



2021 - 2022 NYSEF Freeride Program

We use the term Freeride to define the many disciplines within the sports of skiing and snowboarding not related to traditional nordic or alpine ski racing. Below are descriptions of each of the disciplines and some of the terminology used to describe each.

Freestyle skiing - The foundation for what we call Freestyle skiing are the traditional sports of Moguls(M) and Aerials(A). The word "freestyle " can also be used as a general term to describe snowboarding & skiing disciplines such as Halfpipe, Slopestyle, & Railjam which involves tricks, jumps, and terrain park features, such as rails, boxes, jibs, or other obstacles.

Slopestyle (SS) - a judged skiing/snowboarding event held on a terrain-park course consisting of a variety of jumps, boxes, and rails.

Skiercross (SX) - Also called Ski Cross. Downhill race with as many as six athletes in a heat on a course consisting of a variety of jumps, banked turns, and rollers. Athletes are normally seeded by way of an individual time trial prior to heat racing. The top athletes in each heat advance to the next round while the others are eliminated.

Boardercross (BX) - Also called Snowboard Cross (SBX). Same as above with snowboarders.

Railjam(RI)(R) - Railjams are ski and/or snowboard events held solely on rails or box features in a jam-style format. In this format athletes take as many runs as possible in a predetermined time period and may or may not proceed to a final round. Can be judged by a panel of judges or by the competitors themselves.

General Program Info - all information based on **Whiteface** schedule and operating times. Please contact program director/head coach for specifics on **Belleayre** and **Gore** programs.

Schedule - All Freeride groups normally meet every Saturday/Sunday and select weekdays during the holiday weeks. The main exception is the Intro to Competitive Ski

and Snowboard which meets Saturdays only. Over the December Holidays we offer weekday training on the following days:

Monday - 12/27, Tuesday - 12/28, Wednesday - 12/29, Thursday - 12/30

No Training Christmas Eve or Christmas Day

Schedules and reminders will be sent via your athlete's primary coach using the TeamSnap app.

Daily - All groups head to the lift @8:30am. Plan to get to the NYSEF building early to gear up and be ready by 8:15am. If late, go to the reception desk and ask to contact your coach via radio and await instructions to catch up with the group. Depending on where your group is it may take a while so be patient.

Mid-morning break - Our groups usually stop for a short mid-morning break at mid-station (times vary). Athletes may want to have means to purchase hot chocolate or a snack.

Lunch break - We generally like to take lunch around 11:30 am but times may vary according to individual groups so check with your athletes' coach to confirm. Lunch is not provided. Athletes are free to meet family or friends in the main lodge or brown bag it in the NYSEF lodge. Break lasts 45-60 min.

Afternoon session - Groups will head up the lift at set times based on their lunch break and will continue training until the end of program day at 2:00pm. Athletes are not supervised after that time, so parents please make plans for pickup or set a predetermined meeting place.

Weather - The weather is continually changing and conditions vary greatly from the base area to the summit at Belleayre, Gore and Whiteface. Please prepare and pack extra layers - gloves, facemasks, etc - to ensure your athlete stays warm. If they show signs of cold or frostbite they will be sent indoors to warm up.

On the occasion of severe weather or extreme conditions it may become necessary to shorten the program day. We try to avoid this at all costs but there are times when either lifts are not operating or, in the interest of athlete safety, we feel it's best to forego training. We cannot plan ahead for this but be aware of the possibility based on forecast or recent weather (ex. - Rain followed by dropping temps = icy conditions).

Gear - It is important that your athletes' gear has been fitted properly and checked for safety (binding check) each season. Improperly fitted or adjusted equipment can lead to injury. Our coaches will evaluate and document each athlete's equipment and make

suggestions based on what they find. If you are asked to update, tune, or upgrade gear please understand it's about keeping athletes safe. Helmets are required for all participants and must fit according to manufacturer recommendations. If purchasing a new helmet, be certain it is made specifically for snowsports – no skate or motorsports helmets are allowed. Though motorsports and other sport helmets may be safe for their intended purpose they may not be for use on snow. Check with your coach if you are unsure.

Special note on concussions: All NYSEF staff are required to review and complete the Centers for Disease Control Concussion Training online at www.cdc.gov/concussion/sports/. Athletes suspected of having sustained a head injury will be pulled from training and competition until they can be evaluated by a medical professional trained in recognizing concussion symptoms. All US Ski & Snowboard & USASA coaches and officials are required to do the same with all athletes under the age of 18.

Athlete ability level – All NYSEF Freeride program athletes must be of at least intermediate ability and actively be training for competition in order to participate.

Work Deposit/Volunteering – Your work deposit is refundable after working two volunteer days. There are many options including both indoor and outdoor positions assisting with the many events we run each season. The majority of volunteer need is in the alpine race program as they have more events that require manpower. The entire USASA series (home and away events) is another possibility for you to volunteer though the need is not as great. Check the schedule and contact your mountain's program director or head coach for more information on how to sign up for your preferred event/date.

Competition

NYSEF is a competitive training program and all athletes are expected to compete at some level throughout the season. While some competition tracks are clearly defined, others are not, but that doesn't mean it's not a viable path to a goal. For athletes new to competition it may be best to test the waters with low-level, casual events until a specific discipline catches their interest. For those determined to excel at a chosen discipline a step-by-step training and competition plan is the best choice. Either way, it's important to keep it fun and plan for enough training between competitions to make it possible to achieve their goals.

