverness. Lowlights – heavy rain on day 1.

U14 Whiteface Project – Well organized with attendance from almost all divisions. Big excitement to get on this Championship hill. Staying at OTC was a very special opportunity. Training and skiing were very good, lots of volume. Highlights – making new friends from other regions, staying at the OTC, Division toboggan throw down, valuable full length runs. Building Confidence. Lowlights – snow storm and challenging b-net roll on day 2.

U14 NWAC Project – Very Productive and well executed. Athletes and coaches from 5 divisions participated. National Winter Activity Center provided an exceptional venue and experience. Collaboration on Training environment with NYSSRA's Youth Coordinator. Highlights – multi stage environments, the entire venue set for skills, Dual SL & GS with Barge gates, Pro jumps and Wave tracks, Project based coach's education. Lowlights – none. Needed another day!

Regional Championships-

U16 Stowe/MMSC – World Class venue. Excellent snow surface, even though it snowed every day. Highly organized and professional. A few challenging course-sets. Great to have Chip Knight come east for a few of those days.

U14 Whiteface – Well organized. Challenging surface due to many feet of snow just prior to event. Some challenges with course sets. Skills were cancelled to go freeski the mountain (incredible skiing and terrain, best day ever!) Coach and Parent forum. Athletes and parents had a great time in Lake Placid.

U16 Nationals- Well organized. Wonderful venue and excellent race crew. Races went very well. Freeskiing/training and skills day were a lot of fun for the Eastern Athletes*. The weather in the Cascades was very cooperative for the whole event and our Athletes had some great results. The lodging, meals, wax room, and transportation worked out quite well. The Staff did an excellent job working together and TEAM EAST was strong in spirit! Highlights – Men's podium sweep in SG, excellent individual results, building wax tables and saving over \$2000 in baggage fees, Team Spirit in the Team Duals, Coach's team work. Lowlights – bus was late picking up the athletes, changing snow surface, Biscuits and gravy every morning!

U14 Can Am's – Another great job by Sugarloaf and Staff. Thanks to Ron Bonnevie, CVA for taking the US Lead, organizing the skills, and communication

with Canada. Great collaboration by US coaches for training. Weather was challenging. Canada came out on top in overall standings, but there were many excellent individual results by US athletes. Sugarloaf Competition Center and CVA were highly organized.

U16 Can Am's – Weather was quite challenging for Tremblant for this event. Races managed to get off, despite delays and cancellations. Thanks to Topher Harlow, MMSC, for taking on the US Lead. Toph did an excellent job keeping the coaches informed, organizing training, and attending TCM's. He also organized a social event for all the US athletes and coaches. Highlights - Working together as a team with a Leader. Lowlights – weather, challenging organization within the divisions for email list.

Whistler Cup – Qualifications for '03's only. Selections from overall standings at U16 Nationals. 6 boys/6 girls. 1 Eastern Athlete – Aiden Robin, BMA. This was a worthwhile event for these athletes. Exposure to International Competition here in North America. Great competition and pace. Over 20 countries. American Friends of Whistler donate \$\$ to bring in the American Team. Total cost for our athletes under \$400/ for everything including airfare, lodging, meals, event, transportation, and coaching. (6 days) Highlights – Individual results, connections with international athletes (now friends) and coaches, Skiing at Whistler/Blackcomb, Chateau Fairmont, Strong teamwork, TEAM USA wins the Team Dual against Switzerland! Lowlights – Conditions for the SL.

Divisional and Club Program Visits

VARA – Okemo, Sugarbush, Mad River, Stowe, Stratton, Mt Snow, Burke,

NHARA – WVBBS, Loon

TSASRA- Wachusett, Catamount, Berkshire East

NYSSRA – Whiteface, Labrador, Gore, West Mt.

NJARA – NWAC, Mt Creek, Mt Peter

MARA - Sugarloaf

SARA – Sugar, Appalachain

U12 Future Stars

Sport Education Facts: East

22 Level 100's – 183 coaches

12 Course setting - 71

7 Level 200's – 48

1 Level 300's - 21

Overall evaluation of our athlete's skiing and skills:

Looking at our athletes broadly & speaking in general terms, I would encourage us as a region to work on developing and refining our overall skiing skills. We have advantages in fitness, competitive nature, and grit, but we are lacking in our ability on snow. In particular, balance and stance, ski-snow contact and precision, ankle skills, pole usage, and ability to adapt to changing snow surfaces. As a region, I encourage us to help our youth coaches to work diligently in these areas of skill development and to free ski and train with that as a goal. * Steamboat & Sun Valley.

Topics for Discussion:

Pokal Loka (European Trip) – Clarify Selection

Can Am's – US Staff, U16 system for selection, Dates & Sites

Coaches Education – What else can we do outside of Level 100, 200, & 300?

Project Based Education – Coaches clinics and Certs at Projects

Skills Development – how much emphasis and when, where, age groups

Speed Development – How are we doing?

Review of what the EAST's thoughts for U16, U14, U12, U10

Facilitate Collaboration – Help to make connections

Uniforms for end of season events – Budget for this

Support & Training for Divisional Projects – from East Staff

Eastern Budget – Travel for staff is challenging

Role as Youth Coach/Coordinator – Define and Clarify.

- Support for athletes and coaches, Educator, Communicator, Coach, Project Leader,
- Goals for next season
- Planning for next season
- Calendar for next season