



## **NYSEF Winter-Term Program**

### **Overview:**

Beginning this season, NYSEF Snowsports (NYSEF) will be offering a dedicated **Junior Development Winter Term Program** allowing 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.

### **Staff:**

Winter Term Program Director/Academic Coordinator: **Beatty Schlueter**  
NYSEF Head Nordic Coach: **Shane MacDowell**  
NYSEF Head Ski Jumping Coach: **Colin Delaney**  
NYSEF Junior Ski Jumping Coach: **Jay Rand**

**Tutoring Staff:** A team of qualified local tutors offering academic assistance in core subjects. The tutors will be selected in November.

### **Objectives:**

- To ensure student-athletes in the U16-U20 age groups have an avenue to pursue their athletic goals, specifically the Junior National Championships, without compromising their academic development;
- To provide an environment where a student-athlete can balance academics and athletics on a daily basis through the utilization of quality tutors and coaches; and
- 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.

### **Dates:**

To get the full winter term experience, we are offering a full winter option starting at the beginning of December and running through March (and the end of race season). This program is designed for athletes to take full advantage of what NYSEF and Lake Placid have to offer by living and training out of the Olympic Training Center (OTC). This program is focused on all of the JNQ events on the NYSSRA and NENSA calendars and is tailored towards athletes that wish to race at the Junior National level and beyond.

With XC Junior Nationals taking place **March 11-17**(Anchorage, AK), January and February are the ideal time for athletes to focus on quality preparation. By taking part in this program, athletes can maximize training and recovery time while staying on top of academics with the support of a staff of qualified tutors. Other important dates:

**US Biathlon Trials:** December 28-31 (Midway, UT)

**Senior Nationals:** January 3-8 (Craftsbury, VT)

**U16 Championships:** March 8-10 (Bethel, ME)

**Eastern High School Championships** March 15-17 ( Fort Kent, ME)

**Academic Support Role:**

NYSEF is committed to providing sound academic support for aspiring student-athletes who have enrolled in our winter term program. 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 will be allocated daily 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, academic director or appropriate school official. Clear and frequent communication between the student, academic coordinator and home school representatives will be emphasized throughout the duration of this term.

**Schedule:**

Example of a Daily Schedule on Tuesday-Sunday below. Monday is typically off-snow and dedicated to academics. Please note, program includes (but not limited to) daily practices focusing in on technique and race prep, video analysis, sports psychologist, athletic trainer access, equipment prep, nutritionist, and sport education.

- 8:00 am – 11:45 am: Academic Time with Tutors (W,TH,F)
  - 8 am – 9:00am: AM Training Session Strength (Tuesdays only)
  - 11:45 am – 12:30 pm: Lunch
  - 12:45 pm – 2:45 pm: PM Stretching/ Recovery
  - 3:00 pm - 5:00 pm: On-Snow Training Session
  - 6:00 pm - 6:30 pm: Dinner
  - 6:30 pm - 8:30 pm- Academic Time with Tutors/ Flex Time
- \*\* Subject to Change*

**Tuition and Fees:** The following will be the enrollment rates\* for the 2018/2019 season:

<b>Term (XC, SJ/NC)</b>	<b>Duration</b>	<b>Dates</b>	<b>Price (boarding)</b>
FULL	17 weeks	Dec. 3 - March 25 (Does NOT include Christmas Break)	\$19,500
GOLD	14 weeks	Jan. 9th - March 25	\$16,500
BRONZE	4 weeks	TBD	\$6,200

For more information please contact Head Coach Shane MacDowell at [shanem@nysef.org](mailto:shanem@nysef.org)

