

Alpine Parent and Athlete Handbook



Contents

About Us

Alpine Ski Programs

Program Descriptions by Group

Statewide and National Memberships

NYSEF Alpine Full-time Programs

Daily Activities within NYSEF

Costs and Equipment

Important Dates / Ski Sales

Links to Other Resources



About Us

The New York Ski Educational Foundation (NYSEF) is a 501(c)(3) non-profit organization that provides educational opportunities for children and young adults through athletic training in snowsports. Founded in 1973, NYSEF has since grown to include 7 disciplines, 5 primary training venues and over 500 athletes, some of whom have competed in the Winter Olympic Games.

Program Philosophy

NYSEF offers competitive alpine ski programs for a variety of ages, abilities and commitment levels. Programs are based out of each Belleayre, Gore and Whiteface Mountains and encompass an appropriate mix of free-skiing and gate training. NYSEF athletes are encouraged to become “good skiers” as well as “good ski racers”; good skiing is the key to fast racing at the higher levels. Our coaching staff helps to instill a passion and love for skiing with their athletes to make skiing and racing a life-long and enjoyable activity.

Our program philosophy is based on developing and mastering proper fundamental skills, then challenging those learned skills in a competitive environment. Programs range from weekend only to full-time programs to meet the varying needs of athletes and families. We strive to

create an environment in which each athlete learns the essential skills to reach their potential in their sport. We want each NYSEF athlete to be the best that they can be while having fun doing it! The friendships and valuable connections your children will make through ski racing will last a lifetime.



Venues

We are very lucky to be located at three of the best ski areas in the East - Belleayre, Gore and Whiteface. These ski areas are managed by the Olympic Regional Development Authority (ORDA).

Although each of these mountains' programs have their own staff, identity and style, they are all under the NYSEF umbrella. NYSEF has training centers and/or areas in each location that provide a meeting place for parents, coaches and athletes. These facilities have a variety of uses including equipment storage, video analysis, coaches' offices, and in some cases, locker space.

All three mountains host their own dedicated alpine training/racing venue as well as offer ample opportunities to learn and practice the essential skills of skiing and ski racing while providing a place for parents and friends to enjoy snow sports while their children are skiing in the program.

Belleayre Mountain

Belleayre Mountain is conveniently located approximately two-and-a-half hours from the greater New York City area in the Catskill Mountains. Belleayre has 51 trails and 8 chair lifts. At Belleayre, NYSEF is based in the lower level of the Longhouse Lodge.

Gore Mountain

Gore Mountain provides the most skiable acreage (439 acres) in the state and yet continues to expand its terrain (110 trails) and snow-making capacity and has a 2562' Vertical Drop. Gore has two FIS homologated trails and recently added two new chair lifts. Both lifts will extend farther up the mountain.

At Gore, the training center is located beyond the base of the Adirondack Express II quad chair north of the base lodge.

Whiteface Mountain

Host of the 1980 Winter Olympics, Whiteface Mountain offers the largest vertical drop in the East of 3,430' with 86 trails and 283 skiable acres including four FIS homologated trails. At Whiteface, the training center (built in 2006) is located at the base of the mountain just adjacent to the base lodge.

Point of Contacts

*For general information, please contact the main office at 518-946-7001 or email info@nysef.org.

Administrative Staff

John Norton, Executive Director/Alpine Program Director: johnn@nysef.org

Mike Kirchner, Freeride Program Director/COVID-19 Task Force: mikek@nysef.org

Lynn Gaffney, Financial Administrator: admin@nysef.org

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Belleayre

PHONE: 845-254-6046 (seasonal)

Jim Catalano, Belleayre Program Director / Head Coach: jimc@nysef.org

Tara Hulse, Program Manager / Race Administrator / Volunteer Coordinator: tarah@nysef.org

Gore

PHONE: 518-251-2825 (seasonal)

Rich Burnley, Gore Program Director: richb@nysef.org

John Morgan, Head Coach: johnm@nysef.org

Tanya Gaechter, Program Manager / Race Administrator / Volunteer Coordinator: tanyag@nysef.org

Whiteface

PHONE: 518-946-7001

Kaileigh Moore, Office Manager / Events Assistant: kaileighm@nysef.org

Chris Grant, Race Administrator / Volunteer Coordinator: chrisg@nysef.org

Staff Directory

The staff directory can be found on www.nysef.org/staff. All staff are members of USSS, SafeSport certified and CPR certified. Many hold other certifications in other professional roles and are members of a variety of committees to support our governing bodies.

