



## Eastern Region U16 Regional Performance Series Stratton, VT

**Women: December 16-17**

**Men: December 18-19**

### **Project Goals**

- Bring top Eastern U16 athletes together for high quality training & head-to-head competition.
- Create an opportunity for training and peer group pace in a competitive environment and build confidence at an elite training venue.
- Promote camaraderie and regional team culture amongst eastern athletes.
- Select Eastern U16 NPS team ([selection method](#))

### **PROJECT PAYMENT AND WAIVERS:**

- Cost: \$245
  - Includes training, tickets, lunches, and Saturday dinner (women)/Monday dinner (men). \$54 discount for those with Ikon passes.
- Registration Page: <https://www.skireg.com/u16-rps-stratton>
- NOTE: When registering on Skireg, please register on the waitlist. We will then move you from the waitlist on the back end, based on the names submitted by your divisional leadership for the divisional quotas. (Quotas listed below.)
  - **Registration for athletes and coaches closes Monday, December 11th at 5 PM**
- [Click here to access waivers](#) (NEW online waiver, no need to print and sign!)

### **Lodging and Meals**

- Lodging: discounted lodging (\$149/room/night) at the Black Bear Lodge can be booked through this link: <https://tinyurl.com/USSAU1623>
  - **Link is open and rate guaranteed through November 15.** After that time reservations can be made by calling 1-800-787-2886 and mentioning "US Ski and Snowboard U16 Group"
  - Lodging at Black Bear Lodge includes breakfast.
- Lunch on both days and dinner on Saturday (women) and Monday (men) is included in the registration fee.

### **Schedule**

**DETAILED SCHEDULE** - a link to the most current schedule and information

WhatsApp: <https://chat.whatsapp.com/D78s81yCksEBwkUXOvmjiS>

#### **Saturday, December 16**

- 8:30-11:30 - Women's GS training (5 runs)
- 12:30-2:30 - Women's SL training (5 runs)



Sunday, December 17

- 8:30-11:30 - Women’s GS 3x timed runs
- 12:30-2:30 - Women’s SL 3x timed runs
- Run orders:
  - R1: randomized full field
  - R2: full field flip
  - R3: butterfly of R1 (i.e. run bibs 26-50, then 1-25)

Monday, December 18

- 8:30-11:30 - Men’s GS training (5 runs)
- 12:30-2:30 - Men’s SL training (5 runs)

Tuesday, December 19

- 8:30-11:30 - Men’s GS 3x timed runs
- 12:30-2:30 - Men’s SL 3x timed runs
- See above for run orders

**Selections:**

Selections will be done by PER GENDER divisional quota allocations as follows:

	MARA	NHARA	NJSRA	NYSSRA	PARA	SARA	TSASRA	VARA
Men	3	8	2	4	3	2	3	18
Women	4	8	2	4	4	2	3	18

Divisional selections due to Eastern Region staff via email by **November 10th, 2023**

A list of selected athletes can be found here: [📄 December 2023 U16 RPS Athlete List](#)

Eastern Region staff will consider discretionary requests, filling the field to a maximum of 50 athletes. Discretionary requests must be submitted by **December 1st, 2023**. Selections will be made after this time. Requests can be submitted using the form linked here:

[https://docs.google.com/forms/d/e/1FAIpQLSeKUpeB8bsJUcl4mM8gHKQ-v2a\\_yZx3xuBTOqmWxsykTv0gFA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeKUpeB8bsJUcl4mM8gHKQ-v2a_yZx3xuBTOqmWxsykTv0gFA/viewform)

**Staff & Project Leaders**

Scott Graham, Eastern Regional Development Coach  
Additional club/academy staff TBA (depending on final numbers)

**Athletes:**

You must be healthy, free of injuries and able to participate fully in all aspects of the on-snow and conditioning training program. This could include free skiing, gate training, strength training, running, jumping, agilitys, flexibility training and games.



**Equipment:**

You will need all your GS and SL equipment for this project. Good tuning is important as the surfaces tend to be very firm. Good wax is critical as well, as the durability of the ski bases will be challenged every day.

**Important Contacts:**

**Scott Graham (435-962-0545)**  
**Roger Kimball (435-962-2672)**  
**Sam Damon (435-714-2540)**  
**Paige Roberts (435-714-1281)**