



2018-2019 U12 VARA Racing

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 and VARA Youth Coordinator 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/MVC. 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 CDC recommends that the U12 racers remain under the domain of the councils. 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.

The U12 age level provides non-scored competition for racers born in 2007 and 2008.

1. VARA is the governing body of U12 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 council rules. VARA shall make recommendations to the Councils.

RACE STARTS: Councils should follow US Ski & Snowboard Guidelines for U12 race starts.

Councils should be racing Duals and Stubbie courses. And incorporate Kombi's, paneled SL if time and space allow.

3. VARA will schedule open races and any U12 state event. Councils will schedule and administer council races.
4. Issues involving U12 VARA US Ski & Snowboard sponsored events will be resolved by the VARA CDC.
5. Councils must also follow all US Ski & Snowboard and VARA procedures for running a fair and legal race.
6. A \$30 (plus applicable online processing fees) maximum entry fee for slalom (SL) and giant slalom (GS) events and \$40 (plus applicable online processing fees) for Super-G (SG) races and camps is recommended for council qualifier races.
7. To compete in VARA U12 races, there are two membership requirements that must be met:
 - a) You must have a current US Ski & Snowboard Competitors Membership
 - b) In order to be considered in any VARA qualifying or selection process, you must be a current member of VARA.

8. VARA membership will be verified from the VARA website. On the [VARA Website](#) there is an option to print your VARA card-VARA does not issue a member ID #
9. Council racers MUST be VARA members before the first council race to receive points for standings. Standings/qualifying points are not retroactive. It is the coaches and parents responsibility to insure athletes are current with their VARA memberships.
10. Coaches must be VARA and US Ski & Snowboard members to have on hill privileges.
11. U12 Council races must be US Ski & Snowboard sanctioned events. Sanctioned races must be held on homologated trails.
12. Host mountain is required to present awards 5-30 minutes after the last competitor.

Out of Council/Out of State – Councils may accept out of council and/or out of state competitors into their council races as per their council rules. Refer to the specific council for clarification.
[MVC](#), [SVC](#), [NVC](#) (hyperlinks)

Independent Racer- VARA councils may accept independent VARA member racers as long as they adhere to the council policy on Independent racers. Refer to the specific council for clarification.
[MVC](#), [SVC](#), [NVC](#) (hyperlinks)

Parent/Spectator Clause

Any issues parents or spectators may have involving VARA rules, The Race Organizing Committee (ROC), Alpine Officials, the Jury, the race site or US Ski & Snowboard while at sanctioned council events such as VARA States or Shootout must be handled by athletes' responsible coach before being brought to the Race Organizer, Alpine Officials/Jury, registration volunteers or VARA. The athlete's coach must represent the competitor regarding the issue not his/her parent.

Petitioning Athletes-ski down

Except for approved petitioning athletes, all racers will follow established US Ski & Snowboard age classes. For an athlete to be considered for skiing **down** an age class at the council level The Program Director must submit a request to the Council Chair. If approved by their council the Council Chair will submit the request to the VARA Children's Chairperson and VARA Executive Director on or before December 15, 2018 for a CDC vote. There are three areas as guidelines in considering a ski down athlete: Physical Maturation, Mental Maturity and Physical Condition. The VARA CDC will review the request and respond to the council chair no later than Dec. 23, 2018. If an athlete is approved they will follow council and VARA rules for that age class. The following conditions apply:

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.
3. PA will be purged from results for selections to post season USSA Championship events.
4. PA will not advance to the Piche Championships.
5. PA must register with VARA under their correct age class based on year of birth.

Petitioning Athletes-ski up:

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 the VARA Children's Committee and the VARA Executive Director. If approved by the VARA Children's Committee the VARA Executive Director will then submit the request to the US Ski & Snowboard Eastern Regional Director whom will then submit the request to the US Ski & Snowboard National Office. Once approved by US Ski & Snowboard 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. Petitioning athletes to ski up to the U14 age level may qualify in to U14 States and Eastern Championships. They will displace a U14 from both events if they qualify for them.

[See Ski Up Form](#)

SKILL ASSESSMENT-SKILLSQUEST: VARA recommends that all U12's be introduced to the US Ski & Snowboard SkillsQuest Drills. U12's should ski the SkillsQuest drills within Council. Councils must have a plan to introduce US Ski & Snowboard Skills Quest into their council schedule. 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 US Ski & Snowboard 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>

SPEED ELEMENTS/TERRAIN DAYS: VARA recommends that all U12's be introduced to a U12 speed elements/terrain day. Athletes will use GS skis or longer and work on terrain, longer radius turn shape, gliding and jumping. Councils should have a plan to incorporate this day in to their U12 council schedule.

VARA U12 GS/TERRAIN PROJECT

OKEMO MT. February 8, 2019

Selection: By Councils

Approximately 42 athletes (7 boys and 7 girls from each council). GS project with terrain to work on adaptability skills and tactics, work in groups with other VARA coaches and meet other U12 VARA athletes from different councils.

FRANCAIS PICHE INVITATIONAL

The Piches Invitational event is for U14-U12 held in Gunstock, NH in mid to late March. There is also an optional training day for participants with an introduction to SG. This event is a great post season experience for the athlete. Each state receives a limited quota because of the large number of racers that attend.

PICHE QUOTA: To be determined by the race coordinators. VARA will split the Piche quota among participating councils and all eligible age classes. Unfilled quota spots will be distributed among the remaining participating councils. Councils must commit to Piche participation by February 1, 2019. Gender split determined by councils. Qualifying methods are determined by council. Please see council rules.

U12 NY-VT SL FUNDAMENTALS PROJECT

New York, March 29-31, 2019

Vermont's quota is 20 (gender split) YOB 2007 ONLY. This project is a great post season event, an initiative to keep athletes skiing longer into the season. MVC and SVC athletes will be chosen by their individual councils. The project includes fundamental free-skiing drills, U12 brush and stubbie courses, 60"-27mm poles, set for learning proper gate clearing, SL tactics, line, pole usage, turn shape, balance and understanding pressure. Competitive dual and evening activities. Announcement will be posted on the [VARA Youth website](#)

For issues that arise that are not addressed by VARA Rules then the US Ski & Snowboard Comp Guide rules will be in effect and then Children's Racing FIS rules.

There is \$2 VARA Head Tax per racer per race at this age only for open races and any state event.