**PARA J 4/5 Chair Report**

**(2010-2011 Season)**

**J4 Elite Fundamentals Camp** –

The Elite Fundamental Camp was held December 17-20 at Sunday River. The camp’s focus was to introduce the USST fundamentals curriculum, as developed and utilized by USSA national teams, to Eastern’s elite J4 racers. The curriculum addresses the core technical skills that are needed to ultimately build a solid foundation for tactical success.

PARA sent the following J4 Racers:

Sarah Johnston JF

Alexine Tice CB

Luke Midock Roundtop

Julian Paulay Liberty

The following comments regarding the camp are from Alex Krebs of USSA Eastern:

The camp was extremely successful. Fundamentals are the main focus of the camp but this year we also added the ESA. Both age groups had remarkable focus and worked hard for 2.5 days on their skiing skills. Although most J3's had already been introduced to fundamentals for some this was their first experience with the drills. A good percentage of the J4's had not been introduced to the drills and made remarkable progress during the camp. All athletes enjoyed and benefitted from the ESA and I would suggest this remain as part of the curriculum for both projects. It is also important for the athletes to ski with their peers as well as interact with them off the hill. They motivated each other through the ESA and it is definitely an advantage for them to get to ski with each other at these projects. Equally important is the interaction with different coaches and the coaches' education that happens naturally when you get a group of professional people together.

**J4 Speed Event** –

A one day speed event was held January 12th at Labrador Mountain, New York. The primary focus of the camp was to develop fundamental skiing skills in terrain, fundamental skills with bumps, jumps and terrain changes. The day was spent going through speed progressions in a controlled environment.

A total of 41 slots were given to NY, PARA and SARA. PARA filled all 15 slots; however one racer could not attend due to an illness.

The age chair received very positive feedback from both racers and parents.

PARA sent the following Racers:

Sarah Johnston JF

Alexine Tice CB

Grace Lawrence Blue

Katie Chesnick Elk

Colleen Lenihan CB

Emma Bond JF

Luke Midock SRRC

Julian Paulay LMRT

Devon Schaeffer WTSEF

William Ryley Blue

Conner Mayes Elk

Hunter Quigg Elk

Thomas Yost LMRT

Ty Newman Elk

Austin Petit JF

The following comments regarding the camp are from Alex Krebs of USSA Eastern:

The goal of these one day projects was to introduce speed skills while keeping it affordable and within reasonable proximity to their home mountains so as not to incur a lot of travel and missed school. Originally there were three camps scheduled, unfortunately the last one was cancelled due to weather. Camp agenda included gliding skills, speed track and jumping/terrain skills. It was remarkable how much progress these athletes made in just one day. They became more comfortable with terrain, adjusted their tactics for speed and overall became much more confident. This was especially evident with the girls. Staffing these projects can be difficult and the participation of program coaches is paramount to the success of the projects. At the end of the day the athletes were tired and a one day project is perfect for this age group. I would suggest that these projects be scheduled in a two day block and have a different group of athletes attend the second day. This way we can take better advantage of the site and reach out to a larger number of athletes.

**Derby** –

The Derby was scheduled for weekend of March 5th & 6th at Roundtop Ski Area. Due to a very bleak weather forecast for Sunday the decision was made to hold all four runs on Saturday. Two runs of SL were held in the morning, followed by both runs of GS. In order to save time both runs of GS were held on the same course. The field consisted of 101 racers, 57 boys and 44 girls.

The weather cooperated on Saturday allowing for all four runs to be completed. Although not ideal, it turned out to be the best decision considering the weather that moved in Saturday night and Sunday. Course conditions were good, with the help of the course maintenance crew.

The event was held on the slope Exhibition.

 Saturday evening consisted of a banquet, awards and a raffle.

Again, as both the age chair and a coach I had the opportunity to spend the majority of my time on the slope. I was very impressed with the behavior and sportsmanship exhibited by all the racers. I saw nothing but smiles despite the very, very long day, which was great to see. Congratulations to all the racers who attended.

I personally would like to thank Bruce Bedell, Bill Filling, Tracey Beinhaur, Sandy Stefanic and the entire Ski Roundtop Race staff for pulling of the “Derby in a day”. Thanks to GMVS for their continued support of our J 4/5 Derby. Lastly I would like to thank all the coaches and parents for all their help, both on and off the hill.

PARA State Team

The following racers qualified for the PARA State Team based on their results at the derby.

Boys

1. Hunter Quigg Elk

2. Julian Paulay LMRT

3. Devon Schaeffer Whitetail

4. William Ryley Blue

5. Nils Kingston LMRT

6. Thomas Yost LMRT

7. Derick Peake\* Blue Mt.

8. Luke Midock\* SRRC

9. Ty Newman Elk

Girls

1. Sarah Johnston JF

2. Megan Flack Blue

3. Kathleen Frein Sno Mt.

4. Isabella Diaz Blue Mt.

5. Alyssa Kotzman\* Blue

6. Cassie Lieblein\* SRRC

7. Alexine Tice CB

\* Qualifies for next year’s J4 Fundamentals Camp providing quotas stay the same.

**Junior Championships** –

The Alpine J4 Eastern Regional Junior Championship (Formerly Future Stars) was held at Waterville Valley on March 20th through 22nd. PARA was awarded 16 slots. All sixteen state team members represented PARA. Bruce Newman from Elk Mountain attended as the PARA coach.

The top PARA female racer was Kathleen Frein from Sno Mountain, while the top male was Nils Kingston from LMRT. No PARA racers qualified for the CanAm event this year.

**Francis Piche Invitational** –

The Francis Piche Invitational was held at Gunstock Ski Area on March 18th and 19th. PARA sent a total of 26 J 4/5 racers, along with coaches.