Alpine Ski Programs

NYSEF Alpine Weekend Program

U10 and U12 programs

U10 and U12 programs begin December 11, 2021 and end March 27, 2022 (subject to change pending skiing conditions). U10 programs are Saturday and Sunday (or Sunday only for Intro to U10 athletes). U12 athletes have the option to train Friday, and include Saturday and Sunday with the option for mid-week training.

U14 and older programs

U14 and older programs begin December 4, 2021 and end March 27, 2022 (subject to change pending skiing conditions). Athletes who want to pursue training with NYSEF full-time in the winter traditionally join the NYSEF Winter Term program and continue with NYSEF in Winter Term or attend a 9-month program with Northwood School (see full-time programs below).

****Please refer to updated program times in COVID-19 policy below.****

Weekday Training

The “Weekend Plus” program offers athletes the opportunity to participate in additional training during the week. Locations may include, but are not limited to, Mount Pisgah, Willard Mountain and the North Creek Ski Bowl. Training is typically offered two nights during the week starting in January



and concluding in mid-March (pending snow conditions and weather). This program is designed to complement the weekend program by reinforcing the content and direction of the weekend training. Like the weekend programs, this option will be focused heavily on skill development and will include appropriate gate training. Age-appropriate weekend program enrollment is required to participate (U12 athletes and older). Lift pass NOT included, details and availability vary by venue.

Summer and Pre-Season On-Snow Ski Training

NYSEF offers additional training in the “off-season”, or the summer and fall months when skiing locally is not possible. Locations may include: Mt. Hood, Oregon, Copper Mt. and nearby Mountains, CO, and Sunday River, ME. These camps are designed to give athletes more on snow mileage and an opportunity to develop skills in a non-competitive, FUN environment. These on-snow opportunities are also useful for getting an edge on the competition in the winter. Additionally, opportunities for older, full-time athletes may include training in Europe and/or South America. Below is a sample of our camps with typical dates. (*locations and final dates subject to change: current opportunities will be listed on our website (www.nysef.org) and communicated through TeamSnap.

*NEW: There may be additional opportunities at the indoor facility, Big Snow, in NJ throughout the summer and in the ‘off season.’ Please contact your venue program director to learn more.

Summer Camps

Mount Hood Fundamentals Camp – Mount Hood, Oregon. Open to U12s and U14s, Mid/Late June/Early July. Approximately (9 days).

Northern Hemisphere Summer Camp – U16s and older. Late May / early June (14 days).

Southern Hemisphere Summer Camp – U14s and older. August-September (21 days).

Fall Early On-Snow Training

Fundamentals ‘West’ – Summit County, Colorado. Open to U14s and older. Late November to early December (9 days)

Fundamentals ‘East’ – Eastern U.S or Canada. Open to U12s and older. Approximate dates: late November (5 days)

Note: The following additional camps and associated costs are NOT included with enrollment in NYSEF Programs: · Athlete travel expenses and additional training camps/training. Competition registration and membership (U.S. Ski and Snowboard, FIS, NYSSRA) · Out-of-region or post-season travel and coaching expenses. For other details including costs, please contact alpinecamps@nysef.org.

Summer and Fall Dryland Training Opportunities

In unison with the NYSEF mission, NYSEF offers adventure opportunities and snowsport conditioning. Some areas are location specific and by venue (day programs) and others have been overnight camps in the Lake Placid region.

The programming helps athletes learn the fundamentals of ski conditioning. 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 winter season. Some sessions may require athletes to have a pair of rollerblades for ski specific technique drills. Please contact us at alpinecamps@nysef.org to learn more.



Program Descriptions by Group*

**Ski racing age is the athlete's chronological age on December 31, or Year Of Birth (YOB).*

U10 (YOB 2012-2014) **FUN**damentals

Ski racing is introduced at this young age in the form of extensive free-skiing and basic skill development with a major emphasis on having FUN. Athletes are divided into small groups and encouraged to push their limits in a variety of terrain and environments including groomed terrain (steep and flat), moguls, and in the skier-X course. Exposure to gate training is limited and focuses on kombi, paneled SL and obstacle courses. U10s participate in an "in-house" race series at each mountain (approximately 5 races per season). Appropriate U.S. Ski and Snowboard "Competitor" and NYSSRA "Competitor" memberships are required ONLY to participate in races such as the Hovey Memorial and

Q: Do younger athletes need state and national memberships?

A: YOB 2014 (U8): This age group does not need to participate in state or national memberships. U8 racers under 8 years of age will just participate in our local World Cup races at Whiteface. These local events do not require NYSSRA or US Ski and Snowboard membership and are run entirely by local NYSEF staff.

