



PO Box 300 Wilmington, NY 12997 518.946.7001 www.nysef.org

Winter Term Junior Development Program 2020-2021

Program Description for Nordic

Mission: It is the mission of NYSEF to provide opportunities for athletes of all ages to reach their potential in snow sports - alpine skiing, freestyle skiing, snowboarding, ski jumping, cross-country skiing, Nordic combined, and biathlon - through professional guidance and financial support.

Overview/Vision: The NYSEF Winter Term Program offers aspiring student-athletes a unique opportunity to pursue their athletics at an advanced level while tailoring their academic experience to their individual needs. This provides an avenue to excel academically and athletically.

Objectives:

- To ensure student-athletes in the U16-U20 age groups have an avenue to pursue their athletic goals, specifically the Junior National Championships, without compromising their academic development;
- To provide an environment where a student-athlete can balance academics and athletics on a daily basis through the utilization of quality tutors and coaches; and
- To instill a sound work ethic in student-athletes and foster the opportunity to build a strong foundation for their high school and college experience as a student-athlete competing at the highest level.

Program Dates: NYSEF has five different terms for varying levels of commitment – *A minimum of four weeks must be spent in the program.*

Term	Duration	Dates
Full Winter Term	~18+ weeks	November 08 – November 22 November 27 – December 23 January 1 – April 4*
December Term (with pre-season camp)	~4 weeks	November 27 – December 23
Gold Term	~13 weeks	January 1 – April 4*
Silver Term	~8 weeks	TBD within Gold Term
Bronze Term	~4 weeks	TBD within Gold Term

****Fall Camp Options:** To be announced separately and should be a priority for any athlete attending Winter Term.**

Academics:

NYSEF is committed to providing robust academic support for aspiring student-athletes who have enrolled in our Winter Term program. Our program has the unique ability to help student-athletes develop the relationships between athletic and academic success, which will prepare them to excel beyond the traditional academic environment.

The NYSEF Winter Term program is designed to guide students to find flexibility within a rigorous daily schedule, allowing them to pursue the sport at a higher level amidst an academic year. Academic tutoring is provided on an individual basis as needed, and all academic support is coordinated through NYSEF Academic Coordinators.

The success of the program relies on the coordination and cooperation between the student-athlete and all academic supporters; NYSEF Academic Coordinators, sending school counselors and teachers. NYSEF has designed two flexible academic paths that student-athletes can take advantage of; the NYSEF Homeschool Academic Path or the NYSEF Enrolled Academic Path. Either path can be chosen based on the student-athletes individual academic needs.

The NYSEF Homeschool Academic Path provides a one-on-one schooling experience for the student-athlete. Academic tutoring and curriculum is provided by our qualified NYSEF Academic Coordinators, and is designed based on the individual material that is being covered by the students' sending school while the student is a part of this program. *(Please see Winter Term Homeschooling Fact Sheet for more information.)*

The NYSEF Enrolled Academic Path provides the student-athlete with the support required for each child to complete their sending schools curricula per the schedule set by their guidance counselor or teachers. These students remain enrolled in their traditional school and work remotely and closely with a NYSEF Academic Coordinator.

All NYSEF student-athletes will have access to resources such as lab materials, the internet and tutors in order to achieve the academic success they desire. Typically, Monday is a dedicated academic day, 9:00 AM - 4:00 PM. The Tuesday through Friday train and academic schedules can be seen below. **Example of a Daily Schedule on Tuesday-Sunday below.** Monday is typically off-snow and dedicated to academics. Please note, the program includes (but not limited to) daily practices focusing on technique and race prep, video analysis, sports psychologist, athletic trainer access, equipment prep, nutritionist, and sport education.

8:00 am – 11:45 am: Academic Time with Tutors (W,TH,F)
8 am – 9:00am: AM Training Session Strength (Tuesdays only)
11:45 am – 12:30 pm: Lunch
12:45 pm – 2:45 pm: PM Stretching/ Recovery
3:00 pm - 5:00 pm: On-Snow Training Session
6:00 pm - 6:30 pm: Dinner
6:30 pm - 8:30 pm- Academic Time with Tutors/Flex Time

* Note: Details of the daily schedule can be adjusted based on tutor availability and athletic schedule. *Schedule is subject to change.*

Academic Highlights:

