

# NYSEF NORDIC 2009/10



**Cross-country  
Ski Jumping  
Nordic Combined  
Biathlon**

# Overview of NYSEF

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It is the mission of the New York Ski Educational Foundation to provide opportunities for athletes of all ages to reach their potential in snow sports - alpine skiing, freestyle skiing, snowboarding, ski jumping, cross country, Nordic combined and biathlon - through professional guidance and financial Support.

NYSEF Nordic offers year-round training programs for athletes ages 8-18.

# Nordic Coaching Staff

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**Margaret Maher, NYSEF XC Head Coach**

margm@nysef.org

office phone (518) 523-1900

**Casey Colby, NYSEF Elite Ski Jump Coach**

caseyc@nysef.org

office phone (518) 523-1900

**Elizabeth Bouchard-Hall, NYSEF Assistant XC Coach**

**Dave McCahill, NYSEF Assistant XC and Ski Jump Coach**

**Evan Bliss, NYSEF Assistant Ski Jump Coach**

**Matt Cook, NYSEF XC and Ski Jump Coach**

**Sean Burke, NYSEF XC and Ski Jump Coach**

# Pipeline of Nordic Programs

CROSS-COUNTRY (BIATHLON)

NORDIC COMBINED

SKI JUMPING

full program descriptions available at [nysef.org](http://nysef.org)



USST or USBA

Project X

College

USST Dev Team

Comp Team

Elite Team

Summer Training

Prep Team

Junior Olympic Team

Trailblazers

Grasshoppers

Snowcats

# Athlete Evaluations

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**All athletes will receive an athlete evaluation at the end of January and the end of March.**

**Depending on the athlete's team, the evaluations are based on:**

GENERAL SKI SKILLS

CLASSIC SKI SKILLS

SKATE SKI SKILLS

EQUIPMENT AND PRACTICE PREPARATION

RACE DAY SKILLS

LISTENING SKILLS

TEAM ENVIRONMENT

ACTIVE LEARNING SKILLS

COACH COMMENTS

## **RATING SCALE**

- 1 unsatisfactory**
- 2 needs improvement**
- 3 satisfactory / is working on it**
- 4 meets expectations**
- 5 outstanding**

**These will be sent home in the mail.**

**APPROPRIATE CLOTHING: Please make sure your athlete is prepared for practice.**

# Youth Age Groups

Youth races (under age 13) are also called Bill Koch races after Vermonter Bill Koch who became the first American to win an Olympic medal in cross country skiing.

<b>AGE GROUPS (AGE AS OF 12/31/09)</b>				
<b>AGE GROUP</b>	<b>AGE GROUP ABBREVIATION</b>	<b>ATHLETE'S AGE</b>	<b>BIRTH YEARS</b>	<b>Typical NYSEF NORDIC PROGRAM</b>
<b>BILL KOCH YOUTH SKI LEAGUE (BKL)</b>				
Lollipop	Lollipop	0-7	2002-2009	
Junior 5	J5	8-9	2000-2001	XC: Snowcats / Trailblazers Nordic Combined: Grasshoppers
Junior 4	J4	10-11	1998-1999	XC: Trailblazers Nordic Combined: Grasshoppers
Junior 3	J3	12-13	1996-1997	XC: Trailblazers / Prep Team Nordic Combined : Grasshoppers / Junior Olympic Team
<b>JUNIORS</b>				
Junior 2	J2	14-15	1994-1995	XC: Prep Team / Comp Team Nordic Combined : Junior Olympic Team / Elite Team
Junior 1	J1	16-17	1992-1993	XC: Prep Team / Comp Team Nordic Combined : Elite Team
Older Junior	OJ	18-19	1990-1991	XC: Comp Team Nordic Combined : Elite Team

# Memberships / Organizations

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## **USSA (United States Ski and Snowboard Association)**

All athletes attending the USSA XC Junior Olympics will need USSA membership

## **NYSSRA Nordic (New York State Ski Racing Association)**

All XC athletes must be members of NYSSRA Nordic Sign up online at [skireg.com](http://skireg.com)

Please be sure to put NYSEF as your club for club points

NYSSRA members also have membership to NENSA (New England Nordic Ski Association)

Membership is free to first year members under age 13

<http://www.nyssranordic.com>

## **NENSA (New England Nordic Ski Association)**

<http://www.nensa.net>

## **Lake Placid Ski Club**

recommended that all NYSEF Nordic athletes join the LPSC

LPSC supports the XC wax budget

LPSC supports Nordic Combined/Ski Jumping travel expenses and K18 equipment

## **Dewey Mountain XC Ski Center**

All XC athletes must purchase a season pass to Dewey Mountain

# Nordic Winter Practice Schedule

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In an ideal world, when we always have SNOW! Schedule subject to change as needed

## Comp Team

Mon OFF

Tues Dewey Mt 4 - 5:30 pm

Wed / Thurs / Fri 3:15 - 4:45 pm at MVH

Sat / Sun 9:30 - 11:30 am at MVH

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## Prep Team

Mon OFF

Tues Dewey Mt 4 - 5:30 pm, plus night race

Wed / Fri 3:15 - 4:45 pm at MVH

Sat 9:30 - 11:30 am at MVH

recommended to log some kilometers on non-team days!