A: YOB 2013/2012 (U10): If you are interested in the end of the year Kandahar Festival then you should purchase both a NYSSRA and US Ski and Snowboard competitors license. Kandahar Festival (and Kandahar Championships for those U12 racers that qualify at the Kandahar Festival) does require both NYSSRA and US Ski and Snowboard membership. If you plan to stay local and just participate in the at home World Cup races, NO MEMBERSHIP is needed. If you are on the fence and don't know at this time, you can get the general membership and then upgrade to the competitors license.

Kandahar Festival - see www.us Skiandsnowboard.org and www.nyssra.org. All participants should be able to ski at an intermediate level, ride the lift alone and put on their own ski equipment. Training is offered on Saturdays/Sundays with limited training during holidays.

U12 (YOB 2010-2011) *Learning to Train*

The U12 group is a step higher than the U10s in training demands and competition access. Athletes build on their previous experience with a continued focus on extensive free-skiing and basic skill development, with a major emphasis on having FUN. Exposure to gate training increases slightly to include GS training as well as an introduction to SL training. U12s, like the U10s, may participate in the "in-house" race series at each mountain and will likely participate in other races such as Council (mountain) Series races, the Hovey Memorial and NYSSRA Kandahar as appropriately guided by the staff. Appropriate U.S. Ski and Snowboard "Competitor" and NYSSRA "Competitor" memberships are required for all U12s planning to travel to US Ski and Snowboard sanctioned races - see www.us Skiandsnowboard.org and www.nyssra.org. This is highly recommended for second-year U12s. All participants should be able to ski at an intermediate level, ride the lift alone and put on their own ski equipment. Training is offered on Fridays/Saturdays/Sundays with limited training during holidays.

*Another event to look forward to is the Empire State Winter Games in and around Lake Placid. To learn more about Empire State Games visit the website [here](#).

SNAPSHOT OF A TYPICAL U10/U12 DAY

- **Arrival: Approx 8:30 AM:** Arrive READY for training, check the group board for groups
- **Head to Lift: 8:45 AM:** Meet group outside training centers/Longhouse or determined location
- **Mid-Morning Break:** snack // water // bathroom and warm-up
- **Program End: 1:30 PM**

Exact schedule based on age group and will be communicated through TeamSnap

Breaks are determined daily based on training needs, crowds, group expectations

Scroll DOWN towards the end of the handbook to see specific equipment needs for U10/U12 athletes.

U14 (YOB 2008 - 2009) *Train to Train*

Athletes at the U14 level maintain a focus on fundamentals and skill development while increasing exposure to competitive racing while having FUN. The majority of on-snow time is spent on directed free-skiing in a variety of terrain while gate training is focused on applying the fundamentals learned in free-skiing to modern tactics in both Slalom and Giant Slalom with some exposure to Super G. U14s begin to compete outside their home in the NYSSRA Excelsior Cup. From there, they can qualify

to compete at the state and regional level. Appropriate U.S. Ski and Snowboard “Competitor” and NYSSRA “Competitor” memberships are REQUIRED for all U14s - more information can be found at www.nyssra.org and www.us skiandsnowboard.org. Typically, competitions take place on weekends starting in January and go through March. There are some mid-week races. All participants should be able to ski competently at an intermediate to expert level. Training is offered on Fridays/Saturdays/Sundays with limited training during holidays.

Q: What statewide and national memberships are required for U14 and up?

A: NYSSRA & U.S. Ski and Snowboard: U.S. Ski and Snowboard (National) and NYSSRA (State) are the organizations that govern various series of competition for alpine skiing at NYSEF. Membership in each organization may be necessary for your athlete depending on age and participation in various race series. Please review the above age group program descriptions for more detail or contact your head coach for guidance.

A: USASA (United States of America Snowboard Association): Membership for Alpine racers is optional, but it is required to participate in USASA sanctioned Ski-Cross and other Freeride events. Information found at www.usasa.org.

A: FIS (International Ski Federation): U18/21 athletes only. Membership optional (required to race FIS races and be ranked internationally). Information found at www.fis-ski.com.

Note: Additional information regarding which memberships are necessary for your athlete can be found in the age group program descriptions below.

