

New York Ski Educational Foundation



2011-2012 Alpine Program Descriptions Gore and Whiteface Mountains

Program Philosophy

The New York Ski Educational Foundation (NYSEF) offers competitive alpine ski programs for a variety of age, ability and commitment levels. Programs are based out of both Gore Mountain and Whiteface Mountain and encompass an appropriate mix of free-skiing and gate training. NYSEF athletes are encouraged to become “good skiers” as well as “good ski racers”; good skiing is the key to fast racing at the higher levels. Our coaching staff helps to instill a passion and love for skiing with their athletes to make skiing and racing a life-long and enjoyable activity.

Our program philosophy is based on developing and mastering proper fundamental skills then challenging them in a competitive environment. Programs range from weekend to full-time programs in order to meet the varying needs of athletes and families. We strive to create an environment in which each athlete learns the essential skills to reach their potential in their sport. We want each NYSEF athlete to be the best that they can be and have fun doing it! The friendships and valuable connections your children will make though ski racing will last a lifetime.

Olympic Regional Development Authority (ORDA)

We are very lucky to be located at two of the best ski areas in the East and reap the benefits of each. Our partners, ORDA, manage the venues of both Gore and Whiteface Mountains. Their support and cooperation is essential to NYSEF’s success. Gore Mountain provides the most skiable acreage in the state and yet continues to expand their terrain. Two-time host of the Winter Olympics (1932 and 1980), Whiteface offers the largest vertical drop in the East and has been ranked the best ski area in the East in Ski Magazine. Both offer ample opportunities to learn and practice the essential skills of skiing and ski racing and also provide a place for parents and friends to enjoy snow sports while children are skiing in the program.

NYSEF has training centers at both Whiteface and Gore that provide a meeting place for parents, coaches and athletes. These log buildings have a variety of uses including equipment storage, video analysis, coach’s offices, and locker space. The training center at Gore is located beyond the base of the triple chair north of the base lodge. The training center at Whiteface (built in 2006) is located at the base of the mountain just adjacent to the base lodge.

For more information, please check the NYSEF website at www.nysef.org.

NYSEF Alpine Weekend/Holiday Programs (Gore and Whiteface)

Program dates and times:

- Programs begin **December 3, 2011** and conclude **March 25, 2012** (J5/6 groups conclude March 18, 2012).
- Training also takes place during the December Holiday Break (December 26-31) as well as limited training over President's week. (Training does NOT take place on Christmas Eve/Day, New Years Day or Martin Luther King Jr. Day).
- Training sessions are **8:30AM - 2:30PM** (J5/J6s end at 2:00) with a lunch break and additional breaks as needed.

Memberships (see age group description for additional info and requirements):

- **NYSSRA** (New York State Ski Racing Association). Membership required for all J4-J1 athletes (and J5s that wish to race USSA non-sanctioned races). Information found at www.nyssra.org
- **USSA** (United States Ski Association). Membership required for all J4-J1 athletes (and J5s that wish to race USSA non-sanctioned races). Information found at www.ussa.org
- **FIS** (International Ski Federation). J1/2s only - Membership optional (required to race FIS races and be ranked internationally). Information found at www.fis-ski.com.
- **USASA** (United States of America Snowboard Association). Membership for Alpine racers optional, but required to participate in USASA sanctioned **Skier-Cross** events. Information found at www.usasa.org.

J5 and J6 (YOB 2001 - 2004): Ski racing is introduced at this young age in the form of extensive free-skiing and basic skill development with a major emphasis on having FUN. Athletes are broken into small groups and encouraged to push their limits in a variety of terrain and environments including groomed terrain (steep and flat), moguls, obstacle courses and will even spend some time in the Skier-Cross course. Exposure to gate training varies by age: typically, J6s (YOB 03-04) stick with basic Giant Slalom technique while J5s (YOB 01-02) may also have a basic introduction to Slalom.

All J5s and J6s participate in an "in-house" race series at each Gore and Whiteface (approximately 5-6 races per season) and are also encouraged to participate in other races such as the Hovey Memorial and NYSSRA Kandahar as appropriately guided by the staff. (Appropriate USSA and NYSSRA Membership are required ONLY to participate in races such as the Hovey and Kandahar. See www.ussa.org and www.nyssra.org for details). All participants should be able to ski at an intermediate level, ride the lift alone and put on their own ski equipment.

J4 (YOB 1999 - 2000): Athletes at the J4 level maintain focus on fundamentals and skill development while increasing exposure to competitive racing while having FUN. Majority of on-snow time is spent on directed free-skiing in a variety of terrain including groomed terrain, moguls, and the Skier-Cross course. Gate training is focused on applying the fundamentals learned in free-skiing to modern tactics in both Slalom and Giant Slalom with some exposure to Super-G.

J4s begin to compete outside their home mountains of Whiteface and Gore in the NYSSRA Mountain Council. From there, they can qualify to compete at the state and regional level.

NYSSRA and USSA memberships are REQUIRED at the J4 level - more information can be found at www.nyssra.org and www.ussa.org. Typically, competitions take place on weekends starting in January and go through March - there are some mid-week races. All participants should be able to ski competently at an intermediate to expert level.

