



### **SUMMARY SINCE LAST REPORT:**

My 2018-19 season incorporated a mix of national and regional programming that led to a fast-paced exciting year. I assisted with national D-Team programming starting in June and continuing throughout the season. As the season moved towards competition the number of athletes in that D-Team/NDG pool decreased and we focused on preparation for NorAm competition. We were still bringing 6-8 eastern athletes with the D-Team at this time, in addition to the other Eastern athletes who were competing at the Continental Cup level. We had an awesome opening NorAm series at the Panorama NorAm's with a number of athletes scoring their first career NorAm points and beginning to emerge at that level.

The turn of the new year brought me to a number of projects back-to-back:

- NorAm prep at Burke with the men's D-Team
- U16 NPS Prep Camp at Burke with Kathy Okoniewski
- Women's D-Team/NDG Europe Trip to Italy and Slovenia: great experience for some of our athletes overlapping with B- and C-Team women's groups.
- Men's Speed Week project at Sugarloaf
- U19 NPS training and competition in Jackson Hole
- U16 Women's GS Project in Sugarloaf (canceled due to wind)
- FIS Women's SG train/race in Sugarloaf
- Men's and Women's NorAm's at Burke and Stowe
- DH and SG NorAm's and National Champs at Sugarloaf
- US Nationals and Jr. Nationals at Waterville Valley (Eastern Region won both Regions Cups!)
- Men and Women Eastern Cup Finals at Burke
- Spring Camp at Waterville Valley

### **HIGHLIGHTS - THINGS THAT WORKED WELL:**

There are a lot of great opportunities for our athletes. We have some great skiers in our region and they can succeed at a high level as long as they continue to work hard and fight through to the next level of racing, whether that's Eastern Cup or NorAm competition.

- Speed Week at Sugarloaf was an all new concept this year with U16's and U19's working together. We got to train 4 runs of DH in a single day, along with significant SG volume and time in the boardercross track.
- U19 NPS results didn't look great on paper aside from Cole Palchak's SL podium, but we were extremely close to having some great results. We had a number of guys with outstanding first runs but we often weren't able to finish it out with a complete race.
- A last minute schedule change to get a SG training day at Sugarloaf for the FIS women worked very well
- Our athletes performed well in the speed events at NorAm Finals and US Nationals
- We won the regions cups at US Nationals and Jr. Nationals!
- Spring Camp at Waterville was a success. Small group (10-15 athletes), but an excellent proof of concept for what we can do here in the East in the spring. This is the most cost effective prep period training that anyone can get!



### **CHALLENGES - THINGS TO THINK ABOUT AND BE AWARE OF:**

- The structure of the P26 program puts a greater emphasis on regional staff. We made everything work, but it did take some of my emphasis away from in-region programming
- We need to push and encourage our top YOB athletes to compete at a high level. We currently make up 55% of the membership, but only 25% of the elite athletes. We have the athletic talent, but we need to encourage our top YOB athletes to reach for head-to-head competition at Continental Cups, U19 NPS, and Eastern Cups rather than focusing too much on specific FIS point scoring opportunities.

### **RECOMMENDATIONS FOR THE FUTURE:**

Overall we were functioning at a very high level this year. I think we can get more participation at Continental Cups and the upper levels of racing, especially when they're in-region. We need our top skiers to seize those opportunities and fight their way to the top. It is encouraging to see that we have a lot of athletic talent and we have a strong pool of athletes that we can push to a high level of performance.

### **WHAT LIES AHEAD:**

Between now and the next report there are a number of things happening. In the beginning of May Sasha is leading a D team invitee trip to Squaw and Mammoth. Eastern invitees include: Bradshaw Underhill, Oliver Morgan, Gray Flanagan, Daniel Gillis, Maxx Parys, Jay Poulter, and Justin Bigatel. Marjan will also be running a parallel project for the women which will include Olivia Holm and Emma Kearing. At the conclusion of these camps I will begin to transition out of my roll as Eastern Region Development coach. I have decided to return to school, and will have to leave my position with the region to do so. It has been an awesome year and the experience of working with high level athletes from inside and out of the region. Whoever the region decides to bring into this position will be entering an amazing team, with incredible chemistry and communication. I hope they find the position as rewarding as I have.