Our coaches will assist in creating a competition plan for all athletes and will represent them at events that have been pre-approved. Travel to events and costs for registration are not included and vary from event to event.

NYSEF coaches will be onsite for:

- All applicable Adirondack and Catskill regional USASA events.
- All pre-approved US Ski & Snowboard Eastern Division Freestyle ski events. (Travel must meet the needs of the team and be necessary to reach pre-determined athlete goals. Consult with your individual coach.)

Useful links -

- NYSEF www.nysef.org Home for all NYSEF programs including "Freeride".
- USASA United States of America Snowboard Association - www.usasa.org Click on "regions", "Adirondack" for regional information. Or hit the "events" tab for schedule info.
- US Ski & Snowboard - USSS(formerly USSA) - www.usskiandsnowboard.org - For information on Eastern region freestyle events go to www.easternfreestyle.org
- FIS - International Ski Federation - www.fis-ski.com - site with links to all FIS disciplines, news rules, and event listings
- Ski the East - www.skitheeast.net - Eastern-bred ski site with events listing for non-sanctioned events.
- Newschoolers - www.newschoolers.com - Ski site with video, news, info, and events based on new school ski culture.
- Belleayre- www.belleayre.com check out home mountain's events page
- Gore- www.gore.com check out home mountain's events page
- Whiteface - www.whiteface.com check out home mountain's events page
- Transworld Snowboard Magazine - www.snowboarding.transworld.net - many more great links as well as "trick tips"
- Empire State Winter Games - www.empirestatewintergames.com - registration and results for this year's games taking place Jan 30- Feb 2, 2020. (Mogul athletes sign up through the Eastern Freestyle site link above.)
- Safesport - <https://uscenterforsafesport.org/> - The U.S. Center for SafeSport is an independent 501c(3) non-profit organization focused on ending all forms of abuse in sport.
- Concussion Awareness - <https://www.cdc.gov/headsup/index.html> - The Centers for Disease Control and Prevention.

Competition levels

Local mountain events

This can be a good way to test the waters. Local events usually offer prizes and competitors range from first-timers to the very experienced.

Industry Tours and Open Events

These events are not sanctioned by any governing body such as those listed below and are generally funded by corporate sponsors offering cash and prizes or opportunities to access higher level events. Examples would be The Gatorade Free Flow Tour, The Dew Tour, Volcom Peanut Butter and Railjam, & Trans Am Tour, Burton US Open, ESPN X-Games to name a few. Some have open registration while others are invite-only. In general, weekend athletes are free to attend these events but are not represented by NYSEF coaches unless it is a part of their predetermined competition track.

USASA

United States of America Snowboard Association - www.usasa.org - This is a nationwide organization consisting of 30+ regions of grass-roots "racing" for skiers and snowboarders in the disciplines of Halfpipe, Slopestyle, Railjam, Boarder/Skiercross, & Banked Slalom(exhibition only) and snowboard only in Giant Slalom and Slalom. Athletes compete locally in the Adirondack region accruing points in their respective age groups and disciplines throughout the season. Winners in each category as well as those with a qualified national ranking are invited to USASA Nationals at the end of the season - (Copper Mt., CO). Membership in either USSA or USASA is required for all NYSEF athletes. Check with your coach to determine which is for you.

US Ski & Snowboard

United States Ski & Snowboard - www.usskiandsnowboard.org - A network of 400+ USSS clubs provides opportunities to participate in all levels of skiing and snowboarding competition. USSS provides education and support to local coaches, officials, parents and volunteers, a local and national calendar of events, competition rules, and a development system to provide for advancement from grassroots up through the national Team. Also, check the following link for information on our home USSS Freestyle division(Eastern). www.easternfreestyle.org We are in the "Central"

region of the "Eastern" division. Membership in either USSS or USASA is required for all NYSEF athletes. Check with your coach to determine which is for you.

FIS

International Ski Federation - (Federation Internationale de Ski) - www.fis-ski.com - International governing body for Cross-Country, Ski Jumping, Nordic Combined, Alpine Skiing, Freestyle Skiing, and Snowboarding. FIS sanctions the World Cup and Nor-Am Tours as well as the Olympics. Membership is required at the Revolution Tour/Nor-Am level and above.

2021 - 2022 Belleayre Freeride Staff

Jim Catalano- Program Director, jimc@nysef.org, 845-254-6046

Shawn Spanhake (Snb) - Head Coach

John Strauss (Ski) - Freeski Coach

2021 - 2022 Gore Freeride Staff

Rich Burnley- Program Director, richb@nysef.org, 518-251-2825

John Morgan- Alpine Director, johnm@nysef.org

Kyle Johnston - (Ski) - Freeski Coach

Brady Swanson - (Snb) - Snowboard Coach

Andrew Parent (Ski) - Freeski Coach

2021 - 2022 Whiteface Freeride Staff

Mike Kirchner (Snb) - Program Director, mikek@nysef.org, 518.946.7001, x-35

Bob Witt (Snb) - Sr. Freeriders Coach - bobw@nysef.org

Ryan Beattie (Snb) - Assistant Coach

Nick Arnold (Ski) - Head Moguls Coach nicka@nysef.org

Jackson Deeney (Ski) - Freeski Coach

Administration

John Norton - NYSEF Executive Director/ Alpine Director

Lynn Gaffney - Financial Administrator

Beatty Schluetter - Winter Term Coordinator & U10-12 Alpine Director

Danielle LaCavalla - Communications & Development Director