

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 **2018 NYSEF Mt. Hood Camp** to be held this summer in late June / early July at Timberline Ski Area, OR. Since 1980, NYSEF has offered annual summer training opportunities in various locations.

UPDATED April 21, 2018: This camp is geared specifically for our U12 and U14 athletes (YOB 2005-2008) looking to develop age-appropriate skills in SL and GS. If you have questions as to which camp is best for your athlete, please consult with your primary group coach or head coach.

- **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 21 – July 1, 2018** (including travel)
- **Transportation:** Athletes must make their own travel arrangements into Portland, OR (PDX). The coach flights are below. Arrival times in Portland should be between 11am and 1pm on June 21. Return flights must be in the late afternoon or evening of the June 30 (ideally flight arrives in ALB on July 1). Updates posted on www.nysef.org/camps.
 - United Airlines #2133 / 418 on 21JUN – Depart ALB at 07:20 and Arrive PDX at 12:55
 - United Airlines #745 / 1686 on 30JUN– Departs PDX at 23:21, arrives ALB at 09:18 (arrives 01JUL)
- **Cost \$2,300 with deposit in on or before May 1 (\$2,700 after May 1).** This cost includes meals, lodging, transportation, lift tickets, and coaching fees (Airfare and baggage fees are 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. Final coaching staff will be named based on the number of athletes.
- **Accommodations:** 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!



NYSEF athletes with guest coach Andrew Weibrecht

What to Bring?

- GS and SL skis
- GS helmet and goggles
- SL gear with face protection
- Basic tuning equipment
- 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
- 7:30 – 8:30 Video
- 9:30 Bedtime

The deadline and payment schedule is as follows:

- **May 1:** Non-Refundable Deposit of \$1,200 payable to NYSEF (\$1,600 after May 1)
- **May 31:** Final payment of \$1,100 is due, payable to NYSEF
- **Additionally:**
 - Completed “NYSEF Camp Liability Release” (below)
 - Copy of health insurance card
 - Completed Timberline Lodge “Liability Form” AND “Medical Release”. Each must be filled out electronically at the following link:
 - <https://my.1risk.net/waiver/?a=aHR0cHM6Ly9teS4xcmlzay5uZXQvdGltYmVybGluZWFWaXxkN2IxNjRiZTZQxYTg0MWRmYmUyZTU3NWU2OTA1MWE5Y3w4MjRmM2Q0MC1kYzFjLTQxZmMtYjkzOC1iOWUzMDIiNGMxNDZ8U2F0IEFwciAyMSAyMDE4IDEwOjI3OjAwIEdNVC0wNzAwIChQYWNPZmJlIERheWxpZ2h0IFRpbWUpfFNhdCBkdW4gMzAgMjAxOCAYMjowMDowMCAoUGFjaWZpYyBEYXlsaWdodCBUaW1lKQ>

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: alpinecamps@nysef.org – call or email with questions.
- Call Lynn (x24) to pay by phone. A 2.5% discount may be applied to cash/check payments.

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

Thank you for choosing NYSEF!





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.

TIMBERLINE Timberline Lodge / Mount Hood Ski Area

Timberline Lodge now requires their “Liability Form” and “Medical Release” to be completed online through 1RISK. The form is specific to the NYSEF 2018 Mount Hood Camp and can only be found at the following link. If you have problems opening it, please try copying and pasting the text below directly into your browser.

Both forms must be complete and received in the system before the first day of skiing.

Here is the link:

<https://my.1risk.net/waiver/?a=aHR0cHM6Ly9teS4xcmlzay5uZXQvdGltYmVybGluZWFWaXxkN2lxNjRiZTQxYTg0MWRmYmUyZTU3NWU2OTA1MWE5Y3w4MjRmM2Q0MC1kYzFjLTQxZmMtYjkzOC1iOWUzMDliNGMxNDZ8U2F0IEFwciAyMSAyMDE4IDEwOjI3OjAwIEdNVC0wNzAwIChQYWNPZmljIERheWxpZ2h0IFRpbWUpfFNhdCBKdW4gMzAgMjAxOCAYMjowMDowMjBHTVQtMDcwMCAoUGFjaWZpYyBEYXIsaWdodCBUaW1IKQ>