

VARA U10 RACING

The VARA U10 age level provides non-scored competitions and skill development for racers aged born in 2007, 2008 and 2009.

Children's Development Committee- the CDC oversees rules and policies of U14 and younger racing in VT. This group works with the VARA Executive Director to create schedules, policies, qualifications, rules and state guidelines for the U14 and younger age groups. Committee members include; David Edry (Chair), 3 Council chairs ([David Edry/SVC](#), [Adam Julius/NVC](#), [Lori McClallen/MVC](#)) Sue Kramer/SVC, Taylor Mikell/NVC and Justin Lillie/S6. This committee works closely with the VARA Youth Coordinator.

Children's Development Sub- Committee

The Children's Development Sub Committee consists of the 3 Council Chairs from each of the three Councils and the CDC Chair – David Edry (North-Adam Julius, Mid-Lori McClallen, and South-David Edry,). The committee will work with the Executive Director and VARA Youth Coordinator regarding VARA U14 through U10 issues that arise at state championships and state governed events.

The VARA Children's Development Committee recommends that the U10 racers remain under the domain of the councils. VARA recommends that councils should use age appropriate gates and stubbies. Councils should use duals and include skills assessments for training and racing. The CDC recommends dual events.

It is recommended that councils communicate best practices of what works well in their councils and what is a challenge. There should be a council report for this age group for the VARA CDC to review in the spring meetings. The report should be sent to Alex@vara.org by April 15.

1. VARA is the governing body of U10 racing in Vermont.
2. VARA will delegate to the three state Councils (North, Mid, and South), the authority to design and administer their respective races and rules for U10 racing. VARA shall make recommendations to the councils.

RACE STARTS: Councils should follow USSA Guidelines for U10 age group, (fun races). Councils should practice 90% free skiing and doing fun duals and stubbie courses with some skill assessment drills.

3. Councils will adhere to the USSA established age categories.
4. Councils must also follow all USSA and VARA procedures for running a fair and legal race.
5. It is suggested that the councils run no more than 5 intra-mountain races.
6. To compete in VARA races, there are two membership requirements that must be met:
 - a) You must have a current USSA Youth Membership
 - b) You must be a current member of VARA.
7. VARA membership will be verified from the VARA website.

8. Coaches must be VARA and USSA members to obtain on hill privileges.
9. U10 Council races should be USSA sanctioned events. Sanctioned races must be held on homologated trails.
10. It is recommended that race fees be \$30 (plus applicable online registration fees) or less.

SKILL ASSESSMENT/ SKILLSQUEST: VARA Recommends that all U10's be introduced to the Skill Assessment/ Skills Quest Drills. Councils must have a plan to introduce skills assessments to their council U10 participants. For example councils may introduce a skill during competition race days (1 drill at a time per race). OR, host a skills assessment day where numerous skills are assessed.

Skills info may be found on the USSA site and the links below:

<http://ussa.org/alpine-programs/athletes/development/skillsquest/skiing-assessment>

ALSO See: <http://ussa.org/alpine-programs/regions/eastern-region>

Petitioning Athletes

For an athlete to be considered for skiing **up** an age class at the council level the Program Director must submit the petition to the Council Chair person. Petition must first be approved by the council Chair person. If approved at the council level, the request will then be submitted to the Chair of VARA Children's Committee. If approved by the VARA Children's Committee it will then be submitted to the USSA Eastern Regional Director whom will then submit the request to USSA National Office. Once approved by USSA National the athlete will then race in the petitioned age class for the entire VARA Council Race season. Once approved to ski up an age class, that athlete **MUST** race in that age class for the entire season. There will be **NO** returning to the original age class.

The following conditions apply: [Ski Up Form](#) (hyperlink)

1. PA will be considered and treated as any other participant in that age class.
2. PA will be presented with award if so earned.

There is **NO** VARA Head Tax at this age group unless they are included in a mixed age open race. In this case there is a \$2 per head per racer fee to be sent to VARA. PO BOX 774 Woodstock, VT 05091.