



NEW YORK SKI EDUCATIONAL FOUNDATION

PO Box 300

Wilmington, NY 12997

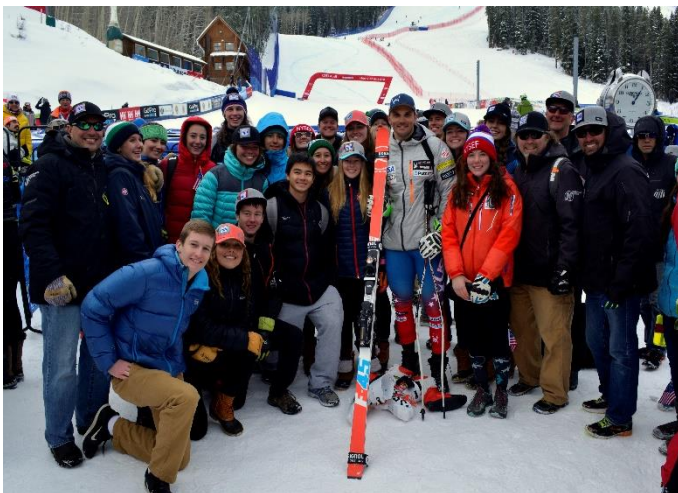
518.946.7001

www.nysef.org

Greetings athletes and parents! We trust your summer is going well and that you are getting geared up for a great ski season. Below you will find details for the **2016 NYSEF Colorado Fundamentals Camp** this fall in late November / early December. This camp is geared toward athletes looking to build a solid base of fundamentals going into the season.

Camp Details:

- **Camp Philosophy:** Gain mileage and experience through free-skiing and the development of technical skills through specific drills.
- **Location:** Summit County, Colorado USA.
- **Dates:** Departure: **November 25, 2016**. Return: **December 4th, 2016** (including travel days).
- **Flight information:** We have staff booked on the flights listed below. Athletes are encouraged to book on the same flights. In the event that an athlete must fly separate from the group they must arrive in Denver on Nov 25th no later than 1:30pm and depart no earlier than 8 am on Dec 4th.
 - Friday, November 25th:
 - SOUTHWEST AIRLINES 07:20 AM Depart Albany, NY SWA #5349 Arrive MDW at 08:45am
 - SOUTHWEST AIRLINES 10:55 AM Change plane to SWA Flight #3313 Arrive Den 12:35pm
 - Sunday, Dec 4th
 - SOUTHWEST AIRLINES 09:00 AM Depart DEN on SWA Flight #3145 Arrive BWI 2:20pm
 - SOUTHWEST AIRLINES 03:20 PM Change plane to SWA Flight #410 Arrive ALB 4:30pm
- **Camp Cost:** Approximate cost is \$2100 with deposit by Sept 29th. 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 in Colorado.
- **Additional Costs:** airfare, meals on travel days, overweight or additional baggage charges, gifts for mom, dad and / or siblings, and any additional purchases.
- **Staff:** David Smith, Jim Johnston, Ikuo Toishi, David McCahill, additional staff to be named.
- **Accommodations:** Copper Mt. Village Condos, Colorado.
- **Focus:** 7 days of free-skiing and drills on winter snow. Other activities include video analysis, group dryland, and skiing next to World Cup teams
- **Other activities:** We will plan to attend the Men's World Cup SG race at Beaver Creek on Dec. 3rd. always a fun event and a great way to close the camp.



What to Bring?

- Passport/ID and travel documents
- GS and SL skis and poles
- Ski boots
- Helmet (w/ SL protection) 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!)
- 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

- **September 26th Non-Refundable Deposit of \$1,100 payable to NYSEF**

Plus:

- Completed "NYSEF Camp Liability Release" (below)
- Completed Copy of health insurance card
- [Copper Mt. Release](#)

Please send documents and payment to NYSEF at Whiteface office:

- Scan and email to: davids@nysef.org
OR
- Mail to: NYSEF, attn. Colorado Fundamentals Camp, PO Box 300, Wilmington, NY 12997

Call David at 518-946-7001(x33) with any questions, Lynn (x24) to pay by phone with credit card.

- **October 24th: Final payment of approximately \$1000 is due payable to NYSEF (Exact balance due to be emailed in mid-October).**

Information is subject to change – please visit www.nysef.org for updates.

Thank you for choosing NYSEF!



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



CAMP NAME: _____ (The "Camp") CAMP DATES: _____

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 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.