



Matt Cook  
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## Grasshopper Camp Fact Sheet

Summer 2007

NYSEF is looking forward to hosting yet another summer of ski jumping camps in Lake Placid, NY at the Intervale Jumping Complex. There are several missions of the grasshopper camp. It is the perfect environment to introduce young athletes (age 6-12) to the sport of ski jumping in an inviting supportive setting on our K18 meter hill. Athletes will be taught the basic in-run position, take-off and flight dynamics. Balance and coordination are key to the sport and several exercises will be fundamental to the camp atmosphere. The camp also allows experienced ski jumpers (age ~8-14) to refine K18 technique through video analysis and professional coaching. While the camp is designed for the K18, time on the K48 is available for athletes ready and excited to ski jump a larger hill. Grasshoppers will be able to watch our elite athletes train and compete on the Olympic K90 hill. Athletes are expected to ski jump in 5 full jump sessions, hike to Copperas Pond, join in a fun competition on the K18/K48, and an optional 2.5K race for the Nordic Combiners.

**Camp Dates:** July 18<sup>th</sup>-22<sup>nd</sup> and August 15<sup>th</sup>-19<sup>th</sup>

**Price:** \$275 for day athletes, Registered NYSEF athletes \$200.

Price includes- ski jumping gear, *first come first serve*

Lunch for all athletes Thursday-Sunday

BBQ and prizes for Sunday's Awards Banquet

Transportation when necessary in the NYSEF van

Technical support and video analysis

USSA membership is *mandatory* for all athletes. This is the parent/ guardians responsibility and can be done at [www.ussa.org](http://www.ussa.org) under Membership.

**Grasshopper Registration Form** (page 2) must be filled out upon arrival

**Camp schedule** is included (page 3) and is subject to change.

**Contact information:** NYSEF Ski Jumping Office 518-523-1900

Matthew Cook [mattcook99@hotmail.com](mailto:mattcook99@hotmail.com),

This information is posted at [www.NYSEF.org](http://www.NYSEF.org) under Ski Jumping

Looking forward to another great summer of ski jumping!

Matt Cook

**New York Ski Educational Foundation  
Grasshopper Camp Registration 2007!**

**Athlete 1:** \_\_\_\_\_ Date of Birth: \_\_\_\_\_ USSA # \_\_\_\_\_

**Athlete 2:** \_\_\_\_\_ Date of Birth: \_\_\_\_\_ USSA # \_\_\_\_\_

**Parent's/Guardian:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Telephone Home:** \_\_\_\_\_

Work: \_\_\_\_\_

Cell: \_\_\_\_\_

**Household E-mail:** \_\_\_\_\_

**Is there a neighbor or relative to contact if you cannot be reached?**

Name / relationship: \_\_\_\_\_

Telephone numbers: \_\_\_\_\_

**Regular Doctor:** \_\_\_\_\_ Telephone: \_\_\_\_\_

**Health Insurance Plan:** \_\_\_\_\_ Telephone: \_\_\_\_\_

Member ID/Group #: \_\_\_\_\_ Subscriber: \_\_\_\_\_

**I hereby authorize any first aid, medication, medical treatment, hospitalization or surgery deemed necessary in case of emergency. I also authorize the attending coach(es), team leader(s), or assistants to execute on my behalf any permission forms and other appropriate medical documents on my behalf if I am not immediately available to do so. I understand that I am responsible for any charges incurred for medical treatment and I am also aware that payment may be due at the time of service.**

X \_\_\_\_\_  
Parent/Guardian's Signature Date

**PLEASE list regular medications and any known allergies or medical conditions:**

1<sup>st</sup> Child: \_\_\_\_\_

2<sup>nd</sup> Child: \_\_\_\_\_

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**July Grasshopper Camp #1:** 1<sup>st</sup> Child: \_\_\_\_\_ 2<sup>nd</sup> Child: \_\_\_\_\_

**August Grasshopper Camp #2:** 1<sup>st</sup> Child: \_\_\_\_\_ 2<sup>nd</sup> Child: \_\_\_\_\_

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All campers must be current USSA members before participating in any NYSEF or ESJNC program. Applications are available for printout at [www.USSA.org](http://www.USSA.org).

# Grasshopper Schedule 2007

Athlete Drop-Off: 9 am Baselodge Th, F, Sa, Su (**W at 1:00**)

Athlete Pick-Up: 4:15 pm BaseLodge

## Wednesday

1:00 P.M. All athletes meet at the Baselodge

Ski Jump K18

4:15 P.M. Pick-up Day Campers at Baselodge.

## Thursday

9:00 A.M. All athletes meet at the Baselodge.

Ski Jump K18 and K48

11:45 - 1:00 P.M. Lunch

1:00 P.M. Target **Jump 15 meters on K18**

4:15 P.M. Pick-up for Day Campers at Baselodge.

**6 PM Ski Jump for Party! Pizza Dinner in the baselodge**

## Friday

9:00 A.M. All athletes meet at the Baselodge.

Ski Jump K18 and K48

11:45 - 1:00 P.M. Lunch

1:00 P.M. Leave for Copperas Pond Hike/ Swim

Bring swim gear, towel, snacks, water.

4:15 P.M. Pick-up for Day Campers at Baselodge.

**6:00 P.M. Pirate's Cove MiniGolf and Ice Cream!!**

## Saturday

9:00 A.M. All athletes meet at the Baselodge.

Ski Jump K18 and K48

11:45 1:00 P.M. Lunch.at the Baselodge

1:00 P.M Watch **Saturday-Series competition on K-90 Ski Jump!**

4:15 P.M. Pick-up for Day Campers at Baselodge

**6:00 P.M. Bowl Winkles!! Arcade and Bowling!!.**

## Sunday

9:00 A.M. All athletes meet at the Baselodge.

**10:00 A.M. K-18, K48 Competition and 2.5K Foot race!**

**12:00 A.M. Family Potluck and Awards at Baselodge!**

Total:6 jump sessions, 1 hike, 1 race

Goal: 30-36 jumps