

New York Ski Educational Foundation

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! The winter season is winding down but we are eagerly planning ahead to summer camp. Below you will find details for the **2017 NYSEF Mt. Hood Camp** this summer in late June / early July at [Timberline Ski Area, OR](#). Since 1980, NYSEF has offered annual summer training opportunities in various locations. Mount Hood provides a great mix of on-snow training and summer activities.

This camp is geared specifically for our younger athletes (U12s in the YOB 2006 and 2007). For our older athletes, we encourage our [Les 2 Alpes Camp in France](#).

- **Camp Philosophy:** Gain mileage and experience through free-skiing, develop technical skills through directed free-skiing and introduce tactical skills needed in SL and GS.
- **Location:** Timberline Ski Area, Mt. Hood, OR.
- **Dates:** June 23rd – July 2nd, 2017 (including travel)
- **Transportation:** Athletes can plan to travel with coaches on the “coach flight” from ALB. We will meet at airport for check-in at least 2 hours prior to departure. We will post the coaches flight information on www.nysef.org as soon as it confirmed. If you are traveling with your child, please make your own travel arrangements to PDX. Arrival times should be between 10am and 12pm on June 23rd. Departure times should be between 11am and 1pm on July 2nd.
- **Cost \$2,200 with deposit in on or before May 1st (\$2,500 after May 1st).** This cost includes meals, lodging, transportation, lift tickets, and coaching fees (Airfare is not included in the camp fee).
- **Costs NOT included:** Travel day meals, baggage fees, gifts and any purchases not listed above.
- **Staff:** Some of your favorite NYSEF coaches including John Norton and Beatty Schlueter. Additional coaches will be named based on the number of athletes.
- **Accommodations and Meals:** Private House Rental, Government Camp OR.
- **Other activities:** Off-snow activities include video analysis, group dryland including games, hikes and ski specific workouts, whitewater rafting, afternoon trips to Portland and Hood River.
- **Guest Coaching:** may include Andrew Weibrecht and Tommy Biesemeyer (USST/NYSEF Alumni) as well as other National team or NCAA athletes!



Included in the trip is a day of whitewater rafting!



The 2014 campers with guest coach Andrew Weibrecht

What to Bring?

- Race Skis (tuned and waxed)
- GS helmet and goggles
- Winter Clothing and Rain Gear (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 Timberline
- 7:15 Load lifts
- 7:30 – 9:30 Training
- 9:30 Snack Break
- 10:00 – 12:00 Training
- 12:30 Return to Gov't Camp - Lunch
- 1:30 – 3:00 Demo pick-up/drop-off
- 3:00 – 5:00 Afternoon Activity
- 6:30 Dinner
- 7:15 Meeting/Video
- 9:00 Bedtime

The deadline and payment schedule is as follows:

- **May 1st:** Non-Refundable Deposit of \$1,000 payable to NYSEF (\$1,300 after May 1st)
- **June 5th:** Final payment of \$1,200 is due, payable to NYSEF

PLUS:

- Completed "NYSEF Camp Liability Release" (below)
- Completed "Timberline Lodge and Ski Area Release" – to be emailed
- Copy of health insurance card

Please send documents and payment to NYSEF at Whiteface office:

- Mail to: NYSEF, attn. Mt Hood Camp, PO Box 300, Wilmington, NY 12997
- Scan and email to: johnn@nysef.org
- Call John at 518-946-7001 x31 with any questions, Lynn to pay by phone.

Information is subject to change – please visit www.nysef.org for updates.

Thank you for choosing NYSEF!



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



CAMP NAME: _____ (The "Camp") 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 waive, 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.