



NEW YORK SKI EDUCATIONAL FOUNDATION

2017-2018 Alpine Programs Gore and Whiteface Mountains

Program Philosophy

The New York Ski Educational Foundation (NYSEF) offers competitive alpine ski programs for a variety of age, ability and commitment levels. Programs are based out of both Gore Mountain and Whiteface Mountain and encompass an appropriate mix of free-skiing and gate training. NYSEF athletes are encouraged to become “good skiers” as well as “good ski racers”; good skiing is the key to fast racing at the higher levels. Our coaching staff helps to instill a passion and love for skiing with their athletes to make skiing and racing a life-long and enjoyable activity.

Our program philosophy is based on developing and mastering proper fundamental skills then challenging them in a competitive environment. Programs range from weekend to full-time programs in order to meet the varying needs of athletes and families. We strive to create an environment in which each athlete learns the essential skills to reach their potential in their sport. We want each NYSEF athlete to be the best that they can be and have fun doing it! The friendships and valuable connections your children will make through ski racing will last a lifetime.

Olympic Regional Development Authority (ORDA)

We are very lucky to be located at two of the best ski areas in the East and reap the benefits of each. Our partners, ORDA, manage the venues of both Gore and Whiteface Mountains. Their support and cooperation is essential to NYSEF’s success. Gore Mountain provides the most skiable acreage in the state and yet continues to expand their terrain. Two-time host of the Winter Olympics (1932 and 1980), Whiteface offers the largest vertical drop in the East and has been ranked the best ski area in the East in Ski Magazine. Both offer ample opportunities to learn and practice the essential skills of skiing and ski racing and also provide a place for parents and friends to enjoy snow sports while children are skiing in the program.

NYSEF has training centers at both Whiteface and Gore that provide a meeting place for parents, coaches and athletes. These log buildings have a variety of uses including equipment storage, video analysis, coach’s offices, and locker space. The training center at Gore is located beyond the base of the triple chair north of the base lodge. The training center at Whiteface (built in 2006) is located at the base of the mountain just adjacent to the base lodge.

For more information, please check the NYSEF website at www.nysef.org.

NYSEF Alpine Weekend/Holiday Programs (Gore and Whiteface)

Program dates and times:

- U19/21, U16, and U14 programs begin in early December and conclude in late March (pending skiing conditions). Training sessions are generally from 8:30am - 2:30pm.
- U12 and U10 programs begin in mid-December and conclude in late March (pending skiing conditions). Training sessions are generally from 8:30am – 2:00pm.
- Training also takes place during the December Holiday week (December 26-31) as well as select days during President's week. (Official training does NOT take place on Christmas Eve/Day, New Years Day or Martin Luther King Jr. Day).
- Training plans above are subject to change. **Detailed training plans can be found on our website at www.nysef.org.**

Memberships (see age group description for additional info and requirements):

- **NYSSRA** (New York State Ski Racing Association). Membership required for all U12 athletes and older (and any U10s that wish to race USSA non-sanctioned races). Information found at www.nyssra.org
- **USSA** (United States Ski Association). Membership required for all U12 athletes and older (and any U10s that wish to race USSA non-sanctioned races). Information found at www.ussa.org
- **FIS** (International Ski Federation). U19/21 athletes only - Membership optional (required to race FIS races and be ranked internationally). Information found at www.fis-ski.com.
- **USASA** (United States of America Snowboard Association). Membership for Alpine racers optional, but required to participate in USASA sanctioned **Ski-Cross** events. Information found at www.usasa.org.

Program Descriptions by Group

(Note: A season's pass at both Gore and Whiteface is included with enrollment)

U10 (YOB 2008-2010): Ski racing is introduced at this young age in the form of extensive free-skiing and basic skill development with a major emphasis on having FUN. Athletes are divided into small groups and encouraged to push their limits in a variety of terrain and environments including groomed terrain (steep and flat), moguls, and in the Skier-X course. Exposure to gate training is limited to GS, paneled SL and obstacle courses. U10s participate in an "in-house" race series at each Gore and Whiteface (approximately 5-6 races per season) and are also encouraged to participate in other races such as the Hovey Memorial and NYSSRA Kandahar as appropriately guided by the staff.

