

# NYSEF NORDIC 2011/12



**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.

# Nordic Coaching Staff

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**NYSEF Nordic Office (518) 523-1900**

**NYSEF Main Office at Whiteface (518) 946-7001**

**Margaret Maher, NYSEF XC Head Coach** [margm@nysef.org](mailto:margm@nysef.org)

**Evan Bliss, NYSEF Ski Jumping Head Coach** [evanb@nysef.org](mailto:evanb@nysef.org)

**Steve Vargo, NYSEF Assistant XC / Biathlon Coach**

**Elizabeth Bouchard-Hall, NYSEF Assistant XC Coach** [lizbh@nysef.org](mailto:lizbh@nysef.org)

**Per diem coaches:**

**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

USA Ski  
Jumping

College

USST Dev Team

Comp Team

Elite Team

Summer Training

Prep Team

Junior Olympic Team

Trailblazers

Grasshoppers

Snowcats

# Snowcats

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**New this winter is a fresh “Snowcats” program:**  
Snowcats will have the option to choose 1 practice/week between XC on Tuesdays or K18 Ski Jumping on Wednesdays.



# Biathlon

## **NEW THIS WINTER:**

Development of a biathlon program supported by the Adirondack Community Trust & the Uihlein-Ironman Sports Fund

Continue the Adirondack Paintball Biathlon Series

Shooting session will be on Wednesdays during the winter months

Please email Margaret if your athlete is interested in biathlon



# 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.

New England events are now using a grade based system (grade 1&2, 3&4, 5&6, 7&8)

## AGE GROUPS (AGE AS OF 12/31/11)

AGE GROUP	AGE GROUP ABBREVIATION	ATHLETE'S AGE	BIRTH YEARS	Typical NYSEF NORDIC PROGRAM
<b>BILL KOCH YOUTH SKI LEAGUE (BKL)</b>				
Lollipop	Lollipop	0-7	2004-2011	
Junior 5	J5	8-9	2002-2003	XC: Snowcats / Trailblazers Nordic Combined: Snowcats / Grasshoppers
Junior 4	J4	10-11	2000-2001	XC: Trailblazers Nordic Combined: Grasshoppers
Junior 3	J3	12-13	1998-1999	XC: Trailblazers / Prep Team Nordic Combined : Grasshoppers / Junior Olympic Team
<b>JUNIORS</b>				
Junior 2	J2	14-15	1996-1997	XC: Prep Team / Comp Team Nordic Combined : Junior Olympic Team / Elite Team
Junior 1	J1	16-17	1994-1995	XC: Prep Team / Comp Team Nordic Combined : Elite Team
Older Junior	OJ	18-19	1994-1993	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 Junior Olympics will need USSA membership

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

All XC and Nordic combined athletes must be members of NYSSRA Nordic . Sign up online at skireg.com

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

NYSSRA members also receive 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, \$15/athlete or \$55/family

## **Ski Jump East (Ski Jumping and Nordic Combined)**

<http://www.skijumpeast.com>



# 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.**

# XC 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

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

Thurs 3:30 - 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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## Snowcats

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

practice at Ski Jumps or MVH until Dewey has snow

recommended to log some kilometers on non-team days!

# XC 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

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

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## Prep Team

Mid-Atlantic JOQ, ESGQ, Mid-Atlantic BKL Festival, New England  
BKL Festival, NYSEF Nordic Kids festival

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## Trailblazers

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

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## Snowcats

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

# Grasshopper Winter Practice Schedule

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

## Winter Calendar: November 29, 2011 – March 18, 2012

### Regularly Scheduled Weekly Practices:

Wednesday & Friday 4:00 – 5:30 pm at Ski Jump Base Lodge

Saturday 1:00-3:00 pm at Ski Jump Base Lodge

Cost: \$665 includes all hill and coaching fees for winter season

\*\*\* Athletes are welcome to choose any combination of Jump sessions (W,F,Sa) or XC sessions with the Trailblazers (T,Th,Sa). If Grasshoppers wish to participate in an extra day/week, they're welcome to do so at a rate of \$175/extra day per week, all winter long.

