

# 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

Hello athletes and parents! This summer, we are once again offering a great summer camp experience for your athlete. Below you will find details for the **2017 NYSEF Les 2 Alpes Camp** to be held this summer in late June / early July in [Les 2 Alpes, France](#). Since 1980, NYSEF has offered annual summer training opportunities at various locations – we are thrilled to offer this experience at an affordable rate.

## Camp Travel Dates: June 24<sup>th</sup>- July 9<sup>th</sup>

- **Philosophy:** Gain mileage and experience through free-skiing, develop technical skills through directed free-skiing and introduce tactical skills needed in SL and GS in age-appropriate environments.
- **Location:** [Les 2 Alpes, France](#).
- **Cost:** Cost includes meals, lodging, ground transportation to/from L2A, lift tickets/training lanes and coaching fees. (airfare is not included). Final cost to be determined by May 15<sup>th</sup> based on number of athletes, exchange rate, etc.
  - **Camp Cost:** approximately **\$3,000 with deposit in by April 24<sup>th</sup>** (\$3,300 after April 24<sup>th</sup>).
  - **\*NEW FOR 2017:** *Camp cost includes membership in [Global Rescue](#) for duration of the camp!\**
- **Flights:** NYSEF will be booking staff on flights out of Montreal (YUL) to and from Lyon, France (LYS). Flight information is listed below. If booking separate from these flights, please be sure your athlete **arrives in Lyon by 10 am on June 25<sup>th</sup> and departs from Lyon no earlier than 11:30am on July 9<sup>th</sup>**. Tickets may be purchased online or through our friends at [Winter Park Travel \(1-800-325-2748\)](#) Please note, flight costs tend to increase based on availability.
  - **Departure:** Air Transat Flight 492 Saturday June 24<sup>th</sup> 9:45 pm Montreal (YUL) – Lyon (LYS)
  - **Returning:** Air Transat Flight 493 Sunday July 9<sup>th</sup> 1:00 pm Lyon (LYS) – Montreal (YUL)
- **Costs NOT included:** Travel day meals, additional baggage fees, gifts and any purchases not listed above.
- **Staff:** Some of your favorite NYSEF and Northwood School coaches including JP Daigneault, Jimbo Johnston, John Morgan, Katie Haggerty and David Smith. Additional coaches will be named based on the number of athletes attending.
- **Accommodations:** Hotels Belle Etoile or Hotel Aalborg, Les 2 Alpes, France. Walking distance from the lifts!
- **Other activities:** Off-snow activities include video analysis, group dryland including games, hikes and ski specific workouts and other activities TBD.



The 2016 campers at dryland training



L2A Glacier summer of 2016

More pictures from 2016 on [the NYSEF Snowsports Facebook Page](#)

## What to Bring?

- **Passport!!!**
- **GS and SL skis**
- **GS helmet and goggles**
- **SL gear with face protection**
- **Basic tuning equipment**
- **Winter and Rain Clothing (think layers!)**
- **Sunglasses and sunscreen**
- **Water bottle and backpack**
- **Summer workout clothing**
- **Bathing suit**
- **Running shoes/sneakers**
- **Toiletries**
- **Watch (or some way to tell time!)**
- **Spending money**
- **Positive attitude!**

## Typical Daily Schedule

- **6:00 Breakfast**
- **6:30 Depart for lifts**
- **7:15 Load lifts**
- **7:30 – 10:00 Training**
- **10:00 Snack Break**
- **10:15 – 12:30 Training**
- **12:30 Return to Hotel - Lunch**
- **1:30 – 3:00 Relax, Tune Skis**
- **3:00 – 5:00 Afternoon Activity**
- **6:30 Dinner**
- **7:15 Meeting**
- **7:30 – 8:30 Video**
- **9:30 Bedtime**

## The deadline and payment schedule is as follows:

- **April 24<sup>th</sup>**: Non-Refundable Deposit of \$1,500 payable to NYSEF (\$1,800 after April 24<sup>th</sup>)
- **May 31<sup>st</sup>**: Final payment of approximately \$1,500 is due, payable to NYSEF. Additional Forms (found below) are also required with Final Payment
  - Completed "NYSEF Camp Liability Release" (below)
  - Completed "NYSEF Permission to Travel Abroad" (below, must be notarized)
  - Copy of health insurance card

### **Please send documents and payment to NYSEF office at Whiteface:**

- Mail: NYSEF (attn "Les 2 Alpes Camp"), PO Box 300, Wilmington, NY 12997
- Scan and email to: [alpinecamps@nysef.org](mailto:alpinecamps@nysef.org). Call with questions (518-946-7001) or email [davids@nysef.org](mailto:davids@nysef.org) (x33).
- Call Lynn (x24) to pay by phone. A 2.5% discount may be applied to cash/check payments.



***\*New for 2017\***: NYSEF has strengthened our partnership with [Global Rescue](http://www.globalrescue.com/), the world's leading membership organization providing evacuation, medical, security and travel risk management services. By signing up and participating in the camp, athletes will be automatically enrolled in this program for the duration of the trip. For more information, please visit: <https://www.globalrescue.com/>*

Information is subject to change – please visit [www.nysef.org](http://www.nysef.org) for updates. Thank you for choosing NYSEF!



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



CAMP NAME: Les 2 Alpes 2017 CAMP DATES \_\_\_\_\_

PARTICIPANT NAME: \_\_\_\_\_

USSA or USASA#: \_\_\_\_\_

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).

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To Whom It May Concern:

I, \_\_\_\_\_, am the legal parent or legal guardian,  
and do hereby give my son/daughter, \_\_\_\_\_, permission to  
travel outside the United States of America with a representative of the New York Ski Educational  
Foundation (NYSEF) and/or Northwood School for the purpose of training and/or competing in winter  
sports. NYSEF and/or Northwood School will be responsible for my son/daughter during said travel  
outside the United States during Jun 1, 2017 – May 31, 2018.

\_\_\_\_\_  
Parent/Legal Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian Signature

\_\_\_\_\_  
Notary Signature



# 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.