Appropriate USSA "Competitor" and NYSSRA Membership are required ONLY to participate in races such as the Hovey and Kandahar - see www.ussa.org and www.nyssra.org. All participants should be able to ski at an intermediate level, ride the lift alone and put on their own ski equipment. Training is offered on Saturdays/Sundays with limited training during school breaks.

U12 (YOB 2006-2007): The U12 group is a step higher than the U10s in training demands and competition access. Athletes build on their previous experience with a continued focus on extensive free-skiing and basic skill development with a major emphasis on having FUN. Exposure to gate training increases slightly to include more advanced GS training as well as an introduction to single-pole SL training. U12s, like the U10s, may participate in the "in-house" race series at each Gore and Whiteface and will likely participate in other NYSSRA races such as the Hovey Memorial and NYSSRA Kandahar as appropriately guided by the staff. Some athletes may be able to participate in other weekend U14 Council races as appropriately guided by the staff.

Appropriate USSA "Competitor" and NYSSRA Membership are required for all U12s - see www.ussa.org and www.nyssra.org. All participants should be able to ski at an intermediate level, ride the lift alone and put on their own ski equipment. Training is offered on Fridays/Saturdays/Sundays with limited training during school breaks.

U14 (YOB 2004 - 2005): Athletes at the U14 level maintain focus on fundamentals and skill development while increasing exposure to competitive racing while having FUN. Majority of on-snow time is spent on directed free-skiing in a variety of terrain while gate training is focused on applying the fundamentals learned in free-skiing to modern tactics in both Slalom and Giant Slalom with some exposure to Super-G. U14s begin to compete outside their home mountains of Whiteface and Gore in the NYSSRA Mountain Council. From there, they can qualify to compete at the state and regional level.

Appropriate USSA “Competitor” and NYSSRA memberships are REQUIRED for all U14s - more information can be found at www.nyssra.org and www.ussa.org. Typically, competitions take place on weekends starting in January and go through March - there are some mid-week races. All participants should be able to ski competently at an intermediate to expert level. Training is offered on Fridays/Saturdays/Sundays with limited training during school breaks.

U16 (YOB 2002 - 2003): At the U16 level, a great deal of focus remains on fundamentals and skill development while the mix moves towards developing good technique and tactics for racing. U16 athletes move through a season-long progression of free-skiing, drills and gate training with emphasis again placed on having FUN. U16s will build on their experience and test their skills in 3 events (SL/GS/SG) and may be exposed to DH. U16s begin competing at the state level (NYSSRA) in “USSA Scored” competitions competing alongside U19s and U21s. From there they can qualify to compete at the regional and national level (USSA). Appropriate NYSSRA and USSA “Competitor” memberships are REQUIRED for U16s - more information can be found at www.nyssra.org and www.ussa.org. Typically competitions take place on weekends starting in December and go through March - there are some mid-week races. All participants should be able to ski at an expert level. Training is offered on Fridays/Saturdays/Sundays with limited training during school breaks.

U19 and U21 (YOB 1997 - 2001): The U19 and U21 levels encompass a mix of free-skiing and gate training progressions with an emphasis placed on skill mastery. Athletes are yet again encouraged to be “good skiers” as well as “good ski racers” as the terrain on which they race becomes more challenging. At this level, athletes must U19s and U21s compete at the state level (NYSSRA) in three events (SL/GS/SG) and may be exposed to DH. From there, they can qualify to compete at the regional and national level (USSA). Athletes continue to race primarily in USSA Scored competitions and may be introduced to international FIS racing.

Appropriate NYSSRA and USSA “Competitor” memberships are REQUIRED at the U19 and U21 levels - more information can be found at www.nyssra.org and www.ussa.org. Athletes at this age may be instructed to purchase a FIS membership to compete at an international level – staff will guide this decision. See www.fis-ski.com for details. Typically, competitions take place on weekends starting in December and go through March - there are some mid-week races. All participants should be able to ski at an expert level. Training is offered on Fridays/Saturdays/Sundays with limited training during school breaks.