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## Trailblazers / Grasshoppers

TB / GH Tues Dewey Mt 4 - 5:30 pm, plus night race

TB Thurs 3:30 - 4:45 pm at MVH / Sat 9:30 - 11:30 am at MVH

GH Wed / Fri K18 jumping 4 - 5:30 pm at Ski Jumps

recommended to log some kilometers on non-team days!

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## Snowcats

Tues Dewey Mt 4 - 5:30 pm, plus night race

recommended to log some kilometers on non-team days!

# Nordic Winter Travel

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**NYSEF will have transportation available for winter team travel. Van spots will be filled by Comp Team athletes first, then Prep Team athletes as available.**

**Before leaving on team trips, please let the coaching staff know if athletes are taking any medications.**

## Comp Team

New England JOQ/Eastern Cups, Mid-Atlantic JOQ, ESGQ  
Junior Nationals, J2 Festival, EHSC

## Prep Team

Mid-Atlantic JOQ, ESGQ, New England BKL Festival, Mid-Atlantic  
BKL Festival

## Trailblazers / Grasshoppers

race in local BKL races, Tuesday Dewey night races, travel with  
parents to away BKL races, participate in the New England and  
Mid-Atlantic BKL Festivals, NYSEF Nordic Kids festival

## Snowcats

participate in local BKL races, Tuesday Dewey night races,  
participate in Mid-Atlantic BKL Festival and NYSEF Nordic Kids  
Festival

# Volunteer Days / Work Deposit Fee

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**NYSEF requires a \$250.00 work deposit fee per family. Your work deposit fee is returned after 2 volunteer days are completed. You must get your volunteer card signed by a NYSEF coach on the days you work.**

**If you are not available for the Nordic events, volunteer days may be completed in the other NYSEF disciplines.**

**Sign up to volunteer will be available at [nysef.org](http://nysef.org)**

# NYSEF Nordic hosted events 2009/10

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- **December 13, NYSEF Season Opener (ESGQ / NYSSRA Series Qualifier), BKL race**
- **December 18-20, Nordic Combined Continental Cup**
- **December 29-30, ORDA/NYSEF New Years Ski Jump Competition**
- **January 1-3, North American Junior Championships (SJ/NC)**
- **January 15-16, St. Lawrence Carnival**
- **January 23-24, NYSEF Harry Eldridge Memorial Race Weekend (Mid-Atlantic JOQ / USSA NRL / ESGQ / NYSSRA Series Qualifier), BKL race on Sunday**
- **January 30-31, NYSEF Norwegian Open (SJ/NC)**
- **February 21, NYSEF BKL Race following Empire State Games**
- **March 20-21, NYSEF Nordic Kids Festival (both days at the Olympic Ski Jumping Complex including freestyle sprints, obstacle course, small hill ski jumping, paintball biathlon, Dr. Dave Memorial race to follow)**

## **NYSEF Snow-A-Thon December 28 at the Olympic Ski Jumping Complex**

Athletes will receive pledge forms and information in the mail. All fundraising \$ from Nordic athletes goes directly to the Nordic Programs. Athletes compete in a fun obstacle course while parents enjoy music, food and friends. 6-8 pm.

# BKL Festivals

**ALL ATHLETES AGED J3 AND UNDER STRONGLY ENCOURAGED TO ATTEND!**

NYSEF XC coaches will travel to the festivals to provide race support and waxing.

Athlete travel will be with their families.

## **NEW ENGLAND BKL FESTIVAL**

February 27 – February 28, 2010 at Pineland Farms in New Gloucester, ME

Headquarters Hotel: Comfort Suites Freeport

500 US Route 1, Freeport, ME, (207) 865-9300

room rate: \$95.00. Indoor pool, fitness center, full breakfast included.

call for reservations and ask for Bill Koch Festival rate (cut off date for special rate 1/15/10)

event details at [nensa.net](http://nensa.net) (click KIDS tab)

link to additional lodging suggestions at: <http://bklfestival2010.nensa.net/home/announcements>



## **MID-ATLANTIC / NYSSRA BKL FESTIVAL**

March 13 – 14, 2010 at Lapland Lake XC Ski Center in Northville, NY

additional info will be available at [nyssranordic.com](http://nyssranordic.com)



# NYSEF Nordic Uniforms

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**Podiumwear Race Suit (2-piece)**

**let Margaret know if you still want to order**

**\$165 for adult size, \$100 for kids size plus shipping cost**

# New NYSEF Website

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**Updated NYSEF website at [nysef.org](http://nysef.org)**

**Click Olympic Sports Complex for XC info**

**Click Olympic Jumping Complex for Ski Jump / Nordic Combined info**

**Blogs will have updates as we go through the season**

**Check NYSEF website for weekly practice schedules, email will also be sent when it's updated**

# Nordic in the “off-season”

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Summer training is available.  
Let's keep the kids active!

## OTHER EVENTS

- Soaring Saturday Ski Jumping Competitions (July / August)
- Janus Ironman signs summer fundraiser (July)
- NYSEF Summer Benefit (August)
- Climb to the Castle Rollerski Race (October)
- Flaming Leaves Ski Jumping Competition (October)
- NYSEF Nordic Benefit Fundraiser (October)



**CLIMB  
TO THE  
CASTLE**



# Questions?

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**Email the coaches with questions.**