



New England Skills Challenge

DAY 3 – Vermont (VT)

**Goal: Get 2,000 touches each day to have
12,000 touches this week.**

200 Foundations – 2 sets

200 Sole Foundations – 2 sets

200 Rollovers – 2 sets

200 Weeman – 2 sets

200 Rock & Roll – 2 sets



[Vermont Skills Challenge](#)

Far Post Connections to Vermont:

- Far Post started in Vermont back in the early 1990s as an organization running soccer camps exclusively. It officially became a club in 1996 and became a not-for-profit 501(c)(3) in 2001 when Coach Todd became the executive director.
- US Youth Soccer's executive director, Skip Gilbert, played soccer for UVM as a keeper and was an All-American.
- Far Post has had players go on to play college soccer at the following programs: University of Vermont, Middlebury College, St. Michael's College, Johnson State College, Castleton State College, Norwich University and Lyndon State College.
- Vermonters and Far Posters that have won a National Champions at the collegiate soccer level include: Madison Feeney at Williams College (twice), Ally Flaherty at William-Smith College, Kyle Logan at Southern New Hampshire College, Sam Williams at Tuft's University, and Carson Cornbrooks and Taylor Wilkins at Middlebury College.
- Coach Emily Milbank grew up in Vermont and played soccer for UVM. Playing club soccer in VT helped her to meet some of her soccer idols: Kristine Lilly, Brandi Chastain and Kristen Luckenbill
- Coach Lindsay Austin Hawley also grew up in VT and played soccer for St. Michael's College.
- Coach Staige Davis grew up playing for Far Post and now plays for Norwich University.
- Coach Noah Goss-Wolinar also grew up playing for Far Post. He was a 4-year starter at Middlebury College.
- Coach Cory Payson grew up in New York, but moved to Vermont in the mid-nineties and received his teaching license and master's degree from UVM.

Interesting Facts About Vermont:

- Vt ranks 43rd when it comes to size, but it makes more maple syrup than any other state.
- With a population of fewer than nine thousand people, Montpelier, Vermont is the smallest state capital in the U.S. and it is the only capital in the country that does not have a McDonalds.
- Rudyard Kipling, author of the Jungle Book, was living in Vermont in the 1890s when he invented Snow Golf!