



2019 ADVENTURE PROGRAM

CONQUER THE ADIRONDACKS

SNOWSPORT CONDITIONING
MOUNTAIN BIKING
ROCK CLIMBING
AND MUCH MORE!



DATES

MT. MARCY PROGRAM:

MONDAY, JULY 15- THURSDAY, JULY 18

MT. HAYSTACK PROGRAM:

MONDAY, JULY 29- THURSDAY, AUGUST 1

INFORMATION AT NYSEF.ORG/CAMPS



REACH NEW HEIGHTS.

PHILOSOPHY

In unison with the NYSEF mission, we will provide adventure opportunities and snowsport conditioning for all youth while forging a fun and healthy lifestyle in the Adirondacks.

DATES

MT. MARCY: JULY 15- JULY 18*

MT. HAYSTACK: JULY 29- AUGUST 1**

Drop off by 8:00AM on start day at the Lake Placid Olympic Training Center and pick up by 4:00PM on last day

*geared toward 2004-2007 YOB

**geared toward 2007-2009 YOB

NEED NOT BE A NYSEF ATHLETE TO PARTICIPATE.

PRICE

OVERNIGHT: \$700, Includes: activities, coaching, facility fees, transportation, lodging and meals at the Lake Placid Olympic Training Center.

DAY: \$600, Includes: activities, coaching, facility fees, transportation and meals at the Lake Placid Olympic Training Center.

Overnight lodging is limited.

*Overnight option is offered to athletes born in/before 2007



WHAT TO BRING

bathing suit
towel
water bottle and back pack
change of dry clothes
sunglasses, sunscreen, bug spray
running sneakers
shoes suitable for hiking
helmet
bike, suitable for trails (or can rent one)

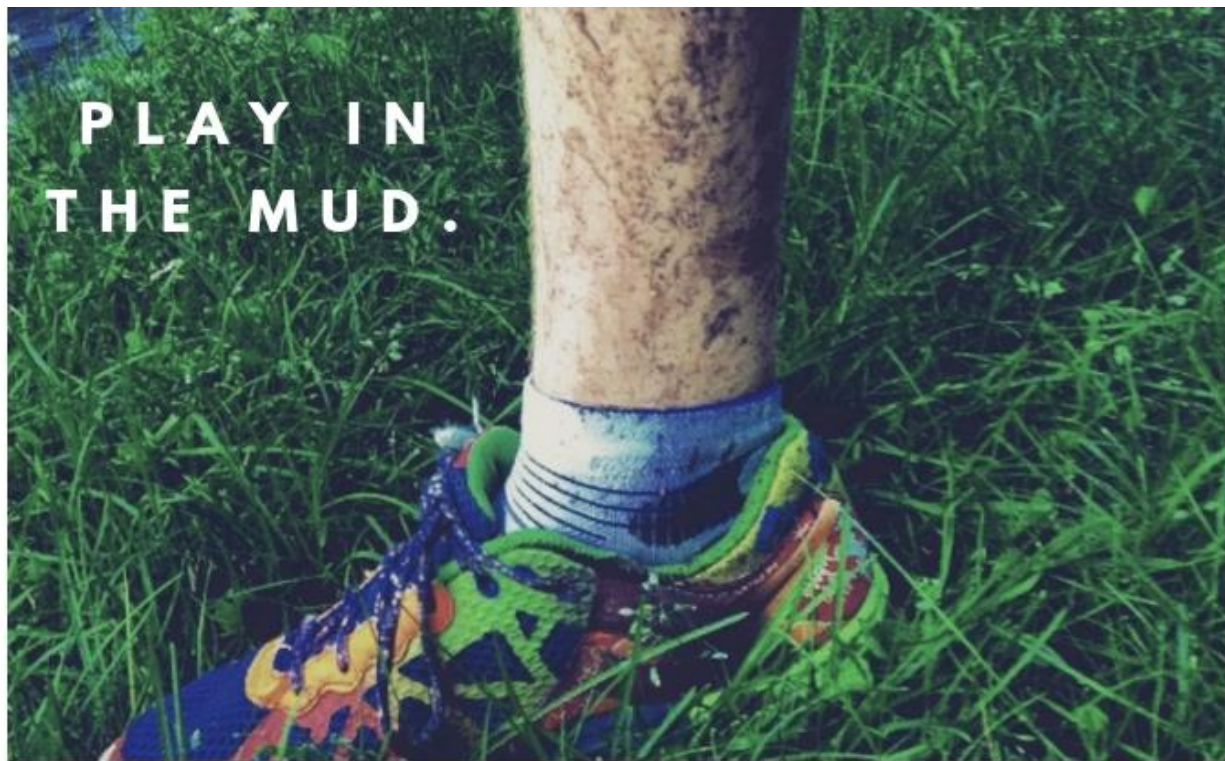
DAILY SCHEDULE

**subject to change based on weather
and transportation**

8:00AM: Breakfast
9:00AM: Information Session
9:30AM: Activity 1
12:00PM: Lunch
1:00PM: Information Session
1:30PM: Ongoing Activity 1/Activity 2
4:00PM: Relax
5:00PM: Dinner
7:00PM: Athlete pick up (for
day athletes)

STAFF

NYSEF coaches are not only talented on the snow. Coaches have special hobbies and skills in mountain biking, rock climbing and much more!



PAYMENT DETAILS

Please email info@nysef.org to make your reservation request. Upon requesting your dates, NYSEF will require a 50% deposit to secure your reservation.

Overnight lodging deposits are non-refundable within 30 days of the program.

-- Full payment for your reserved program are due 1 week prior to the first day of program.

-- Additional forms are also required with final payment: "NYSEF Liability Release," and a photo copy of the athlete's health insurance card. **Forms found at nysef.org/camps.**

ALL ATHLETES will be required to complete the USOC electronic release which will be emailed to you and must be completed before the program begins.

Please send documents and payment to NYSEF office at Whiteface:

-- Mail: NYSEF (ATTN: "Mt. Marcy or Mt. Haystack Adventure Program)

PO Box 300, Wilmington, NY 12997

-- Scan and email to: info@nysef.org

-- Call NYSEF at 518-946-7001 for questions or to pay by phone

Cancellation Policy

-- Day athletes require 2-week advanced notice for refund.

-- Overnight athletes require a 45 day notice for refund.

**INFORMATION IS SUBJECT TO CHANGE
PLEASE VISIT WWW.NYSEF.ORG/CAMPS FOR UPDATES!**