



Winter Term Junior Development Program 2017-2018

Program Description

Mission: *It is the mission of NYSEF to provide opportunities for athletes of all ages to reach their potential in snow sports - alpine skiing, freestyle skiing, snowboarding, ski jumping, cross country skiing, nordic combined, and biathlon - through professional guidance and financial support.*

Overview/Vision: The NYSEF Junior Development Winter Term Program allows aspiring student-athletes the opportunity to pursue their athletics at an advanced level while continuing remotely in their home school's academic curricula, providing an avenue to excel academically and athletically.

Objectives:

- To ensure student-athletes in the U14+ age groups have an avenue to pursue their athletic goals without compromising their academic development.
- To provide an environment in which the academics and athletics that student-athletes pursue will be balanced on a daily basis through the utilization of quality coaches and tutors.
- To instill a sound work ethic in student-athletes and foster the opportunity to build a strong foundation for their high school and college experience as a student-athlete competing at the highest level.

Program Dates: NYSEF has five different terms for varying levels of interest and commitment:

Term	Duration	Dates
Full Winter Term (with Colorado Prep Camp)	16 weeks	November 24 – December 22 January 2 – March 25
December Term (with Colorado Prep Camp)	4 weeks	November 24 – December 22
Gold Term	12 weeks	January 2 – March 25
Silver Term	8 weeks	January 2 – February 25
Bronze Term	4 weeks	January 2 – January 28

* New this year: Program Orientation Weekend in mid-November *

Academics:

NYSEF is committed to providing sound academic support for aspiring student-athletes who have enrolled in our Winter Term program. A positive relationship between academic achievement and participation in sport is beneficial to each other over the course of the adolescent years of a student-athlete. This program is designed to allow flexibility within a rigorous daily schedule to afford the student-athlete an opportunity to pursue sport at a level beyond what is possible in his or her home environment. Several hours are allocated to academics; student-athletes are expected to excel academically amidst a challenging and demanding schedule.

In the NYSEF Junior Development Winter Term, academic tutoring will be provided on an individual and/or group basis as needed and arranged by the academic coordinator. Student-athletes will be expected to complete their home school curricula per the schedule set forth by the guidance counselor or academic director. Clear and frequent communication between the student, academic coordinator and home school representatives will be essential throughout the duration of this term. Student-athletes will have access to and be expected to utilize the resources that will be available such as internet, video, and local resources in the community.

A general list of academic expectations is as follows:

- The home school guidance counselor and teachers will be expected to furnish the student-athlete (or parent) and academic coordinator with a complete syllabus and supporting materials for each course in which the student is enrolled. The counselor and teachers of the home school will be available to discuss and receive work as the school sees fit.
- The academic coordinator will be responsible for tutoring and/or assigning tutors to help each individual athlete throughout the term. The academic coordinator is responsible for the preparation and scheduling of academic blocks, is available for daily communication and will be the point person for transmittal of information to/from the home school. Tutors will be available regularly for Math, Science, History, English/Writing, Spanish, French and German. A list of tutors for specialized subjects with which students require additional help is provided; it will be the responsibility of the athlete/parent to organize and compensate additional tutors. NYSEF will help arrange tutoring support as needed.
- The student athlete is ultimately responsible for the completion of work through effective time management, organization and communication. It is the responsibility of the student to seek out help when needed and to be accountable for his or her academic and athletic balance.

Example of a Daily Schedule on Tuesday-Friday (Monday is typically off-snow and dedicated to academics):

7:00-7:30am	Breakfast
7:30-8:15am	AM Academic Time
9:00-11:30am	AM Athletic Training
11:30am-12:15pm	Lunch
12:30-2:00pm	PM Athletic Training
2:00-3:00pm	Snack/Ski Tuning/Regeneration
3:00-6:00pm	PM Academic Time
6:00-6:45pm	Dinner
7:00-8:30pm	Evening Study Hall
9:30pm	Lights Out

* Note: "Academic Time" will be adjusted based on tutor availability and athletic schedule. Schedule is subject to change.

**Due to train/race schedules, there is no traditional "school vacation" in the NYSEF Winter Term. We ask that you do not make travel arrangements expecting your son or daughter to be excused. We rely on this time to continue with their athletics and academics so that student-athletes will be prepared to smoothly re-enter their sending school. Thank you for your cooperation.