## Learn to Fly Wednesdays (introductory program)

January 4, 11, 18, 25 3:00-5:30 pm

\* \$5 per session for newcomers to the sport that have never tried jumping before

\* \$25 per session for past Grasshopper participants that are unable to do the full winter season (standard NYSEF Coaching & Hill Fee structure)



# Grasshopper Winter 2012 Travel

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**NYSEF will have transportation available for winter team travel. Van spots will be filled on a first come first serve basis. We will absolutely try to accommodate all athletes interested in traveling to out of town competitions.**

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

## **Potential Competitions for Grasshoppers Winter 2012**

**(Weather permitting of course)**

Jan 7-8	Andover and Gunstock, NH K10 – K38
Jan 15	Vermont Academy, VT K10 – K30
Jan 21-22	Lebanon and Hanover, NH K10 – K50
Feb 10-12	Salisbury, CT K15, K30 & K68
Feb 25	Andover Ski Fest K10 – K38
Mar 17-18	Lion's Club / NYSEF Nordic Festival, Lake Placid K18

\*Anyone traveling with the NYSEF Nordic team will be held to the standard Code of Conduct. Athlete/Parent contracts will be signed by all participants. A 3-strikes system will be used, punishable by not being allowed to compete or denied travel to the next scheduled event.

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# BKL Festivals

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**ALL ATHLETES AGED J3 (OR 8<sup>TH</sup> GRADE) 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**

**March 2 – 4, 2012 at Great Glen Trails, Pinkham Notch, NH**

**More event details and host hotel information will be posted to the NENSA website at [nensa.net](http://nensa.net) (click KIDS tab)**

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

**February 11 – 12, 2012 at**

**McCaulley Mountain, Old Forge, NY**

**More event details at [nyssranordic.com](http://nyssranordic.com)**



# USSA Junior Nationals

**March 3 – 11, 2012**

Held in conjunction this year are the USSA  
XC and Ski Jumping / Nordic combined  
Junior Nationals in Soldier Hollow, UT



# Equipment & NENSA Skis for Kids Lease Program

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**Please discuss equipment needs with your athlete's coach if you have questions**

## **NENSA Skis for Kids Lease Program**

Details available at <http://www.nensa.net/skis/>

\$50 plus shipping for skis, boots and boots lease  
from November – March



# NYSEF Nordic Uniforms

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**Email Margaret regarding race suit and warm-up order.**

# **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 sign in when you volunteer and your name will be turned into the NYSEF Whiteface office by the coaching staff.**

**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)**

# Climb to the Castle 2011

**Saturday September 17!**

**8:00 am start at the Whiteface Toll Booth**

**Still need volunteers – sign-up this evening  
or online at [nysef.org](http://nysef.org)**

**Young NYSEF athletes can help with the feed  
station on course – wear your team jacket!**

Teams racing include the US Ski Team, the US Biathlon Team, the National Elite Group and many top senior and junior racers from around the country.



# NYSEF Nordic events 2011/12

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- **September 17, NYSEF Climb to the Castle Rollerski Race**
- **October 8-9, Flaming Leaves Ski Jumping Competition**
  
- **December 11, NYSEF Season Opener (ESGQ / NYSSRA Series Qualifier), BKL race**
- **December 30-31, ORDA/NYSEF New Years Ski Jump Competition**
- **January 21-22, NYSEF Harry Eldridge Memorial Races, BKL race on Sunday (USSA NRL / Mid-Atlantic JOQ / ESGQ / NYSSRA Series Qualifier)**
- **February 5, Empire State Games (SJ/NC), BKL Race following XC races**
- **March 17-18, NYSEF Nordic Kids Festival (both days at the Olympic Ski Jumping Complex including individual freestyle race, freestyle sprints, small hill ski jumping, paintball biathlon, Dr. Dave Memorial race to follow)**

# Fall Fun for Nordic Kids

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## **Adirondack Speedsters Running Program:**

Monday, Wednesday and Fridays at John Brown Farm 3:45 – 4:45 pm  
USTF races in New York

## **Join NYSEF Alpine for Fall Dryland Days:**

Free to NYSEF enrolled winter athletes. Meet at the NYSEF Whiteface building.

Saturday 9/24      10 am Hike / Agility

Saturday 10/8      9 am Games / Agility

Saturday 10/22      9 am Hike / Agility

# NYSEF Website

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

**Click Olympic Sports Complex for XC info**

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

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

**Check NYSEF website /calendar for weekly practice schedules**

# Nordic in the “off-season”

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



## OTHER EVENTS

- Soaring Saturday Ski Jumping Competitions (July / August)
- NYSEF Summer Benefit (August)
- Climb to the Castle Rollerski Race (September)
- Flaming Leaves Ski Jumping Competition (October)
- NYSEF Ski Swap (October)
- NYSEF Nordic Fundraisers at Cascade XC Ski Center (November 12 and March)



# Questions?

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Email the coaches with questions.