Masters (Ages 21 and older): The Master’s program offers adults the opportunity stay involved with ski racing at a variety of levels. Like the other weekend programs, masters at NYSEF are exposed to a mix of free-skiing and gate training with emphasis put on skill development and having fun. Full participation is strongly encouraged, but can vary if commitment is not possible. Limited training is available on Fridays as well as weekends. Masters have the option to race in numerous series in the East. Coaches will have more information once the season begins. Information can be found at the following websites:

- New England Masters Ski Racing: www.nemasters.org.
- New York Masters Ski Racing: www.nymasters.org.
- ASRA Masters Ski Racing: www.asra.org

Note: NYSEF does not provide coaching support at master’s races.

“Weekend Plus”: The “Weekend Plus” program offers athletes the opportunity to participate in additional training during the week. Locations include: Mount Pisgah, West Mountain, and Willard Mountain. Training is typically offered two nights during the week starting in January and concluding in mid-March (pending snow conditions and weather). This program is designed to compliment the weekend program by reinforcing the content and direction of the weekend training. Like the weekend programs, this option will be focused heavily on skill development and will include appropriate gate training. Age-appropriate weekend program enrollment is required to participate (U12 athletes and older). Lift pass NOT included.

NYSEF Alpine Full-time Programs (Whiteface only)

The NYSEF program at Whiteface offers a “full-time” ski program for U14 and older athletes that want to pursue ski racing at a higher level. Programs are designed based on a season-long progression of skill development and gate training. While a detailed schedule will be based on the athlete’s race calendar, training typically takes place from Tuesday through Sunday. Competitions take place both mid-week and weekends. At the U19 and U21 levels, a FIS membership (www.fis-ski.com) may be required in addition to a NYSSRA (www.nyssra.org) and USSA (www.ussa.org) “Competitor” membership. Note: Race entry fees and travel expenses are not included in enrollment; limited transportation to races may be available for an additional fee.

NYSEF has two academic options to compliment full-time skiing at Whiteface.

- NYSEF partners with **Northwood School**, a coeducational, independent boarding and day school serving student-athletes in grades nine through the post-graduate year. Northwood offers students a unique combination of rigorous academic preparation, wilderness appreciation, and athletic competition. For more information on the Northwood School, visit www.northwoodschoo.com,
- The **NYSEF Junior Development Winter Term** provides aspiring student-athletes with 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. Athletes enroll for a minimum of one month to a maximum of four months. For more information, please visit www.nysef.org/winter-term/

For more information or interest in a full-time training option at NYSEF, please contact us at 518-946-7001 or johnn@nysef.org

NYSEF On-Snow Training Camps

NYSEF offers additional training camps in the “off-season”, or the summer and fall months when skiing locally is not possible. These camps are designed to give athletes more on snow mileage and opportunity to develop skills in a non-competitive, FUN environment. These on-snow opportunities are also great methods for getting an edge on the competition in the winter. Below is a sample of our camps with approximate dates and prices:

(More specific details can be found in the camp announcements on www.nysef.org)

Summer:

- NYSEF Les 2 Alpes Summer Camp, France. Open to U12s and older. Late June and early July (approx 11 or 16 day options), \$2,400/\$3,200 without airfare
- NYSEF Southern Hemisphere Camp, Chile. Geared towards athletes U16 and older. August/September (approx 16 days), \$3,500 without airfare

Fall:

- NYSEF Fall Camp West, Summit County, Colorado. Open to U14s and older. Late November to early December (10 days), \$2,000 without airfare
- NYSEF Fall Camp East, Eastern U.S or Canada. Open to U12s and older. Approximate dates/cost: late November (5 days), \$1,000.

Note: the following additional costs are NOT included with enrollment in NYSEF Programs:

- *Athlete travel expenses and additional training camps*
- *Competition registration and membership (USSA, FIS, NYSSRA)*
- *Out-of-region or post-season travel and coaching expenses*