Athletics:

NYSEF's primary mission is to provide opportunities for athletes of all ages to reach their potential in snow sports - this same mission has been in place for over 40 years and remains the essence of the NYSEF program. The Junior Development Program (Winter Term) is designed specifically to offer a structured avenue for athletes to pursue these opportunities at an advanced level while maintaining academic integrity. Developing passion for a life-long sport is a crucial step in the long term development of a student-athlete and instrumental in instilling an active lifestyle as an adult.

The Winter Term athletic philosophy is rooted in developing and mastering proper fundamental skills and challenging them in a competitive environment. Training will encompass an appropriate mix of free-skiing and competition training as per the long-term plan of the head group coach. All NYSEF athletes are encouraged to become 'good skiers' as well as 'good competitors'; sound skills are the key to elite performance at the higher levels. The competition schedule for each athlete is also managed by the head group coach and depends on factors such as age, success in training/qualifying events, physical fitness and academic standing.

Training and Competition Venues:

NYSEF is located at one of the best ski areas in the East: **Whiteface Mountain**. The Olympic heritage in Lake Placid and the surrounding venues instills enthusiasm in all those who live here or visit. As the Olympic venue for Alpine (1932 and 1980), Whiteface Mountain provides some of the most challenging training and racing terrain in the region. Whiteface offers the largest vertical drop in the East and has been ranked the best ski area in the East in Ski Magazine. The **Olympic Ski Jumping Complex** and the **Olympic Sports Complex at Mt. Van Hoevenberg** serve as top-tier training and competition sites for our Ski Jumping and Cross-Country disciplines and off-season training options for all athletes.

These venues that NYSEF utilizes are managed by the **Olympic Regional Development Authority (ORDA)**. Their support and cooperation is essential to NYSEF's success. NYSEF's Uihlein Training Center at Whiteface provides a meeting place for parents, coaches and athletes in addition to accommodating equipment storage, video analysis, coach's offices and locker space. The Uihlein Training Center at Whiteface (built in 2006) is located at the base of the mountain adjacent to the base lodge. NYSEF also maintains office/changing space at the Olympic Sports Complex (Mt. Van Hoevenberg) and the Olympic Jumping Complex.

ORDA management is committed to providing NYSEF with a world class training venue throughout the winter months. On-snow athletic training is appropriately scheduled and managed by the head group coach and typically occurs six days per week. Monday is normally an "off day" during which student-athletes are given more time to focus on academics and participate in other off-snow activities (including strength and conditioning, regeneration, ski tuning and preparation as well as athletically-based educational programs and lectures on nutrition, sports psychology and sports science).

Facilities:

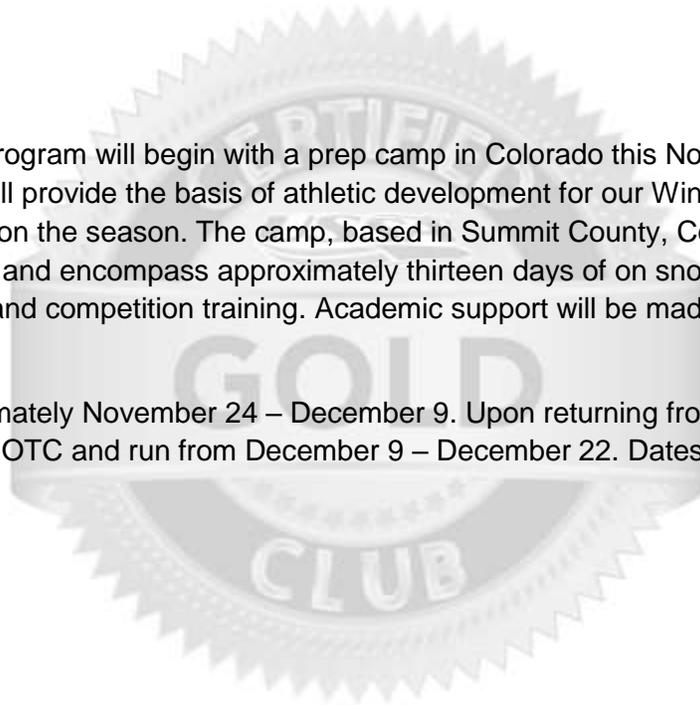
The NYSEF Winter Term Program will take advantage of the world-class facilities available at the **Olympic Training Center (OTC)** in Lake Placid. The facility, opened in 1989, is designed to accommodate elite athletes as they train and compete at the Olympic Venues in Lake Placid. The state-of-the-art facility consists of a 96 bed dormitory wing, full-service cafeteria staffed by experienced chefs, a Sports Science Program, Sports Medicine facility, conference rooms, weight room and a 3-bay, 20,000 square foot gymnasium.

