



# NYSEF NORDIC

## Junior Ski Jumping PROGRAM

NYSEF Nordic Office  
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It is the mission of the New York Ski Education 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.

### WELCOME TO the NYSEF Ski Jumping Program!

We hope you are excited for this ski season. Our team of coaches is looking forward to a season filled with new ideas and lots of adventures. Below is an outline of the NYSEF Ski Jumping Program. This guide will help both parents and athletes plan for winter.

## NYSEF Nordic COACHES

Matt Cook, NYSEF Nordic Director / Coach Nordic Combined

Sean Burke, NYSEF Assistant Nordic Combined / Cross Country Coach

Larry Stone, NYSEF Ski Jumping Coach

Margaret Maher, NYSEF Coach Cross Country

Rick Costanza, NYSEF Coach Biathlon / Assistant Cross Country

## Junior Ski Jumping SEASON

December 5 (Tuesday) 2006 – March 16<sup>th</sup> (Friday) 2007

### What hills will we SKI??

NYSEF Junior ski jumping will focus on skiing the K18 and K48.

Note: The chairlift will run until ~4:15 each day.

## PRACTICE SCHEDULE

Tuesday 3:30 – 5 Ski Jumping

Wednesday 3:30 – 5 Cross-Country skiing (We will train with NYSEF XC this night)

Friday 3:30-5 Ski Jumping

Ski times and places are subject to change depending on snow and weather conditions.

## SKI FOR K's PROGRAM

This year we will be promoting a Ski for K's Program to encourage kids to ski as much as possible throughout the winter. Get outside and enjoy winter while taking an adventure through the many beautiful places in the Adirondacks. Skiing a lot of kilometers at a young age will provide a solid athletic base for racing in later years.

Athletes will receive a Ski for K's sheet to record their kilometers throughout the season.

There will be a surprise at the end of the season for those kids meeting their goal.

## ATHLETE GOAL BOARD

There will also an Athlete Goal Board where kids can earn stars by completing goals throughout the winter. This will include goals such as skiing all the trails at Mt. Van Hoevenburg, being able to name the trails, name members of the US Ski Team, ski 5k without stopping, demonstrate skate technique (V1, V2, V2 alternate), demonstrate classic technique (striding, double pole, kick double pole), downhill tucks and corners, no pole skiing, going off a jump, know safety and rules for the biathlon range, do a skate race, do a classic race, explain basic body position for skiing and explain how to wax skis for skating and classic.

## WHAT IS THE COACHING PHILOSOPHY FOLLOWED BY NYSEF?

Our main goal is to promote Nordic Skiing as a way of life. This way of life is healthy, active and rewarding. Skiers in this program are provided ski instruction in a very fun and positive environment. Competition opportunities are provided but the primary focus is on developing athletic aptitudes through skiing. Athletes should have a good work ethic, positive attitude and be excited about improving their skiing. Through team members, competitors and adventures, kids will develop friendships that can last a lifetime. At the same time, they will learn how to interact and motivate each other in a positive and productive manner. Throughout the season Junior Ski Jumping kids will ski jump a lot of hills, play many ski games, work on both classic and skate techniques, improve their athletic ability, go on adventures and most importantly have fun on the snow.

## IS NYSEF Ski Jumping a competition based program?

Yes. NYSEF Junior Ski Jumping is a youth program for kids in the Northeast. Our ultimate goal is to produce skiers who will move through the pipeline of regional competition, national junior competition, and eventually move up to the National and World Class level of competition. However, at this age our focus is on making kids better athletes through skiing and improving ski skills needed for their teenage years. We believe that every kid enrolled in our program will become a highly competent skier with an appreciation for a healthy and active lifestyle.

## WHAT ORGANIZATIONS AND CLUBS MUST WE JOIN?

### 1) **NYSEF**

2) **USSA:** This is necessary for NYSEF's liability insurance, this is the National Governing Body (NGB) of our sport

3) **Lake Placid Ski Club:** The LPSC provides all athletes under the age of 13 with equipment. This includes ski jumping skis and boots and suits. The Club also supports our program with an annual financial donation and once a skier has been a member for two years he or she is eligible for some race expense reimbursement. The Club also provides gifts and a reception for athletes named to the Elite team and sponsors a slide show party at the end of the season.

## WHAT EQUIPMENT IS NEEDED?

Ski jumping gear will be provided to athletes who have signed up for the Lake Placid Ski Club. Athletes are welcome to try ski jumping on their alpine gear and helmet to begin the season. All Nordic Combiners should have reasonably up-to-date skis, boots, poles and bindings along with proper attire for the weather. We encourage kids to have both skate and classic skis. However, combi skis can be used as long as parents clean the kick wax off the combi ski before skating practices. Combi boots may be used for both techniques. Bindings should be either the SNS or NNN system. Expensive poles are not necessary at this level. Please bring a water bottle to every practice.

### SHOULD WE HAVE OUR OWN WAXING SUPPLIES?

Yes. We will help with waxing on race days and provide kick waxes for training but it is important to take good care of equipment ahead of time and show up at ski practice with clean skis. Cleaning and re-waxing at the start of a practice prevents the session from starting on time and is unfair to those kids that are ready to go. Expensive race waxes are not necessary for this age group.

### Competition Schedule for the Junior Ski Jumping Program

January 7	Andover, NH (K10, 18, 30, 38, NC)
January 13/14	Lebanon, NH (K10, 25, 50) Hanover, NH (K10, 20, 32, NC)
January 21	Vermont Academy (K15, K23, K35, NC)
February 3	Lake Placid Norwegian Open (K18, 48, 90, NC)
February 9-11	Salisbury, CT (K18, 35, 64, NC)
February 17-18	Andover Kids Festival, NH Brattleboro Small Hills, VT (K10, 18)
February 24	Lake Placid, Empire State Games (K48, 90, NC)
March 1-4	Park City, Junior Olympics (K65, NC)
March 17/ 18	Mud Meet, Lebanon NH (K25, XC, alpine) Lead Dog, Lake Placid (K18, 48, XC, alpine)