

## New York Ski Educational Foundation

[www.nysef.org](http://www.nysef.org)



NYSEF at Whiteface Mountain  
PO Box 300  
Wilmington, NY 12997  
518.946.7001

NYSEF at Gore Mountain  
PO Box 200  
North Creek, NY 12853  
518.251.2825

Greetings, athletes and parents! Below you will find details for the **2016 NYSEF Eastern Fall Camp** to be held this fall in late November at Sunday River Resort in Maine. This camp is open to any athlete (U12+) that wants to get a head start on the upcoming season, particularly for U12s and U14s.

### **Camp Details:**

**Camp Philosophy:** Gain mileage and experience through free-skiing and develop technical skills through directed free-skiing and specific drills.

**Location:** Sunday River, Maine. Contingency plan will be Killington Mountain, Vermont.

**Dates:** November 18-23, 2016.

**Transportation:** Ground transportation with vans leaving from Aviation Mall in Glens Falls, NY on Friday, November 18<sup>th</sup> at 2pm. Return to pick-up location at approximately 7pm on November 23rd.

**Cost:** \$995 including meals, lodging, transportation, lift tickets, and coaching fees.

**Additional Costs:** Any additional purchases not listed above.

**Staff:** Some of your favorite NYSEF coaches including Rich Burnley. Additional coaches will be named based on the number of athletes and where they are from.

**Accommodations:** Snow Cap Ski Dorm

**Focus:** 4 1/2 days of free-skiing and drills on-snow. Other activities include a mandatory daily study hall, video analysis, group dryland.



## What to Bring?

SL skis, Helmet and goggles  
Basic tuning equipment  
Winter Clothing and Rain Gear (think layers!)  
Sunglasses and sunscreen  
Water bottle and backpack  
Summer workout clothing  
Bathing suit  
Running shoes  
Toiletries  
Watch (or some way to tell time!)  
Spending money  
Positive attitude!

## Typical Daily Schedule

7:00 Breakfast  
8:00 Depart for mountain  
8:30/9:00 Load lifts  
9:00 – 11:30 Skiing  
11:30 Lunch  
12:30 – 3:00 Skiing  
4:00 – 5:00 Activity/Dryland/Video  
6:00 Dinner  
6:45 Meeting  
7:00 – 8:30 Study Hall  
9:30 Bedtime

### The deadlines and payment schedule is as follows:

**November 1st:** Deposit of **\$500 payable to NYSEF**, PLUS:

- Completed “NYSEF Camp Liability Release” (below)
- Completed “Copy of health insurance card”

**November 14<sup>th</sup>:** Final payment of **\$495 payable to NYSEF**

**Please send documents and payments (check, cash or credit card) to NYSEF at Gore office:**

NYSEF, attn. Fall Eastern Camp, PO Box 200, North Creek, NY 12853  
Or scan and email to: [richb@nysef.org](mailto:richb@nysef.org)

We look forward to a productive camp as well as a successful ski season! E-mail or call with any questions!

Think SNOW!



**NEW YORK SKI EDUCATIONAL FOUNDATION  
CAMP LIABILITY RELEASE**



CAMP NAME: \_\_\_\_\_ (The "Camp") CAMP DATES: \_\_\_\_\_

PARTICIPANT NAME (as displayed on ID): \_\_\_\_\_ USSA#: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

PARTICIPANT E-MAIL: \_\_\_\_\_ MOBILE PHONE # \_\_\_\_\_

MOTHER: \_\_\_\_\_ E-MAIL: \_\_\_\_\_ PHONE#: \_\_\_\_\_

FATHER: \_\_\_\_\_ E-MAIL: \_\_\_\_\_ PHONE#: \_\_\_\_\_

EMERGENCY CONTACT (if parents cannot be reached): \_\_\_\_\_ # \_\_\_\_\_

**PARTICIPANT INFORMATION**

DOB: \_\_\_\_\_ AGE at camp: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Policy/Group # \_\_\_\_\_

List any allergies the participant has: \_\_\_\_\_

List any medications the participant is currently taking: \_\_\_\_\_

Does the participant have any medical history that would affect his/her participation in this camp? \_\_\_\_\_

If so, please describe (also list anything that would be important to know while caring for the participant): \_\_\_\_\_

Date of Last Tetanus Shot: \_\_\_\_\_ I verify that the participant has had a physical exam in the last year (please initial): \_\_\_\_\_

**Participants MUST provide a copy of insurance card in case of emergency!!!**

**LIABILITY RELEASE:**

In consideration for the services provided by the New York Ski Educational Foundation (NYSEF), I hereby wave, release and hold harmless NYSEF, it's members, employees, coaches, trainers, organizers and agents and any other persons connected with the Camp, from any and all claim for liability, injury, loss or damage arising from my son's/daughter's participation in or presence at the Camp.

In addition, I the parent/guardian, give the Camp personnel permission and authority to obtain medical aid, cure and treatment or anesthetic for my son/daughter in case of injury including but not limited to performing any diagnostic procedure, operation, or curative remedial procedure they deem necessary or advisable. It is understood and agreed that every effort will be made to contact me in case of injury and medical attention becomes necessary. I give my permission for my child to travel with NYSEF personnel inside of and outside of the United States.

I am fully aware of and accept the risks and dangers inherent in snowsports and agree that I am responsible for my safety and that of my children. I assume all risks connected with participation in the Camp.

\_\_\_\_\_  
Participant's Signature

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

\*\*\* This is to certify that as the parent/guardian of the above named participant, all the information above is correct and I do consent to his/her agreement to be bound to the terms and conditions set forth in this waiver (including the NYSEF Code of Conduct).

# NEW YORK SKI EDUCATIONAL FOUNDATION

## ATHLETE CODE OF CONDUCT

As a participant in a NYSEF program or camp, the athlete must realize that they are a visible representative of NYSEF, the school they attend and their family. All athletes participating in a NYSEF program or camp will be required to follow this established Code of Conduct.

1. All participants are expected to abide by the Rules and Regulations at their particular venue. Remember you are a guest at that facility and should treat all venue employees and public skiers with courtesy and respect.
2. Participants are expected to act under all applicable laws, rules and regulations
3. Participants are required to wear helmets while skiing or training.
4. Participants are required to conduct themselves in a sportsmanlike manner at all times and to treat their team mates with sportsmanship and respect.
5. Participants must be neatly and properly dressed.
6. Participants must listen to and be courteous to coaches.
7. Participants must be on time for all activities.
8. Participants must maintain their athletic eligibility by meeting academic standards.
9. Participants must be under the supervision of NYSEF staff while training or competing.
10. Participants must abide by the NYSEF Bullying Prevention Policy Guidelines
11. Participants in NYSEF programs or camps will be disciplined for the following infractions:
  - a. Use of tobacco and chewing tobacco
  - b. Use and/or possession of alcohol
  - c. Use and/or possession of narcotics, non-prescription drugs or any other illegal substance
  - d. Behavior that is detrimental to the program and/or other athletes
  - e. Theft of property
12. Recommended disciplinary actions can include:
  - a. Dismissal from camp/event at cost of athlete/parent
  - b. Suspension of training privilege for specific time period
  - c. Loss of racing privilege for specific events (if applicable)
  - d. Police involvement
13. Athletes who are dismissed from a school or team because of any of the above infractions will have training privileges suspended. Participants at a camp and/or race will be sent home immediately. Program privileges will be suspended until the situation is resolved. The Program Director reserves the right to remove the training pass from a participant if the situation warrants it.
14. Other disciplinary measures can be taken by the Program Director based on the severity of the situation.