



NEW YORK SKI EDUCATIONAL FOUNDATION

# NORDIC PROGRAMS

**WWW.NYSEF.ORG**

**2018/2019**

## **CROSS-COUNTRY SKIING**

### **JUNIOR RACE TEAM**

**Age Group: U20 / U18 / U16 / U14 (born in 1999-2006)**

#### **Program Info:**

This program is designed for racing at the regional and junior national level. Ideal for the developing athlete who has the skills necessary for more advanced ski training and racing. Practice focus includes improving overall athletic ability through endurance, strength, speed, agility, power, balance, mobility and flexibility. Technique improvement for both classic and freestyle techniques is emphasized and is an on-going project. Goal setting and planning are an important part of this team. Healthy learning through sport experience includes time management, sportsmanship, self-discipline and determination. Education includes nutrition, physiology and the mental aspects of sport. This program provides a solid platform towards continued excellence at the collegiate level and beyond. Equipment maintenance by the athlete is required. Coaches will help the athletes apply kick wax for practice and race wax.

Athletes must be members of USSA, NYSSRA Nordic, NENSA

#### **Practice:**

**On-snow** practice schedule (this is subject to change as needed):

Monday OFF from training

Tuesday 3-5 PM Training and technique work at Mt Van Hoevenberg OR

4-5:30 PM at Dewey Mountain (typically starts in January with night race)

Wednesday – Friday 3-5 PM at the Olympic Sports Complex (Mt. Van Hoevenberg)

Saturday and Sunday 9:30 AM-12 NOON at the Olympic Sports Complex (Mt. Van Hoevenberg)

**Winter Race Travel: individualized by the coaching staff to fit the athlete's goals and ability**

**U20 / U18 / U16** race focus is on USSA Junior National Championships, New England Eastern Cup/Junior National Qualifiers, Mid-Atlantic Junior National Qualifiers, Empire State Games, U16 Championships, Eastern High School Championships and/or Lake Placid Loppet

#### **U14**

race focus is on Mid-Atlantic Junior National Qualifiers, Empire State Games and/or New England and Mid-Atlantic Bill Koch Festivals

fall and summer training will be scheduled on a weekly basis

#### **Full Year, Winter and Summer program options**

*program fees do not include athlete race and travel expenses*

## DEVO RACE TEAM

**Age Group: U14 / U12 (born in 2005-2008)**

### **Program Info:**

This program is designed for young athletes learning the fundamentals of the sport, with introduction to racing. Practice focus is on becoming a solid athlete through endurance, strength, speed, agility and balance. Athletes improve their ski skills through distance skis, speed work, games and play on skis. Technique improvement for both classic and freestyle techniques is emphasized and is an on-going project. Activities include paintball biathlon and adventure days in the Adirondack backcountry. Athletes will learn about equipment maintenance and waxing. Coaches will help the athletes apply kick wax for practices and races. Athletes must have both skate and classic (waxable) skis and poles that are the correct size. This team focuses on having a fun time on snow and staying healthy in the winter. Additional skiing on nonteam days is encouraged.

Athletes must be members of NYSSRA Nordic

**Program Dates:** December 1 – March 19

**Practice:** practice location and time subject to change based on snow conditions

Tuesday 3:30-5 PM at the Olympic Sports Complex (Mt. Van Hoevenberg) OR

4-5:30 PM at Dewey Mountain (typically starts in January with night race)

Thursday 3:30-5 PM at the Olympic Sports Complex (Mt. Van Hoevenberg)

Saturday 9:30-11:30 AM at the Olympic Sports Complex (Mt. Van Hoevenberg)

**Winter Race Travel: individualized by the coaching staff to fit the athlete's goals and ability**

Bill Koch League (youth) races are highly recommended with this team and athletes will learn about race day skills

**Winter program option of 1, 2 or 3 practices per week**

*program fees do not include athlete race and travel expenses*

## BIATHLON

## BIATHLON TEAM

**Age Group: U20 / U18 / U16 (born in 1999-2006)**

### **Program Info:**

This program is parallel to Junior Race Team, with a focus on biathlon. Athletes should be able to ski at levels comparable to cross-country skiers of a similar age group within the region. Shooting focus is on consistency and cadence from both the prone and standing positions. The athlete will begin carrying the rifle and learn proper range procedure. Athletes will race with the Junior Race Team whenever possible and focus on a few of higher-level biathlon races each winter. Athletes at this level must have their own rifle or one that is fitted to them for the season.

