

2020 NYSEF *Alpine Summer* Program Fees

Fees increase after July 1

Alpine	Early Rate (before 7/1/20)	Regular Rate (after 7/1/20)
<p>2-Day Alpine Summer Programming (YOB 2010 - 2007) Fun focused programming for athletes learning the fundamentals of ski conditioning. These sessions will focus on strength, balance and coordination. NYSEF will provide adventure opportunities with snowsport conditioning while forging a fun and healthy lifestyle in the Adirondacks. This “Open Air” programming will also provide strength and movement based circuits to refine your skiing/riding technique into the 2020-2021 winter season. We will also require athletes to have a pair of rollerblades for ski specific technique drills. If you do not have skates, please contact us at alpinecamps@nysef.org. Days: 2 days / week. On Mondays and Wednesdays Dates: June 15 – August 28. Sessions: 9 - 11 AM. Each session will be divided with strength and skate drills. Location: Monday (Horse Show Grounds) / Wednesday (TBD will be communicated via TeamSnap) <i>*Meeting locations and times SUBJECT TO CHANGE*</i></p>	2 days/week: \$600	2 days/week: \$800 Drop in: \$50/session
<p>4-Day Alpine Summer Programming (YOB 2008 and older)* Designed for racing at the regional and junior national level. An emphasis will be placed on the competencies of athletic movement through testing and all body functional strength. The goal of this summer's training is to enhance overall fitness for high performance in the 2020-2021 winter season. Athletes will do Functional Movement Screen (FMS) tests as well become familiar with the U.S. Ski and Snowboard SkillsQuest Fitness Assessments. *For U14's looking for a more intense conditioning program, this is the option for you. Days: 4 days/week Monday - Thursday (2 strength sessions and 2 alpine skate session) Dates: June 15 – August 28. Sessions: 9 - 11 AM Location: Monday (Horse Show Grounds), Tuesday - Thursday (TBD will be communicated via TeamSnap) <i>*Meeting locations and times SUBJECT TO CHANGE*</i></p>	4 days week/ \$1,200	2 days/ week \$1,400 Drop in: \$50/session
<p>Alpine Skates Program- Without snow during the summer time, the Alpine Skates provide an experience similar to skiing. The Alpine Skates allow the athlete to be in their normal ski boots, the sensation uncannily reminds the athlete of the physical memory of being on their skis. The objective of these skates was just that. The skates have numerous benefits and those that currently have them can stand in testimony to them. Athletes signing up for the full time summer program will need to purchase a pair of Alpine Skates, please contact us asap for the skate purchase.</p>	\$250 Contact Us alpinecamps@nysef.org	

Program Fee

Not Included in enrollment: additional training, camps (unless described above), athlete travel expenses, competition registration and membership fees (U.S. Ski and Snowboard, USASA, USANS, NYSSRA, etc.)