



## Summer Collegiate Training Group

*Join NYSEF for summer training in the heart of the Adirondacks.*

### **Training Details (but not limited to):**

- Training will include 4-6 days/week;
- Access to Lake Placid Training center weight room and facilities;
- Access to Lake Placid Rollerski Track;
- One-on-one coaching;
- Video assisted technique sessions;
- Van supported OD rollerskis; and
- Full training plan (if needed).
- Other activities include video analysis, group dry land, hikes, ski specific workouts, mountain biking, etc.

### **Training Dates**

- May 15-August 19, 2018

### **Cost:**

- \$250/Month
- \$750 full summer beginning May 15

### **Housing Opportunities**

- There are limited spaces at the Lake Placid Training Center for \$90/day includes all meals
- Transportation to and from housing, if needed

**Please contact Head Coach Shane MacDowell and  
[shanem@nysef.org](mailto:shanem@nysef.org)**