



## NEW YORK SKI EDUCATIONAL FOUNDATION

NYSEF at Whiteface Mountain  
PO Box 300  
Wilmington, NY 12997  
518.946.7001

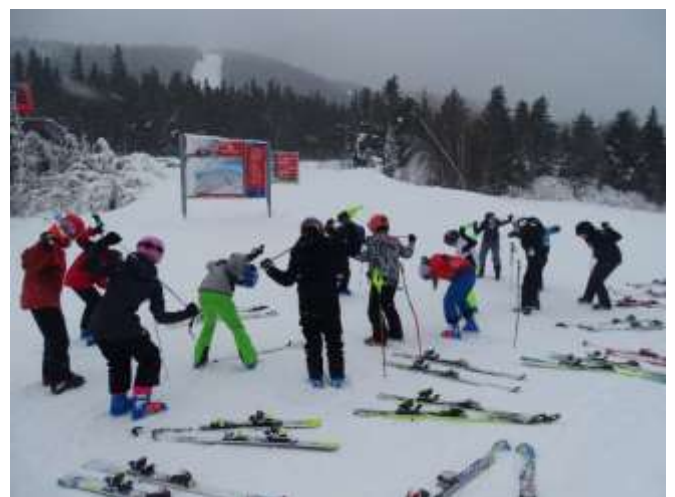
NYSEF at Gore Mountain  
PO Box 200  
North Creek, NY 12853  
518.251.2825 (seasonal)

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

Greetings, athletes and parents! Temps are falling and soon snow will fly in the East. Below you will find details for the **2019 NYSEF Eastern Fall Camp** this fall in November scheduled to be held at Sunday River, Maine. This camp is geared toward any athlete looking to build a solid base of fundamentals going into the season – particularly for U12s and U14s.

### Camp Details:

- **Camp Philosophy:** Gain mileage and experience through free-skiing and the development of fundamental skills through specific drills.
- **Location:** Sunday River, Maine.
- **Dates:** Departure: **November 22, 2019**. Return: **November 27, 2020** (including travel days).
- **Transportation:** Ground transportation from/to the Aviation Mall in Glens Falls, NY in vans, Departure on Friday, November 22 at 2pm and return at approximately 6pm on November 27.
- **Camp Cost:** Approximate cost is **\$1,200** with **\$600 deposit** by **October 25** (\$1,400 after October 25). Final cost to be determined based on athlete/coach numbers and other variables. Camp cost includes lodging, meals, lift tickets, coaching fees and ground transportation. **Final payment is due November 15.**
- **Additional Costs:** meals/snacks during travel, gifts for mom, dad and / or siblings, and any additional purchases.
- **Staff:** including but not limited to John Morgan, Jim Catalano, Jeff Long, Kurt Mackie, and Lily Gaechter. Additional staff to be named as needed.
- **Accommodations:** Bethel Inn - Bethel, ME
- **Focus:** 5 days on snow. Other activities include video analysis, group dryland, and a mandatory study hall.



## What to Bring?

- SL skis and poles
- Ski boots
- Helmet and goggles
- Basic tuning equipment
- Winter clothing and rain gear (think layers!)
- Sunglasses and sunscreen
- Water bottle and backpack
- Summer workout clothing
- Bathing suit
- Running shoes
- Toiletries
- Watch (or some way to tell time that works!)
- School work
- Spending money
- Positive attitude!

## Typical Daily Schedule

- 7:00 Breakfast
- 8:00 Depart for mountain
- 8:30/9:00 Load lifts
- 9:00 – 11:30 Skiing
- 11:30 Lunch
- 12:30 – 3:00 Skiing
- 4:00 – 5:00 Activity/Dryland/Video
- 6:00 Dinner
- 6:45 Meeting
- 7:00 – 9:00 Study Hall
- 9:30 Bedtime

## Deadline and payment schedule is as follows

- **October 25: [Non-Refundable Deposit of \\$600 payable to NYSEF](#)**

Plus:

- Completed “[NYSEF Camp Liability Release](#)” (below)
- Copy of [health insurance card](#)

Please send documents and payment to NYSEF at Gore office:

- **Scan and email** to John Morgan: [johnm@nysef.org](mailto:johnm@nysef.org)  
**OR**
- **Mail** to: NYSEF, attn. Eastern Fall Camp, PO Box 200, North Creek, NY 12853
- **November 15: Final payment of approximately \$600 is due payable to NYSEF (\$800 if deposit was not in on October 25).** Exact balance due to be emailed in early November.

Call [John Morgan](#) at 518-251-2825 with any questions or to pay by credit card.

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: 2019 Eastern Fall Camp (The "Camp") CAMP DATES: 11/22/19 – 11/27/19

PARTICIPANT NAME (as displayed on ID): \_\_\_\_\_ USSA#: \_\_\_\_\_

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

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: \_\_\_\_\_ Shirt Size \_\_\_\_\_

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 wave, 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 must abide by the NYSEF Social Media Policy when representing or referencing NYSEF and/or partner organizations through any/all electronic or social media communication platform.
12. Participants in NYSEF programs or camps will be disciplined for the following infractions:
  - a. Use and/or possession of any tobacco, nicotine or vaping / e-cigarette product
  - 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
13. 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

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 Executive Director reserves the right to remove the training pass from a participant if the situation warrants it.

Other disciplinary measures can be taken by the Executive Director based on the severity of the situation.