Athletes must be members of Lake Placid Ski Club and US Biathlon Association. This program is a joint effort between NYSEF, ORDA and the Lake Placid Ski Club.

**Practice:**

see Junior Race Team practice schedule

biathlon practice scheduled on a team basis (this is subject to change as needed): 1-2x/week in fall  
2x/week in winter  
2x/week in summer

**Winter Race Travel: individualized by the coaching staff to fit the athlete's goals and ability**

**Full Year program option**

*note: Junior Race Team enrollment required*

*program fees do not include athlete race and travel expenses*

## SKI JUMPING / NORDIC COMBINED

### ELITE TEAM

**Age Group: based on ability**

**Program Info:**

This is a year-round program designed for ski jumping and Nordic combined at the national and international level. Primary focus of this group is consistent training on large hills (K90 and K120) and having the ability to technically and confidently train on other large hills in the US and abroad. Training for both ski jumping and cross-country skiing includes endurance, strength, speed, agility, power, balance, mobility and flexibility. Technique is an emphasis and on-going project. Goal setting and planning are a major part of this team. Healthy learning through sport experience includes time management, sportsmanship, self-discipline and determination. Education includes nutrition and the mental aspects of sport. Equipment maintenance by the athlete is required.

Athletes must be members of USSA, USA Nordic, NYSSRA Nordic and Lake Placid Ski Club (optional).

**Practice:**

Monday OFF from training  
Tuesday – Sunday (practice time varies depending on the time of year) 6 days/week winter

**Nordic Combined athletes:**

see Junior Race Team practice schedule

**Winter Competition Travel: individualized by the coaching staff to fit the athlete's goals and ability** focus is on North American Junior Championships, USSA Junior National Championships, Junior World Championships, SJ/ NC US Cup events, New England Eastern Cup/Junior National Qualifiers and Mid-Atlantic Junior National Qualifiers

**Full Year program option**

*program fees do not include athlete race and travel expenses*

### DEVELOPMENT TEAM

**Age Group: based on ability**

**Program Info:**

This is a year-round program for motivated athletes who are interested in making a commitment to ski jumping and Nordic combined. Practice focus includes improving overall athletic ability through endurance, strength, speed, agility, balance, mobility and flexibility. Equipment maintenance by the athlete is required. Emphasis in this group is on the K48K70 size ski jump with limited training on the larger hills when the athlete is technically prepared.

Athletes must be members of USSA, USA Nordic, NYSSRA Nordic and Lake Placid Ski Club.

**Practice:**

Monday OFF from training

Tuesday – Saturday (practice day and time varies depending on the time of year) 4 days/week winter

**Nordic Combined athletes:**

see Junior Race Team or Youth Race Team practice schedule (based on ability)

**Winter Competition Travel: individualized by the coaching staff to fit the athlete's goals and ability**

focus is on USSA Junior National Championships, Eastern Ski Jumping/Nordic Combined circuit, US Cup events held on a K70, Mid-Atlantic Junior National Qualifiers, Empire State Games and/or New England and Mid-Atlantic Bill Koch Festivals

**Full Year, Winter and Summer program options**

*program fees do not include athlete race and travel expenses*

**YOUTH JUMP TEAM****Age Group: U14 / U12 / U10 (born in 2005-2010)****Program Info:**

This introductory program encourages athletes to improve their ski skills through ski jumping on the K20, cross-country ski drills, games and play on skis. Practice focus is on becoming a solid athlete through endurance, strength, speed, agility and balance. Athletes will also learn about equipment maintenance and waxing. Athletes must have skate skis and poles that are the correct size. Athletes will practice regularly with the NYSEF Youth Race Team.

Athletes must be members of USA Nordic, NYSSRA Nordic and Lake Placid Ski Club.

**Program Dates:** December 1 – March 19

**Practice:** practice location and time subject to change based on snow conditions

Tuesday XC 3:30-5 PM at the Olympic Sports Complex (Mt. Van Hoevenberg) OR  
4-5:30 PM at Dewey Mountain (typically starts in January with night race)

Wednesday JUMP K20 ski jumping

Thursday XC 3:30-5 PM at the Olympic Sports Complex (Mt. Van  
Hoevenberg) Friday JUMP K20 ski jumping

Saturday XC 9:30-11:30 AM at the Olympic Sports Complex (Mt. Van Hoevenberg)  
JUMP K20 ski jumping

**Winter Competition Travel: individualized by the coaching staff to fit the athlete's goals and ability**

**Winter program option of 1, 2 or 3 practices per week**

**Summer program option of 1, 2 or 3 practices per week**