

# 2021 NYSEF *Alpine Summer Program & Fees*

## 4 programs age based summer 2021

<b>Alpine</b>	<b>Early Rate (before 6/1/21)</b>	<b>Regular Rate (after 6/1/21)</b>
<b>2-Day Summer Programming (U10 - U12) - Coach Matty</b> Fun focused programming for youth in snow sports. These sessions will focus on adventure, Peak bagging, canoeing, climbing and Mt. Biking. This "Open Air" programming will utilize the spectacular natural environment of the Adirondacks. These sessions will run all day. <b>Dates:</b> June 28 – August 27 <b>Sessions:</b> Full Day <b>Location:</b> Monday & Wednesday <i>*Meeting locations and times SUBJECT TO CHANGE* via TeamSnap!</i>	2 days/week: \$1,200 <i>8 max enrollment</i>	2 days/week: \$1,400
<b>3-Day Strength &amp; Conditioning (U14 and older) - Coach Patrick</b> 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. Athletes will begin the programming with Functional Movement Screen (FMS) tests as well be coached in the execution of U.S. Ski and Snowboard SkillsQuest Fitness Assessments. * U14-U16'S looking for a more intense conditioning program, this is the option for you. 3 days weekly is highly recommended <b>Days:</b> Monday, Wednesday & Friday <b>Dates:</b> June 14 – November 19 <b>Sessions:</b> 9 - Noon <b>Location:</b> NYSEF GYM Lake Placid	3 days week/ \$1,000	3 days week/ \$1,200
<b>2-Day Mountain Bike Program (1st yr U14 - U16) - Coach Jimbo</b> The goal of this program is to explore all local riding venues, intermediate riding skills are helpful but not mandatory, basic to advanced riding skills as well basic bike maintenance will be taught. <b>Dates:</b> June 28- August 27 <b>Times:</b> 9 - Noon <b>Location:</b> Wednesday & Thursday <i>*Meeting locations and times SUBJECT TO CHANGE*</i>	2 days week/ \$450 <i>8 max enrollment</i>	2 days week/ \$650
<b>1-Day Alpine Skates Program (2nd yr U12 - U16)- Coach Patrick</b> 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. <u>There will be a rental skate fee of \$100.00 for the summer.</u> <b>Days:</b> Monday <b>Dates:</b> June 20- August 27 <b>Times:</b> 1 - 3 PM <b>Location:</b> Mondays <i>*Meeting locations and times SUBJECT TO CHANGE*</i>	\$600.00 + rental <i>8 max enrollment</i>	\$800.00 + rental

**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.)

**ALL PROGRAMS ARE SUBJECT TO CANCELLATION BASED ON PARTICIPANT NUMBERS.**