NYSEF is proud of its close relationship with the Olympic Training Center and use of this resource allows Winter Term athletes to live and train in a world-class facility surrounded by national level and international level athletes. Program enrollment includes full access to all OTC facilities including the gymnasium and weight room, conference rooms for academic sessions, as well as their full-service cafeteria and dormitory (for boarding students).

December Term:

The NYSEF Winter Term Program will begin with a prep camp in Colorado this November just after Thanksgiving. This camp will provide the basis of athletic development for our Winter Term athletes and allow athletes to get a head start on the season. The camp, based in Summit County, Colorado, will run for approximately sixteen days and encompass approximately thirteen days of on snow preparation including free-skiing, directed free-skiing and competition training. Academic support will be made available during the camp for winter term athletes.

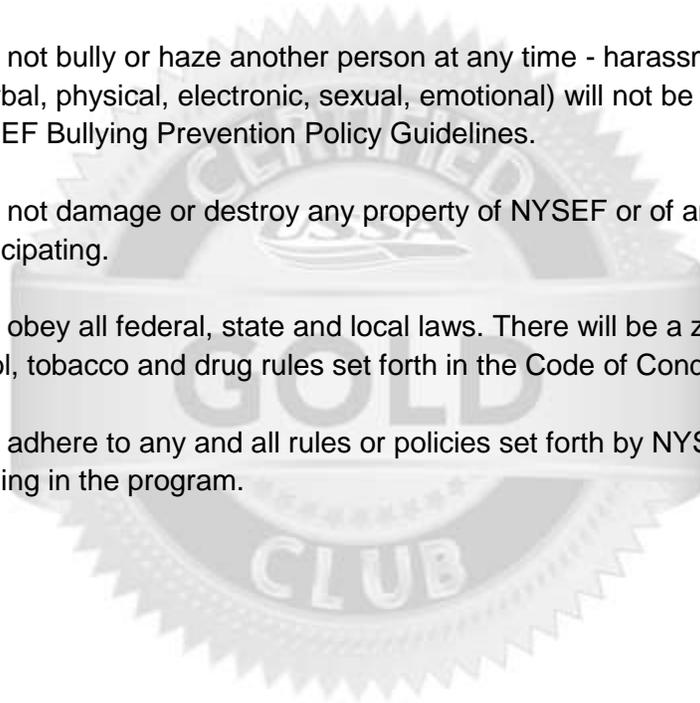
Dates will run from approximately November 24 – December 9. Upon returning from Colorado, the program will continue at the Lake Placid OTC and run from December 9 – December 22. Dates/details are subject to change.



Student-Athlete Expectations:

The following is a list of rules to which NYSEF student athletes will be held accountable to:

- Student-athletes will be expected to strictly follow the NYSEF Code of Conduct at all times.
- Student-athletes will be honest in all academic, athletics and social atmospheres in which they participate - any acts of dishonesty will be met with the most serious consequences.
- Student-athletes will be expected to participate in all scheduled activities. Unexcused absences or tardiness will not be tolerated.
- Student-athletes will conduct themselves in a manner that is becoming of a representative of NYSEF while respecting all staff members.
- Student-athletes will not bully or haze another person at any time - harassment of any type (including but not limited to verbal, physical, electronic, sexual, emotional) will not be tolerated. Student athletes must follow the NYSEF Bullying Prevention Policy Guidelines.
- Student-athletes will not damage or destroy any property of NYSEF or of any venue in/at which the program will be participating.
- Student-athletes will obey all federal, state and local laws. There will be a zero-tolerance policy regarding the alcohol, tobacco and drug rules set forth in the Code of Conduct.
- Student-athletes will adhere to any and all rules or policies set forth by NYSEF staff members subsequent to enrolling in the program.



