



## **SUMMARY SINCE LAST REPORT:**

I am still really enjoying my job and continue to approach my job with the desire to inspire our youth athletes to become strong, purposeful, mindful, and dedicated. I want them to experience joy and growth opportunities, so that they can grow into happy, healthy human beings.

I value integrity, compassion, and positive communication as a cornerstone of my character and my core values that I bring to this job.

This was an extremely busy but productive winter. I am very encouraged with the level of skiing that I see across our region. We need to continue to reinforce FUNdamentals with drills and creative environments that address the building blocks of fast skiing: carving, good tactics, hip/body position, and pressure above/into the fall line.

### Project and work overview:

- U16/U19 NDG - Mt. Hood GS/SL June 21-30
- U16 NPS - Copper Speed Dec 3-9 (17 Eastern athletes, 4 staff)
- U14 Stratton GS Project, Dec 17 & 18 (44 athletes, 12 coaches)
- U16 NPS Prep Camp - Burke SL & GS, January 2-3 (50 athletes, 7 coaches)
- U16 NPS - Burke SL & GS Jan 8-12 (16 athletes, 6 coaches)
- U14 Waterville SL Project, Jan 15 & 16 (49 athletes, 12 coaches)
- U16 Proctor W SL Project, Jan 19 & 20 (Cancelled - 45 athletes and 10 coaches)
- \*U16 Mittersill M GS Project Jan 19 & 20 (Cancelled - 50 athletes and 11 coaches)
- \*U19/U16 Sugarloaf M Speed Week, Jan 28-30 (50+ athletes, 13 coaches, led by Brad and Sam)
- U19/U16 Burke W Speed Week, Jan 28-30 (57 athletes, 12 coaches)
- \*U14 Whiteface SG Project, Feb 5 & 6 (51 athletes, 14 staff, led by Sam and Paige)
- U12 NWAC Skills & Duals Project, Feb 16 & 17 (25 athletes, 9 coaches)
- Pokal Loka, Slovenia Feb 2-11 (3 Eastern athletes, 1 Eastern staff)
- U14 NWAC GS/SL Tactics & Duals, Feb 18 & 19 (27 athletes, 6 coaches)
- \*U16 Whiteface M GS Project, Feb 17 & 18 (45 athletes, 8 coaches, led by Sam & Paige)
- U16 NWAC GS & SL/Duals, February 20 & 21 (16 athletes, 4 coaches)
- \*U16 Sugarloaf W GS Project, Mar 2 & 3 (Cancelled - 45 athletes, 7 coaches, led by Brad)
- U16 Eastern Regional Championships - Ronnie Berlack GP - Sugarloaf March 8-13
- U14 Eastern Regional Championships, March 16-19 - Whiteface
- \*U14 Can Am's, March 28-31 (60 Eastern athletes, 18 coaches, 1 Team Captain (Naga Kusumi))
- U16 Nationals - Breckenridge, March 28 - April 4 (44 Eastern athletes, 14 coaches)
- \*U16 Whistler Cup, April 9-14 (2 '04 Eastern athletes, 1 coach (Bart Bradford))

\* indicates that another staff/coach led this project

### Program visits:

- VARA – Burke



- NHARA –FSC
- TSASRA- Wachusett
- NYSSRA – Labrador
- SARA – Massnuttten, Bryce
- PARA – Blue Mt

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

- Everywhere I went, I felt that our coaches were willing to band together and work as a team. Every coach worked with every kid, and vice-versa. This has never been our strength, but it is something we are really emphasizing. It makes a big difference when we work as “East” at these projects and events, rather than as individual programs who happen to be at the same place.
- There’s a lot of athletic talent in our region!
- Many of our coaches are hungry to learn more and to really be great at what they do. This is true at all levels - weekend club teams through full time academies.
- Eastern athletes performed very well at the U16 NPS at Burke. We demonstrated a great top-end performance, and a lot of depth as well. The Prep Camp and Team Effort of our coaches were the key factors for success.
- Team USA dominated the CanAm and won the CanAm Cup!
- U16 Tech Projects drew huge interest. Unfortunately we had to cancel 3 of the 4 scheduled projects due to weather, but the Men’s GS Project at Whiteface was right on target and we will continue to schedule these projects in the future.
- U14 Projects (SL, GS, and SG) were also very popular and on target. We are looking for opportunities to expand the size of these projects in the future.

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

- Selections for U14 projects - we need to assess the new method we used this year and see if it met our goals (we used population based selection instead of performance)
- U14 and U12 funnel - how can we keep the access channel as wide as possible for our younger athletes? It’s difficult to select 40 athletes for a project at this age because there are SO many of them, SO many who are skilled now, and SO many who can/will emerge in the future. How do we provide opportunities to meet all of those needs?
- We have a lot of athletes who get a lot of time on good snow. We have advantages in robust clubs, competitive nature, and grit, but at the U16 and FIS age we are seeing some gaps:
  - overall balance and stance - hip position is a major deficit
  - ski-snow contact and precision - too much late pressure
  - pole usage
  - ability to adapt to changing snow surfaces.



## **RECOMMENDATIONS FOR THE FUTURE:**

Project Based Education – Coaches clinics and Certs at Projects

- We will continue to pursue this avenue for coaches education and certification, working in conjunction with Gar Trayner and the rest of the Sport Education staff

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

- We need to continue to educate our coaches, provide resources for our 150+ clubs to create great training, and follow up with them to make sure that best practices are being implemented

Speed Development –

- At the World Cup level, the East has proven itself as a force. As our speed development program evolves in region, are we doing enough to ensure that we are fostering the next generation of Biesemeyer, RCS, Merryweather, Smith, Miller, Morse, etc. etc.?

Conditioning Development-

- Can we improve our Regional athlete's overall conditioning and knowledge of functional movement, training periodization, testing protocols, and Physical LTAD. With High Performance Clubs (BMA, GMVS, SMS, KMS) here in the East, we have an opportunity to educate coaches and athletes to train better and smarter, and be prepared physically for each season.

Utilizing our former National Athletes-

- We have many former National Team athletes here in the East that we should be pursuing as mentors for our youth athletes. Lets work to get these athletes to our Regional Projects, compensate them and make them apart of our Eastern Team Family.

## **WHAT LIES AHEAD:**

The East has very strong Prep period programming with our robust clubs and academies. I am trying not to duplicate or over schedule for our younger athletes. That being said, we're planning to pursue the following:

- Conditioning projects in the summer and fall leading to SkillsQuest fitness testing standards
- 3-5 official physical testing days in the fall
- National Prep Period projects: June 20-29 Mt. Hood (M) or Mammoth (W)
- Planning and strategy around project-based coaches education/clinics
- Planning for fall coaches education events: USOC programming, a junior equipment forum, etc.