

NYSEF Early on Snow Training Camp
November 21- 26 2008
Mount Sainte Anne Canada

We will be traveling to Mount Sainte Anne to take advantage of early season snow. This is an excellent opportunity to get a jump on the competition. The focus will be on balance, body position, stance and having fun in a unique cultural setting We will be leaving the afternoon of the 21st and returning early evening on the 26th. Space is limited, don't miss out! Details are as follows.

Who can go?: Open to all JI, II, III & IV athletes

Cost: \$995.00 for NYSEF athletes \$1195.00 for non NYSEF members

What's included?:

Transportation from Glens Falls and Lake Placid area, lodging, lift tickets, training lane, coaching, video review, trip to Old Quebec and meals from Saturday morning through Wednesday lunch.

Camp Staff:

Bone Bayse – Gore Program Director/Head Coach
Becky Getman – Whiteface J4 Coach
Rich Burnley – Gore Head J4/5 Coach
John Prezkop – Gore JI/II Coach
Dave Swits – Gore JI/II Coach
Others TBA

How do I sign up?:

Call 251-2825, 946-7001 or email boneb@nysef.org Deadline and deposit of at least \$600.00 due by November 1st, 2008

Start the season with an edge on the competition!!!!