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## 2023-24 SPEED COMMITTEE REPORT

- The PARA Directors **approved \$5,000** to again support the **U16-focused American Downhiller speed project** to be held at an age-appropriate out-of-state venue, while also:
  - adding a follow-on **U14 component that same week**, and
  - **implementing a priority registration process** based on athletes' prior year rankings to be overseen by the Speed Committee.
- Matt Superczynski of the Liberty Mountain Race Team also secured an **additional \$5,000 matching grant from the Killington World Cup Foundation** to support the two camps.
- Matt Superczynski again organized the two three-day speed camps which were held at Okemo Mountain the third week of January.
- The camps were staffed by a combination of **6 World Cup/Olympic Coaches** and 20 PARA club coaches. The two camps provided outstanding speed training for the athletes, as well as a unique and very valuable educational opportunity for the participating PARA coaches.
- **Camp 1 was open to U16 and older athletes** and consisted of three days of training followed by two scored Super-G races. It ran Saturday through Monday, with races on Wednesday.
- **Camp 2 was open to U14 and U16s**, and invitations were extended to the top 10 U12 athletes in each gender to help fill the camp. Camp 2 provided three days of training (Tuesday through Thursday) consisting of a mix of drills and stations, plus SG course sections set on Okemo's homologated SG hill the final day.
- The \$5,000 provided by PARA **supported 151 athletes, at a ratio of \$33 PARA dollars per athlete**. For comparison, PARA post season event coaching serves PARA athletes at a ratio of \$233/athlete. (PARA spent \$32,172 on post-season which supported 138 athletes.)
- The **priority registration** process went smoothly overall.
  - The PARA Directors approved giving priority registration to U16 and under athletes who made the State Team the prior year.
  - Due to administrative challenges implementing the above across birth years, the Speed Committee implemented that directive above by opening priority registration for those **U16 and under athletes that ranked in the top 10 in their gender and birth year the previous season**.
- The dates for the camp, along with the dates for general and priority registration were published on the PARA website and sent to all PARA Directors well in advance to give all PARA

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athletes equal notice about the opportunity to participate.

- The notice with the **camp dates, registration opening, and those that qualify for priority registration** was published on the **PARA website on November 21, 2023.**
  - The **general registration period** for both camps opened at **6PM on Saturday December 9, 2023.**
- Participating athletes represented **12 different clubs across all PARA regions.**
  - The Speed Committee received **several discretionary requests** to add athletes to the priority registration process – one U16, and request for four U14s.
    - Two requests were from athletes that did not race in PARA the previous season, but they ranked high in another USSA Division (e.g. Rocky). Those requests (one U16 and one U15 from the same family) were granted.
    - Other U14 Discretionary requests included those that were on the bubble, or had poor results the prior season. In the end the U14 camp did not fill up and all of those U14 athletes were able to register for the camp.
  - Eighty-four PARA athletes participated in Camp 1 and Sixty-seven PARA athletes participated in Camp 2. Nineteen U14 athletes from Vermont clubs were invited to help fill Camp 2, and those athletes were mixed into groups with PARA athletes to give our athletes exposure to them. Killington Mountain School and Okemo Mountain School provided four coaches to help staff the Camp.
  - A more detailed report on the 2023-24 season speed projects prepared by Matt Superczynski is attached.
  - For the 2024-25 season, the **Speed Committee recommends PARA again provide \$5,000 to continue the speed projects.** The Speed Committee intends to **open registration a few weeks earlier.**
  - Matt Super has also submitted a **\$5,000 matching grant request to the Killington World Cup Foundation** which would be conditional on continued PARA funding at the \$5,000 level.
  - With PARA's continued support, Matt Superczynski anticipates the camps would be held the same dates this coming season, starting Saturday 1/18/25.
  - The lists of athletes given priority registration for each camp are listed below. They were allowed to register one-week earlier than general registration.
  - The Speed Committee Members are Ben Shirk (SRRC), Matt Dembinski (JFBB), and Kurt Zwally (PARA VP).
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# 2024 AMERICAN DOWNHILLER PARA SPEED PROJECT SUMMARY

## Prepared by Matt Superczynski, Camp Organizer & LMRT President

### Summary

The PARA sponsored Speed Project had another successful year partnering with American Downhill and Okemo Resort to put on top-notch speed training for 170 athletes! For the second year, a U16 and older cohort (Camp 1) was run along with two scored SG races following the camp. New this year, a U14 cohort (Camp 2) was added following Camp 1. The younger cohort included select U12 and ultimately was open to 19 Killington, Pico, and OMS U14 athletes to fill open spots.