J3 (YOB 1997 - 1998): At the J3 level, a great deal of focus remains on fundamentals and skill development while the mix moves towards developing good technique and tactics for racing. Athletes move through a season-long progression of free-skiing, drills and gate training with emphasis again placed on FUN. Typically, competitions take place on weekends starting in January and go through March - there are some mid-week races.

J3s compete at the state level (NYSSRA) in three events: Slalom, Giant Slalom and Super-G. From there, they can qualify to compete at the regional and national level (USSA). Appropriate NYSSRA and USSA memberships are REQUIRED - more information can be found at www.nyssra.org and www.ussa.org (**Note: a “USSA Competitor Membership” is required for J3 Racers**). All participants should be able to ski at an expert level.

J1 and J2 (YOB 1996 - 1992): The J1/2 level encompasses a mix of free-skiing and gate training progressions with an emphasis placed on skill mastery. Athletes are yet again encouraged to be “good skiers” as well as “good ski racers” as the terrain on which they race becomes more challenging. Typically, competitions take place on weekends starting in January and go through March - there are some mid-week races.

J1/2s compete at the state level (NYSSRA) in three events: Slalom, Giant Slalom and Super-G. From there, they can qualify to compete at the regional and national level (USSA). Appropriate NYSSRA and USSA memberships are REQUIRED - more information can be found at www.nyssra.org and www.ussa.org. All participants should be able to ski at an expert level.

Masters (Ages 25 and older): The Master’s program offers adults the opportunity stay involved with ski racing at a variety of levels. Like the other weekend programs, masters at NYSEF are exposed to a mix of free-skiing and gate training with emphasis put on skill development and having fun. Full participation is strongly encouraged, but can vary if commitment is not possible. Limited training is available on Fridays as well as weekends based on race schedule. Masters have the option to race in numerous series in the East. Coaches will have more information once the season begins. Information can be found at the following websites:

- New England Masters Ski Racing: www.nemasters.org.
- New York Masters Ski Racing: www.nymasters.org.
- ASRA Masters Ski Racing: www.asra.org

Note: NYSEF does not provide coaching support at master’s races.

New for 2011-2012 - “Weekend Plus”: This year we are offering an additional program for weekend athletes at both Gore and Whiteface to encourage more on-snow time. The “Weekend Plus” program offers athletes the opportunity to train on Fridays at their respective mountain. This program is designed to compliment the weekend programs by reinforcing the content and direction of the weekend training. Like the weekend programs, this option will be focused heavily on skill development and fundamentals and will include appropriate gate training. Age-appropriate weekend program enrollment is required to participate (J1, J2, J3 and J4 athletes only). More details can be found at www.nysef.org.

Note: training camps, race entry fees, and travel are not included in enrollment.

NYSEF Alpine Full-time Programs (Whiteface only)

The NYSEF program at Whiteface offers a “full-time” ski program for J3, J2 and J1 athletes that want to pursue ski racing at a higher level. Programs are designed based on a season-long progression of skill development and gate training. While a detailed schedule will be based on the athlete’s race calendar, training typically takes place from Tuesday through Sunday. Competitions take place both mid-week and weekends. At the J1/2 level, a FIS membership (www.fis-ski.com) may be required in addition to a NYSSRA (www.nyssra.org) and USSA (www.ussa.org) membership. Note: Race entry fees are not included in enrollment; limited transportation to races may be available for an additional fee.

NYSEF also partners with two local private schools in order to enhance this full-time program for athletes. The **National Sports Academy** and the **Northwood School** are both private boarding schools that offer year-round support to athletes wishing to pursue ski racing to the next level. Each school has unique program tailored to fit the needs of various athletes. For more information on each school, visit their websites:

- **National Sports Academy:** www.nationalsportsacademy.com
- **Northwood School:** www.northwoodschool.com

For more information or interest in a full-time training option at NYSEF, please contact us at 518-946-7001 or johnn@nysef.org

NYSEF On-Snow Training Camps

NYSEF offers additional training camps in the “off-season”, or the summer and fall months when skiing locally is not possible. These camps are designed to give athletes more on snow mileage and opportunity to develop skills in a non-competitive, FUN environment. These on-snow opportunities are also great methods for getting an edge on the competition in the winter. Below is a sample of camps NYSEF (specific details can be found in the camp announcements on www.nysef.org):

Summer:

- NYSEF Mount Hood Summer Camp, Mount Hood, Oregon. Open to all J5-J1. Approximate dates/cost: June 28th to July 9th, \$2,600

Fall:

- NYSEF Saas Fee Fall Camp, Saas Fee, Switzerland. Open to J1/2 FIS athletes only. Approximate dates/cost: October 12th-25th, \$3,800
- NYSEF Fall Camp West, Summit County, Colorado. Open to J4, J3, and J1/2 athletes. Dates/cost: TBD (in conjunction with National Sports Academy and Northwood School).
- NYSEF Fall Camp East, Quebec, Canada. Open to J4, J3, and J1/2 athletes. Approximate dates/cost: November 18th-23th, \$1,000

Please visit www.nysef.org for more specific details on NYSEF training camps.

Note: additional training camps are not included in enrollment.