



**VARA U12 GS Terrain Project
Okemo Mountain Resort
February 12, 2024**

The U12 GS Terrain Project is a special one-day training opportunity for U12 VARA athletes. The project is designed to introduce athletes to terrain in a GS environment, bring athletes together from the entire state and provide an opportunity for U12 athletes to work with different VARA coaches. Athletes will work on reading and absorbing terrain, looking ahead, airtime, knee and ankle flexion, and shin pressure.

PRICE: \$35

REGISTRATION: <https://adminskiracing.com/node/516128>

PROJECT: The U12 Project is hosted by Okemo Mountain School and Okemo Competition Center. VARA Club coaches from around the state will be leading mixed-mountain athlete groups.

All athletes and coaches must pre-register.

The Team Captains' Meeting will be held virtually on February 11th at 7 pm – link to be shared with all registered coaches.

All athletes must be accompanied by coaches from their home club and ski on GS skis.

Tentative schedule (subject to change):

8:15 – 8:45 am Team Captains pick up lift tickets and bibs at the Okemo Competition Center

9:00 am Athletes and Coaches load AB Chair outside of main base lodge.

9:15 am Meeting outside of the Yurt at the bottom of Wardance to split into training groups.

9:30 am -11:45 am Terrain Elements Stations in Coach Groups

Run 1 and 2 – Free Run down the middle of Wardance staying out of the terrain and gate sets.

Run 3 and 4 – Elements and hill Inspection / Explanation of each element (groups will be assigned to start on one lane or the other)

Run 5 and More – Rotate through the elements alternating from left lane to right lane.

11:45 am Break for Lunch. Lunch on your own.

12:30 pm Groups meet up again at the Yurt

12:45 – 2:45 pm Continue to rotate through Terrain Elements stations (groups should start on the opposite lane from the morning session)

2:45 pm Camp wrap-up meeting at the Yurt. Bib Return. Coaches are asked to loop up to help pull after the meeting.

Coaches will stay with groups as groups rotate.

Groups should aim to only break for lunch, but may break as needed. Food and bathrooms available at the Sugar House. Okemo is CASHLESS for all concessions.

The camp will consist of 6 element stations. The hill plan will be finalized and sent prior to the TCM.