### Camp Details

The Speed Project was led by 17-year World Cup veteran and founder of American Downhill, Marco Sullivan. Joining the World Cup coaching crew was Anna Sullivan, Nolan Kasper, Tommy Biesemeyer, Andrew Weibrecht, Leanne Smith, and Chelsea Marshall. Due to a last-minute conflict, we ended up with 5 WC coaches for Camp 1 vs the anticipated 6. Camp 2 was fully staffed with 6 WC coaches. Supporting the WC crew over the 2 camps were over 20 PARA coaches. For Camp 2, KMS and OMS supported with 2 coaches each. PARA athletes were included in the KMS/Pico and OMS groups to get our PARA athletes exposure to VT athletes.

Camp 1 ran Saturday Jan 20th through Monday Jan 22nd, and was followed by 2 scored SG races on Tuesday Jan 23rd. Camp 2 started Tuesday Jan 23rd and ran through Thursday Jan 24th. Athletes got 2 days on Wardance running drills and various stations and one day on Chief, Okemo's homologated SG trail. Each Camp had a meet and greet/Q&A session with the WC coaches and families.



Figure 2: Camp 1 U16 and Older



Figure 1: Camp 2 - U14s & U12s

### Participation

In total, 170 athletes participated in our 2024 Speed Project & 12 different PARA clubs represented.

#### Camp 1:

Total Athletes	84	Club									
Men	49	BMRA	DCWST	HVRC	JFRT	LMRT	PASEF	SRRC	TMART	WPRC	WTSEF
Women	35	8	1	4	6	16	4	23	6	7	9

#### Camp 2:

Total Athletes	86*	Club											
Men	45	BMRA	DCWST	EMSC	HVRC	JFRT	LMRT	PASEF	SMRT	SRRC	TMART	WPRC	WTSEF
Women	41	12	2	8	2	7	3	3	1	13	6	3	7

\* Non PARA participation was 19 athletes, KMS 6, OMS 10, PICO 3

### Improvements

A post camp review was held between Marco Sullivan, Ben Shirk, and Matt Superczynski to develop potential improvements. We are looking to improve the coach to athlete ratio by reducing each camp to 70 athletes and/or potentially add additional WC coaches or better incorporate PARA coaches. Improve some logistics such as radio and drill availability. Looking to add video as a best practice and to help reduce impact of poor weather (reduced venue size, warmup breaks, etc).

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<b>U16s Who Qualified for Priority Registration for Camp 1</b>						
<b>Rank</b>	<b>USSS#</b>	<b>Last Name</b>	<b>First Name</b>	<b>Gender</b>	<b>Year</b>	<b>Club</b>
1	6801737	Cook	Johanna	Women	2008	BMRA
2	6707816	Pak	Tara	Women	2008	SRRC
3	6659529	Starner	Cameron	Women	2008	SRRC
4	6720328	Kennedy	Blair	Women	2008	WTSEF
5	6669749	Britt	Efemia	Women	2008	PASEF
6	6890742	Ma	Jennifer	Women	2008	BMRA
7	6795883	Geist	Devon	Women	2008	JFRT
8	6635915	Keithley	Talia	Women	2008	SRRC
9	6803841	Stambaugh	Audrey	Women	2008	SRRC
10	6831478	Pallman	Harper	Women	2008	EMSC
1	6605257	Friedrich	Curt	Men	2008	BMRA
2	6784832	Charlie	Neel	Men	2008	BMRA
3	6744115	Kasofsky	Benjamin	Men	2008	SRRC
4	6710680	Driker	Mark	Men	2008	JFRT
5	6791324	Schreiber	Collin	Men	2008	BMRA
6	6760431	Steinman	Ryan	Men	2008	JFRT
7	6739881	Burstein	Zachary	Men	2008	SRRC
8	6610954	Pottinger	Becket	Men	2008	HVRC
9	6947816	Stanley	John	Men	2008	BMRA
10	6677737	Sarkisov	Alexander	Men	2008	WTSEF
1	6793568	Hodge	Cayden	Women	2009	WTSEF
2	6624646	Yagnik	Aroma	Women	2009	PASEF
3	6729993	Ryan	Reese	Women	2009	SRRC
4	6990847	Mafodda	Madeline	Women	2009	JFRT
5	6717461	Contini	Mariella	Women	2009	WPRC
6	6914074	O'Brien	Teagan	Women	2009	JFRT
7	6782542	Awanohara	Elle	Women	2009	LMRT
8	6787492	Bui	Elena	Women	2009	LMRT
9	6978929	Holton	Pernille	Women	2009	WTSEF
10	6819252	Stein	Elizabeth	Women	2009	PASEF
1	6866046	Wagner	Landon	Men	2009	BMRT
2	6908593	Kruler	Benjamin	Men	2009	SMRT
3	6988568	Zelubowski	Dominik	Men	2009	BMRT
4	6833864	Bindner	Richard	Men	2009	WPRC
5	6994524	Petaja	Sean	Men	2009	JFRT
6	6900045	Anderson	Liam	Men	2009	BMRT
7	6865084	Treiber	Desmo	Men	2009	LMRT