- For student-athletes in the “Enrolled Path” the sending school’s guidance counselor and teachers will be expected to provide the student-athlete (or parent) and NYSEF Academic Coordinator with a complete syllabus and supporting materials for each course he or she is enrolled in. The counselor and teachers of the sending school should be available to discuss and receive work as needed.
- NYSEF Academic Coordinators will provide academic support for the core courses offered by elementary and secondary schooling; Math, Science, History, English, French and Spanish.
- It is the responsibility of the athlete/parent to organize and compensate additional tutors for specialized courses NOT offered by the NYSEF academic team.
- Student-athletes are ultimately responsible for the completion of their work through effective time management, organization and communication. It is the responsibility of the student-athlete to seek out help when needed and to be accountable for his or her academic and athletic balance.
- Students that are working within the Homeschool path offered, please note that grades will NOT be provided to your child's sending school. You student-athlete will receive a P/F based on their work completed while with our program.

Athletics:

NYSEF’s primary mission is to provide opportunities for athletes of all ages to reach their potential in snow sports. This same mission has been in place for over 40 years and remains the essence of the NYSEF program. The Winter Term Program is designed specifically to offer a structured avenue for athletes to pursue these opportunities at an advanced level while maintaining and pursuing academics. Developing passion for a life-long sport is a crucial step in the long term development of a student-athlete and instrumental in instilling an active lifestyle as an adult.

The Winter Term Program’s athletic philosophy is rooted in developing and mastering proper fundamental skills and challenging them in a competitive environment. Training will encompass an appropriate mix of skiing/jumping and competition training as per the long-term plan of the head group coach. The competition schedule for each athlete is managed by the head group coach and depends on factors such as age, success in training/qualifying events, physical fitness and academic standing.

Training and Competition Venues:

The **Olympic Ski Jumping Complex** and the **Olympic Sports Complex at Mt. Van Hoevenberg** serves as top-tier training and competition sites for our Ski Jumping and Cross-Country disciplines and off-season training options for all athletes. These venues that NYSEF call home are managed by the **Olympic Regional Development Authority (ORDA)**. Their support and cooperation is essential to NYSEF’s success. NYSEF also maintains office/changing space at the Olympic Sports Complex (Mt. Van Hoevenberg) and the Olympic Jumping Complex. ORDA management is committed to providing NYSEF with a world class training venue throughout the winter months. On-snow athletic training is appropriately scheduled and managed by the head group coach and typically occurs six days per week. Monday is normally an all academic day during which student-athletes are given more time to focus on academics and participate in other off-snow activities (including strength and conditioning, regeneration, ski tuning and preparation as well as athletically-based educational programs and lectures on nutrition, sports psychology and sports science).

Facilities:

The NYSEF Winter Term Program will take advantage of the world-class facilities available at the **Olympic & Paralympic Training Center (OPTC)** in Lake Placid. The facility, opened in 1989, is designed to accommodate elite athletes as they train and compete at the Olympic Venues in Lake Placid. The state-of-the-art facility consists of a 96 bed dormitory wing, full-service cafeteria staffed by experienced chefs, a Sports Science Program, Sports Medicine facility, conference rooms, weight room and a 3-bay, 20,000 square foot gymnasium.

NYSEF is proud of its close relationship with the OPTC and use of this resource allows Winter Term athletes to live and train in a world-class facility surrounded by national level and international level athletes. Program enrollment includes full access to all OPTC facilities including the gymnasium and weight room, conference rooms for academic sessions, as well as their full-service cafeteria and dormitory for boarding students.

Orientation Weekend:

There is an annual Orientation Weekend in late October / early November for student-athletes and their families to get acquainted with the program, staff and facility in Lake Placid. This program is highly recommended for all. More information will be coming to you as the weekend approaches. ** This orientation is subject to change based on need and scheduling.

Student-Athlete Expectations:

The following is a list of guidelines to which all NYSEF student athletes will be held accountable to:

- Student-athletes will be expected to follow the NYSEF Code of Conduct at all times.
- Student-athletes will be honest in all academic, athletic and social atmospheres in which they participate - any acts of dishonesty will be met with the most serious consequences.
- Student-athletes will participate in all scheduled activities. Unexcused absences or tardiness will not be tolerated.
- Student-athletes will conduct themselves in a manner that is becoming a representative of NYSEF while respecting all staff members.
- Student-athletes will not bully or haze another person at any time - harassment of any type (including but not limited to verbal, physical, electronic, sexual, emotional) will not be tolerated. Student athletes must follow the NYSEF Bullying Prevention Policy Guidelines.
- Student-athletes will not damage or destroy any property of NYSEF or of any venue in/at which the program will be participating.
- Student-athletes will obey all federal, state and local laws. There will be a zero-tolerance policy regarding the alcohol, tobacco (including vaping) and drug rules set forth in the Code of Conduct.
- Student-athletes will adhere to any and all rules or policies set forth by NYSEF staff members subsequent to enrolling in the program.

