



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 athletes who have demonstrated a desire to focus on cross country ski racing preparation and competition at an elite level.

Program Overview: The NYSEF PG Program provides the opportunity for post-graduate athletes to strive towards reaching their full potential on the race circuit regionally, domestically and internationally. Sport becomes the primary focus for the athletes in this high-intensity program.

Housing: PG athletes will have the privilege of lodging 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 waxing/equipment 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 demonstrated a commitment to pursuing competitive ski racing at the collegiate or national team level.

Program Fees:

- Base Athletic fee: CONTACT SHANEM@NYSEF.ORG FOR DETAILS
- Housing at private residence with supervision: \$600 per month
- Use of OPTC: TBD based availability on use and access
- Access to Sport Psychologist and Nutritionist: TBD based on use

Included: Professional coaching, personalized training plan, rollerski treadmill usage, video analysis of technique, strength training at Lake Placid Training Center, Lactate threshold testing, ORDA rollerski loops, Range usage (biathlon), ammo (biathlon), and the Adirondack High Peaks as your training “backyard!”

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.

Questions? Please contact Shane MacDowell at shanem@nysef.org or fill out an application [online!](#)