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<b>U16s Who Qualified for Priority Registration for Camp 1</b>						
<b>Rank</b>	<b>USSS#</b>	<b>Last Name</b>	<b>First Name</b>	<b>Gender</b>	<b>Year</b>	<b>Club</b>
8	7000559	King	Quinn	Men	2009	PASEF
9	6916916	Ryon	Anders	Men	2009	BMRT
10	6723490	Hilbert-Graham	Warren	Men	2009	DCWST

U18 & U21 athletes and all other U16 athletes were eligible to register for Camp 1 during the general registration period.

<b>U14s Who Qualified for Priority Registration for Camp 2</b>						
<b>Rank</b>	<b>USSS#</b>	<b>Last Name</b>	<b>First Name</b>	<b>Gender</b>	<b>Year</b>	<b>Club</b>
1	6719057	Clara	Drahnak	Women	2010	HVRC
2	6891028	Kramer	Riley	Women	2010	HVRC
3	6826195	Stadler	Dylan	Women	2010	WPRC
4	7013236	Murray	Sophia	Women	2010	JFRT
5	6824374	Yurek	Olivia	Women	2010	WPRC
6	6751455	Lincoln	Ellison	Women	2010	TMART
7	6888346	Carlozzi	Madylin	Women	2010	WTSEF
8	6871768	Gillespie	Abigail	Women	2010	EMSC
9	6903834	Kim	Jooha	Women	2010	SRRC
10	7029904	Norrington	Isla	Women	2010	DCWST
1	6902588	Pianalto	Jacob	Men	2010	WTSEF
2	6838008	Millett	Ty	Men	2010	EMSC
3	7030055	Bray	Trent	Men	2010	DCWST
4	6956143	Keenan	Lincoln	Men	2010	JFRT
5	6831816	Loverich	Luca	Men	2010	TMART
6	6795262	Eckel	Asher	Men	2010	DCWST
7	6784761	Schacher	Noah	Men	2010	EMSC
8	7042695	Petroff	James	Men	2010	SRRC
9	6710417	Greenier	Brecken	Men	2010	WPRC
10	6893533	Kunkel	Tyler	Men	2010	SRRC
1	6866677	McKnight	Ella	Women	2011	WPRC
2	6880918	Wheeler	Flora	Women	2011	WTSEF
3	6789509	Glantz	Kesley	Women	2011	TMART
4	6890015	Ryan	Reagan	Women	2011	SRRC
5	6897318	Nichols	Olivia	Women	2011	WPRC
6	6810170	Anderson	Brooke	Women	2011	SRRC
7	6862996	Superczynski	Brielle	Women	2011	LMRT
8	6909056	Smith	Aspen	Women	2011	WPRC
9	6868778	Saltzman	Karli	Women	2011	PASEF

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<b>U14s Who Qualified for Priority Registration for Camp 2</b>						
<b>Rank</b>	<b>USSS#</b>	<b>Last Name</b>	<b>First Name</b>	<b>Gender</b>	<b>Year</b>	<b>Club</b>
10	6880925	Wheeler	Neve	Women	2011	WTSEF
1	6933962	Skahan	AJ	Men	2011	JFRT
2	7028060	Ord	Kalvin	Men	2011	BMSC
3	6998970	Galperin	Seiji	Men	2011	SMRT
4	7243403	Ross	David	Men	2011	JFRT
5	7138447	Miller	Anders	Men	2011	SRRC
6	7009106	Deibert	Maximilian	Men	2011	EMSC
7	6866962	Ihnat	Austin	Men	2011	LMRT
8	7038974	Jan	Adrien	Men	2011	BMSC
9	7091223	Bray	Troy	Men	2011	DCWST
10	6852089	Ries	Gavin	Men	2011	EMSC

All other U14s were eligible to register for Camp 2 during the general registration period.