Other Important Factors:

- Training Camps and Summer Programs: While not mandatory, student-athletes will be strongly encouraged to attend NYSEF preparatory training sessions and summer programming. While in-season training is very important, these “prep” camps are essential for the long term development of the alpine athlete and should be viewed as an essential ingredient to athletic success.

For the 2020/21 season camp planning is Subject to Change due to the Covid-19 Pandemic - We will attend snow camps as deemed appropriate but will focus our energy and time on STRENGTH AND CONDITIONING until further information is available regarding travel.

- Strength and Conditioning: student-athletes involved in Winter Term will be provided with a physical conditioning program with input from highly qualified staff at each NYSEF and the Olympic & Paralympic Training Center (OPTC). Athletes will be expected to follow the program with the assistance of the OPTC group coach as well as on their own when the coach is not present. There will be opportunities in the off months to participate in dryland activities, these sessions will be designed to enhance the year-round program with a balance of instructional dryland and other activities like mountain biking, hiking, games, etc. Consistent Physical conditioning is essential in injury prevention and successful training/racing results. *
- Goal-Setting and Evaluation: student-athletes will participate in a goal-setting and evaluation process which their head group coach will oversee and guide them through. Good goal-setting and evaluation is essential in the progress of a student-athlete’s career. Each student-athlete will receive a written evaluation at the end of their term (and one mid-season for full-term athletes).
- Transportation: NYSEF will provide transportation to/from skiing venues and to/from academic activities. If a student-athlete plans to deviate from the established transportation plan, he/she will need to communicate with NYSEF in advance and have written parental permission.

*** Due to train/race schedules, there is no traditional “school vacation” in the NYSEF Winter Term. We ask that you do not make travel arrangements expecting your son or daughter to be excused. We rely on this time to continue with their athletics and academics so that student-athletes will be prepared to smoothly re-enter their sending school. Thank you for your cooperation. ***

Staff:

The NYSEF Junior Development Winter Term program is made up of a number of members with many years of experience. Below is a list of key staff members in NYSEF Winter Term. See www.nysef.org for our full coaching staff.

- Beatty Schlueter – Winter Term Program Director and Head Junior Development Coach
- John Norton – Executive Director and Alpine Program Director
- Jacquie Lopez – Winter Term Academic Coordinator/Tutor
- Olivia Transue – Winter Term Academic Coordinator/Tutor
- Danielle LaCavalla - Communication/Development Director
- Shane MacDowell – Head Cross-Country/Biathlon Coach
- Colin Delaney - Head Ski Jumping and Nordic Combined Coach
- Julianne Stemp - Assistant Cross- Country Coach
- Debbie Gardiner – Certified Physical Therapist/Athletic Trainer
- Dr. Tracey Viola – Medical Director

Tuition and Fees:

Term	Weeks	Dates	Fees (Day)	Fees (Board)
Full Term	~18+ weeks	November 08 – November 22 November 27 – December 23 January 1 – April 4*	\$23,000	\$27,500
December Term (includes CO Camp)	~4 weeks	November 27 – December 23	N/A	\$8,400
Gold Term	~13 weeks	January 1 – April 4*	\$17,500	\$21,200
Silver Term	~8 weeks	TBD within Gold Term	\$12,000	\$14,800
Bronze Term	~4 weeks	TBD within Gold Term	\$6,400	\$7,800
Rate per week to add to an existing Term	~1 week	TBD within Gold Term	\$1,500	\$2,100

- **Winter Term fees** include academic tuition and support, facility use, transportation to/from local venues and supported races, NYSEF season lift access (Full, Gold, Silver and Bronze terms), meals, athletic program and coaching.
- **Boarding fees** also include room/bed. Additional athletic fees will apply for NYSEF training outside of the winter term.
- **These fees do not include** additional training camps and opportunities, race entry fees, travel expenses (such as athlete/coach lodging, meals and other travel related expenses), tools/athletic equipment, and any incidental spending of a student-athlete.
- Tuition must be paid in full prior to the student athlete beginning the program unless a payment plan has been approved. No reduction or refund is made for early withdrawal, dismissal or absence.
- Scholarship and/or financial aid may be available. Please contact winterterm@nysef.org for more details and to receive a [scholarship application](#). Additional policies outlined in the Winter Term Handbook.