



## **NYSEF Post-Graduate Program 2020-2021**

**Mission:** It is the mission of the NYSEF PG Program to bridge the gap between high school and collegiate/national teams for elite athletes by providing the opportunity to focus on ski racing preparation and competition at a high level.

**Program Overview:** The NYSEF PG Program provides the opportunity for post-graduate athletes to push towards their full potential in ski racing. Sport becomes the primary focus for the athletes in this high-intensity program. Athletes have the opportunity to participate in NYSEF strength and conditioning programs as well as preparation camps in the summer and fall, then move into the competition season. Athletes will primarily focus on the Eastern FIS circuits with athlete goals determining the final details of individual calendar management.

**Housing:** PG athletes will have the opportunity to lodge at a private residence in Lake Placid with a NYSEF staff member/family. They will be provided with limited supervision yet a level of independence along with a bed, access to a kitchen and tuning space in a garage. Space is limited, first come first serve. Athletes will also have access to meals and facility use at the Olympic & Paralympic Training Center (OPTC) in Lake Placid based on availability and an additional fee.

**PG Academics (New for 2020-2021):** Athletes will have an opportunity to continue their academic journey through local North Country Community College. NYSEF will provide an academic liaison to facilitate this process - working with the athlete to find the best program/s that align with their academic goals and fit within their athletic calendar. Additional fees are determined based on course selection and not part of NYSEF program fees.

**Expectations:** PG athletes are the role models in the program - they have a responsibility to serve as mentors to younger athletes in the program by acting professionally and will be held to the highest standard. They represent the ideal athlete due to their disciplined schedules, motivation to compete at the highest level and dedication to instill a love of the sport in the next generation. We encourage PG athletes to engage in volunteerism while with us at NYSEF.

**Eligibility:** Must have graduated high school and commit to pursuing competitive ski racing at the collegiate or national team level.

### **Program Fees:**

- Base Athletic fee: \$16,000
- Housing at private residence with supervision: \$600 per month (Mid-November - Mid-April)
- Use of OPTC: TBD based on use
- Access to Sport Psychologist and Nutritionist: TBD based on use

**Included:** Professional coaching, additional NYSEF/Northwood School coaching support, hill/training fees, training in SL/GS/SG with timing as appropriate, season lift pass, locker and use of the NYSEF Building at Whiteface, Sprongo and Dartfish video analysis, transportation to/from regional races, equipment support as needed and available, strength and conditioning winter maintenance program, and training shell/jacket.

**Not Included:** Additional training camps, academic programs, competition fees, and travel expenses (including athlete/coach lodging/meals and out-of-region travel), membership in NYSSRA/US Ski and Snowboard/FIS and OPTC fees.

*Questions? Please contact John Norton at [johnn@nysef.org](mailto:johnn@nysef.org) or fill out an [application!](#)*