Other Important Factors:

- **Training Camps:** While not mandatory, student-athletes will be strongly encouraged to attend NYSEF preparatory training camps. While in-season training is very important, these “prep” camps are essential for the long term development of a student-athlete in the winter term program and should be viewed as an essential ingredient to athletic success.
 - *Les 2 Alpes, France: late June through early July, targets U12-U16 athletes with emphasis on fundamental skill development in free-skiing, SL and GS.*
 - *Southern Hemisphere/Europe: August, targets U16-U18 athletes with emphasis on free-skiing/fundamentals moving into advanced technical focus in SL, GS and potentially SG.*
 - *Summit County, Colorado: late November through early December, targets U12-U18 athletes with an emphasis on free-ski mileage and skill development to start the competition season.*
- **Strength and Conditioning:** student-athletes involved in Winter Term will be provided with a physical conditioning program designed and led by the highly qualified staff at the Olympic Training Center. The program consists of a comprehensive progression giving younger athletes a complete and thorough introduction to Olympic-style platform lifting. Athletes will be expected to follow the program with the assistance of the OTC group coach as well as on their own when the coach is not present. There will be opportunities in the off months to participate in dryland activities - these sessions will be designed to enhance the year-round program with a balance of instructional dryland and other activities like mountain biking, hiking, games, etc. Sound physical conditioning is essential in injury prevention as well as successful training/racing results.
- **Ski Equipment:** student-athletes will be expected to come with properly fit and tuned skis, boots and poles for the various disciplines as directed by the head group coach as well as the basic tools to maintain their equipment. NYSEF has many tools to help athletes in this realm including boot-fitting and ski tuning. We also have relationships with a number of local shops and vendors should a problem arise or new equipment be needed. Student athletes will also be expected to possess and wear appropriate protection including helmets, face protection and back protectors as required.
- **Goal-Setting and Evaluation:** student-athletes will participate in a goal-setting and evaluation process which their head group coach will oversee and guide them through. Good goal-setting and evaluation is essential in the progress of a student-athlete’s career. Each student-athlete will receive a written evaluation at the end of their term (and one mid-season for full-term).
- **Transportation:** NYSEF will provide transportation to/from skiing venues and to/from academic activities. If a student-athlete plans to deviate from the established transportation plan, he/she must communicate with NYSEF in advance and have written parental permission.

Staff:

The NYSEF Junior Development Winter Term program staff is made up of a number of NYSEF staff members with many years of experience. Below is a list of key staff members in the NYSEF Winter Term.

- David McCahill – Winter Term Program Director
- John Norton – Executive Director and Alpine Program Director
- Ikuo Toishi – U19 Alpine Coach
- David Smith – Head/U16 Alpine Coach
- Jimbo Johnston - U14 Alpine Coach
- Beatty Schlueter – U12 Alpine Coach and Development Director
- Mike Kirchner – Freeride Program Director
- Justin Perry – Head Freeride Coach
- See www.nysef.org for our full coaching staff

Tuition and Fees:

Term	Dates	Weeks	Fees (Day)	Fees (Board)
Full Winter Term (includes Colorado*)	November 24 – December 22 January 2 – March 25	16	\$19,300	\$22,900
December Term (includes Colorado*)	November 24 – December 22	4	N/A	\$7,200
Gold Term	January 2 – March 25	12	\$14,400	\$17,900
Silver Term	January 2 – February 25	8	\$10,600	\$13,000
Bronze Term	January 2 – January 28	4	\$5,700	\$6,900

Notes:

- Fees include academic tuition and support, facility use, transportation to/from local venues, NYSEF season lift pass (Full, Gold, Silver and Bronze terms), and meals. Boarding fees also include room/bed. Fees also include athletic program and coaching while enrolled in the Winter Term - additional athletic fees will apply for NYSEF training outside of the winter term.
- These fees do not include additional training camps and opportunities, race entry fees, travel expenses (such as athlete/coach lodging, meals and other travel related expenses), tools/athletic equipment, and any incidental spending of student-athlete. For December Term/Full Term: these fees include Winter Term program and facility fees (in Colorado and Lake Placid) and Colorado Camp fees. These fees do NOT include airfare to Colorado.
- Tuition must be paid in full prior to the student athlete beginning the program unless a payment plan has been approved. No reduction or refund is made for early withdrawal, dismissal or absence.
- Scholarship and/or financial aid may be available. Please contact winterterm@nysef.org for more details and to receive a [scholarship application](#). Additional policies outlined in the Winter Term Handbook.

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 staff.
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.