



SPECIAL PROJECTS and TRAINING

(see U14 Flow Chart attachment)

Overview

Special Projects and Training, two great subjects, are part of the duties of the Youth Coordinator. The Youth Coordinator position is not new although it has been resurrected with a bit of a face lift.

It was hoped that the Special Projects offerings could be expanded to include more athletes and provide something for the U12's. This year, it doesn't seem as that will come to fruition due to the already tight scheduling our ski areas experience and the availability of the necessary coaching staff.

Discussion is ongoing on how to achieve these plans for future expansion.

Coaching

As mentioned above, adequate coaching is an important issue and one of concern. The quality and success of these projects is largely dependent on the availability of the coaching. At a minimum, the goal is to have two coaches per group which, often, is not the case – shortchanging the athletes.

It is imperative that the projects are staffed with enough coaches but therein lies a dichotomy because coaches have home program responsibilities and are already stretched to their limits. However, it is obvious that the special projects receive top priority if they are to continue.

Taking a page from a few of the other state racing associations in the east, one **major** change, noted below, is being considered.

NOTE: Any attending athlete/program **must** be accompanied by a coach for every **4** athletes or part thereof. Invitation or entry by athletes without an attending coach, registration will be **denied**. Email ewbassett@yahoo.com with any questions.

2017/2018 Project Report

As an example of the issues, here is a quick look at the responses the Special Projects received last year. Participation, coaches, and the coach/group ratios leave something to be desired and points to a potential area of concern.

Project	Athletes Invitees/Attendees	Coaches	Groups	Coach/Group Ratio
U14 Fall Invitational Projects	68/52	9	7	1.3:1
Speed Elements Camp – U16/19	60/36	8	4	2:1
Speed Elements Camp – U14	60/46	8	5	1.6:1
U14 Spring Invitational Project	50/34	6	5	1.2:1
U12 Future Stars (NY Project)	20/15	1	N/A	N/A

Special Projects

For the past couple of years, Tri-State has sponsored 3 special training projects throughout the season. This season, there were hopes of expanding those offerings but that may not be possible. Presently, there is a **tentative** opportunity for the U12's if a venue can be found. For now, it is listed below, but it is **tentative** and may not materialize.

Each special project is listed below with the pertinent selection criteria. Those listed as “Open” require the home coach recommendation while the “Invitational Training Projects” are based on previous performances. Additionally, for each special project, each geographic region, i.e., Massachusetts East, Massachusetts West, and the Connecticut, receives 5 discretionary spots that can be used without regard to 1st or 2nd year status in the applicable age group or gender.

Each Tri-State Special Training Projects is designed with a two-fold purpose in mind:

1. Help our athletes become better skiers, racers, and athletes, and
2. Increase the Tri-State quota for Eastern Projects.

Please note, there is no “rotation” nor “an arbitrary distribution” among the divisions within the Tri-State umbrella for selection to any of these projects/camps. Each slot, in one way or another, is earned by individual athletes. With the A-B-C-D seeding of Tri-State athletes, each individual athlete has an equal opportunity to produce results. The harder one works and the more dedication one puts forth leaves the selection process in the hands of each athlete.

In addition to the Tri-State Special Training Projects, the Eastern Region of the U.S. Ski & Snowboard hosts several development camps throughout the east. Those are listed after the Tri-State projects. The selection criteria for those is set by the Eastern Region and the Tri-State quota, based on post season results, and the allotted slots for Tri-State is very small.

Program Visits

New for 2018/2019, the Youth Coordinator will be scheduling visits to various programs throughout Tri-State. These visits are designed to gather information from each program, discuss issues/problems/concerns, and to interact with the athletes. The latter is especially important when trying to make fair and proper selections for different projects since Connecticut and Massachusetts athletes do not compete against each other until the Championships.

TRI-STATE SPECIAL PROJECTS – 2018/2019

The Project Goals for the Tri-State Special Projects are:

- Bring top U14 or U12 athletes together for a 1 or 2-day training project. (Speed Elements Camp is also open only to U14, U16, and U19 athletes.)
- Create an opportunity for training and peer group pace in a competitive environment and build confidence at an elite training venue, and
- Promote camaraderie amongst Tri-State athletes.

Again, please note: **Any attending athlete/program must be accompanied by a coach for every 4 athletes or part thereof. Invitation or entry by athletes without an attending coach, registration will be denied.** For these projects to take place or continue, sufficient coaching is critical.

- 1) **Fall U14 Invitational Training Project** (December 16 – Wachusett)
 - a) Top 15 2nd Year athletes (each gender)
 - b) Top 10 1st Year athletes (each gender)
 - c) Selection for both age groups based on the results at the respective previous year Championships
 - d) 5 discretionary spots per division (Mass East/Mass West/Connecticut)
- 2) **Speed Elements Camp** (February 4/5– Stratton)
 - a) **Open**
 - b) Quota – 60 athletes/per day
 - c) **Requires coach recommendation** (details will be included in the program announcement)
 - d) Monday – U19 and U16 – Limit 60
 - e) Tuesday – U14 – Limit 60
- 3) **U12 Invitational Training Project (Tentative)** (February)
 - a) Quota – 60 athletes – 30 girls/30 boys
 - b) Piche Qualifiers
 - c) Other Top 20 (U12 Championship Results) per gender
 - d) 5 discretionary spots per division (East/West/CYSL)
- 4) **Spring U14 Invitational Training Project** (March 9/10 – Berkshire East)
 - a) Quota – 60 athletes – 30 girls/30 boys
 - b) Eastern Championship Qualifier
 - c) Piche Qualifiers
 - d) Other Top 25 (U14 Championship Results) per gender
 - e) 5 discretionary spots per division (East/West/CYSL)
- 5) **U12 Future Stars** (March – Gore and hosted by NY)
 - a) Top 10 U12 (each gender) of the non-Piche Qualifiers

USSSB EASTERN REGIONAL PROJECTS



The Project Goals for the USSSB Eastern Regional Projects are:

- Bring top Eastern U14 athletes together for a 2-day SG, GS, or SL training project.
- Create an opportunity for training and peer group pace in a competitive environment and build confidence at an elite training venue, and
- Promote camaraderie amongst Top Eastern athletes.

The Quota & Selection Criteria may vary slightly, but the main points are:

- There are a few U14 Automatic selections. These 2nd year U14 athletes are selected from their top 30 overall standing from the previous year's – U14 Eastern Championships and includes winner of skills assessment.
- A few U14 Athletes will be selected from discretionary requests from eastern program coaches with the following guidelines:
 - submit detailed requests for *highly qualified and fit athletes ONLY*.
 - These athletes should be considered the very top of this age group in the east.
 - Final choice for athletes will be selected from this list by the Eastern office.

1) Quotas

- a) 2 girls
 - b) 1 boy
- 2) **GS Project** – Stratton – December 18/19
 - a) Selection Criteria
 - i) Previous year Championships – GS Results
 - 3) **SL Project** – Waterville Valley – January 15/16
 - a) Selection Criteria
 - i) Most recent slalom standings
 - 4) **SG Project** – Whiteface – February 5/6
 - a) Selection Criteria
 - i) Committee discretion
 - 5) **U12 Tactics/Dual** – NWAC – February 16/17
 - a) Quota: 10 athletes – Gender split: TBD
 - b) Selection Criteria
 - i) TBD
 - 6) **U14 Tactics/Dual** – NWAC – February 18/19
 - a) Quota: 10 athletes – Gender split: TBD
 - b) Selection Criteria
 - i) TBD

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Tri-State U14 Alpine Ski Racing Flow Chart

