



## NEW YORK SKI EDUCATIONAL FOUNDATION

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 (seasonal)

NYSEF at Belleayre Mountain  
PO Box 256  
Highmount, NY 12441  
845.254.6046 (seasonal)

Hello athletes and parents! The winter season is winding down and we are eagerly planning ahead to summer camp. Below you will find details for the **2019 NYSEF Mt. Hood Camp** this summer in June at Timberline Ski Area, OR. Since 1980, NYSEF has offered annual summer training opportunities in various locations.

This camp is geared specifically for our U12 and first-year U14 athletes (YOB 2007-2009) looking to develop age-appropriate skills in SL and GS. If you have questions as to whether or not this camp is a good fit for your athlete, even if a bit younger/older, 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 11 – June 21 (including travel days)
- **Transportation:** Athletes 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 11. Return flights must depart PDX in the evening or night of the June 20 (or arrives back East morning of June 21). Updates posted on [www.nysef.org/camps](http://www.nysef.org/camps).
  - United Airlines # 2133 / 2390 on 11JUN – Depart ALB at 07:30 and Arrive PDX at 12:43
  - United Airlines # 745 / 1421 on 20JUN– Departs PDX at 23:20, arrives ALB at 09:23 (arrives 21JUN)
  - ***Upon receiving your deposit, we will send you the staff confirmation number needed to book the flight for an unaccompanied minor.***
- **Cost:** Approximately \$2,300 with **\$1,000 deposit** on or before **April 22** (\$2,800 after April 22). This cost includes meals, lodging, transportation, lift tickets, and coaching fees (airfare and baggage fees are not included in the fee).
- **Costs NOT included:** Travel day meals, baggage fees, gifts and any purchases not listed above.
- **Staff:** NYSEF coaches including John Norton and Beatty Schlueter. Final staff TBD based on the number of athletes.
- **Accommodations:** Private House, 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. ***Also a great time to try demo equipment!***
- **Guest Coaching:** may include a visit Andrew Weibrecht and Tommy Biesemeyer (USST/NYSEF Alumni) as well as other National team or NCAA athletes and NYSEF Alum!



The 2018 Hood Camp athletes at break on snow



Rafting is always a highlight of the trip

## What to Bring?

- SL skis, GS skis if you have them
- GS helmet and goggles
- SL gear with face protection
- Basic tuning equipment
- Winter clothing / 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
- 3:30 – 5:00 Afternoon Activity
- 6:30 Dinner
- 7:15 Meeting
- 7:30 – 8:30 Video
- 9:00 Bedtime / Lights Out

## The deadline and payment schedule is as follows:

- **April 22:** Non-Refundable Deposit of \$1,000 payable to NYSEF (\$1,500 after April 22) with:
  - Completed "NYSEF Camp Liability Release" (below)
  - Copy of health insurance card
- **May 24:** Final payment of approximately \$1,300 is due, payable to NYSEF with:
  - Completed Timberline Lodge "Liability Form" AND "Medical Release". Each must be filled out **electronically** online - **a link will be sent** to you in early May:

### **Please send documents and payment to the NYSEF at Whiteface office:**

- Cash/Check: mail to: NYSEF (attn. Mt Hood Camp), PO Box 300, Wilmington, NY 12997. A 2.5% discount may be applied to cash/check payments.
- Credit Card: to pay NYSEF online by credit card, please [CLICK HERE](#) and scan / email documents to: [alpinecamps@nysef.org](mailto:alpinecamps@nysef.org) – call or email with questions.

Information is subject to change – please visit [www.nysef.org](http://www.nysef.org) for updates.

Thank you for choosing NYSEF!



**NEW YORK SKI EDUCATIONAL FOUNDATION  
CAMP LIABILITY RELEASE**



CAMP NAME: Hood U12 2019 (The "Camp") CAMP DATES: June 11-21, 2019

PARTICIPANT NAME: \_\_\_\_\_ USSA or USASA#: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PARTICIPANT E-MAIL: \_\_\_\_\_ MOBILE PHONE # \_\_\_\_\_

MOTHER: \_\_\_\_\_ E-MAIL: \_\_\_\_\_ PHONE#: \_\_\_\_\_

FATHER: \_\_\_\_\_ E-MAIL: \_\_\_\_\_ PHONE#: \_\_\_\_\_

EMERGENCY CONTACT (if parents cannot be reached): \_\_\_\_\_ # \_\_\_\_\_

**PARTICIPANT INFORMATION**

DOB: \_\_\_\_\_ AGE at camp: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Policy/Group # \_\_\_\_\_

List any allergies the participant has: \_\_\_\_\_

List any medications the participant is currently taking: \_\_\_\_\_

Does the participant have any medical history that would affect his/her participation in this camp? \_\_\_\_\_

If so, please describe (also list anything that would be important to know while caring for the participant):  
\_\_\_\_\_

Date of Last Tetanus Shot: \_\_\_\_\_ I verify that the participant has had a physical exam in the last year (please initial): \_\_\_\_\_

**Participants MUST provide a copy of insurance card in case of emergency!!!**

**LIABILITY RELEASE:** In consideration for the services provided by the New York Ski Educational Foundation (NYSEF), I hereby waive, release and hold harmless NYSEF, it's members, employees, coaches, trainers, organizers and agents and any other persons connected with the Camp, from any and all claim for liability, injury, loss or damage arising from my son's/daughter's participation in or presence at the Camp.

In addition, I the parent/guardian, give the Camp personnel permission and authority to obtain medical aid, cure and treatment or anesthetic for my son/daughter in case of injury including but not limited to performing any diagnostic procedure, operation, or curative remedial procedure they deem necessary or advisable. It is understood and agreed that every effort will be made to contact me in case of injury and medical attention becomes necessary. I give my permission for my child to travel with NYSEF personnel inside of and outside of the United States.

I am fully aware of and accept the risks and dangers inherent in snowsports and agree that I am responsible for my safety and that of my children. I assume all risks connected with participation in the Camp.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Parent/Guardian's Signature\*\*\*

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

\*\*\* This is to certify that as the parent/guardian of the above named participant, all the information above is correct and I do consent to his/her agreement to be bound to the terms and conditions set forth in this waiver (including the NYSEF Code of Conduct).



# 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.