U16 (YOB 2006 - 2007) Training to Compete

At the U16 level, a great deal of focus remains on fundamentals and skill development while the mix moves towards developing good technique and tactics for racing. U16 athletes move through a season-long progression of free-skiing, drills and gate training with emphasis again placed on having FUN. U16s will build on their experience and test their skills in three events (SL/GS/SG) and may be exposed to Downhill. U16s begin competing at the state level (NYSSRA) in “U.S. Ski and Snowboard Scored” competitions. From there they can qualify to compete at the regional and national level within the U.S. Ski and Snowboard. Appropriate

NYSEF and U.S. Ski and Snowboard “Competitor” memberships are REQUIRED for U16+ athletes. More information can be found at www.nyssra.org and www.us skiandsnowboard.org. Typically, competitions take place on weekends starting in December and go through March. There are some mid-week races. All participants should be able to ski at an expert level. Training is offered on Fridays/Saturdays/Sundays with limited training during holidays.

U18 and U21 (YOB 2005 and older) Train to Win

As athletes reach the U18 and U21 levels, they continue to race in the U.S. Ski and Snowboard “Scored” races AND some may be eligible to race in FIS (international) races. Similar to U16s, training encompasses a mix of free-skiing and gate training progressions with an emphasis placed on skill mastery. Athletes are yet again encouraged to be “good skiers” as well as “good ski racers” as the

terrain on which they race becomes more challenging. At this level, athletes must compete at the state level (NYSSRA) races in three events (SL/GS/SG) and may be exposed to Downhill. From there, they can qualify to compete at the regional and national level (U.S. Ski and Snowboard).

Appropriate NYSSRA and U.S. Ski and Snowboard "Competitor" memberships are REQUIRED at the U18 and U21 levels - more information can be found at www.nyssra.org and www.usскиandsnowboard.org. Typically, competitions take place on weekends starting in December and go through March. There are some mid-week races. All participants should be able to ski at an expert level. Training is offered on Fridays/Saturdays/Sundays with limited training during holidays.

NYSEF offers full-time programming for athletes at the FIS international level see next page with the heading: "**NYSEF Alpine Full-Time Programs.**"

Masters (Belleayre and Whiteface only)

The Master's Program offers adults the opportunity to stay involved with ski racing at a variety of levels. **Many parents of U10 - U18 athletes enjoy free skiing together while testing their skills in the race course with qualified coaching staff.** Like the other weekend programs, Masters at NYSEF are exposed to a mix of free-skiing and gate training with emphasis put on skill development and having fun. Full participation is strongly encouraged, but can vary if commitment is not possible. Limited training is available on Fridays as well as weekends.

Masters have the option to race in numerous series in the East. Coaches will have more information on competition options once the season begins. Information can be found at the following websites:

- New England Masters Ski Racing: www.nemasters.org
- New York Masters Ski Racing: www.nymasters.net
- Mid-Atlantic Masters Ski Racing: www.mamasters.org

Note: NYSEF does not provide coaching support at Master's races.

NYSEF Alpine Full-Time Programs

The Nordic and Whiteface programs offer "full-time" opportunities for U14 and older (through PG) athletes that want to pursue ski racing at a higher level. Programs are designed based on a season-long progression of skill development and gate training. While a detailed schedule will be based on the athlete's race calendar, training typically takes place from Tuesday through Sunday. Competitions take place both mid-week and weekends. At the U18+ levels, a FIS membership (www.fis-ski.com) may be required in addition to a NYSSRA (www.nyssra.org) and USSA (www.usскиandsnowboard.org) "Competitor" membership. Note: Race entry fees and travel expenses are not included in enrollment; limited transportation to races may be available for an additional fee.

**There are also full - time programs at Gore for U14 and older. Please contact the Gore Head Coach, John Morgan at johnm@nysef.org to learn more.*

Winter Term

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. Athletes enroll for a minimum of one month and upwards of 4+ months. This program is open to athletes of all ages with a recruitment focus on U14 and PG athletes (more on PG athletes below). For more information, please visit www.nysef.org/winter-term/

Northwood School

Northwood School is an internationally recognized private boarding and day school located in Lake Placid, New York, providing a 9-month academic experience with year-round training, on and off-snow. Founded in 1905, Northwood is among the nation's top private schools for excellence in academics and athletics. Northwood and NYSEF have a long-standing relationship. Together, student-athletes train and compete in the Olympic region within the NYSEF program pursuing academic options at Northwood. In the off-season, training is integrated into the co-curricular schedule to ensure athletes enter the season with the strength and confidence to compete at the highest level. For more information on the Northwood School, visit www.northwoodschool.org.

NYSEF Post Graduate (PG) Program

The NYSEF Post Graduate (PG) Program provides the opportunity for post-graduate athletes to push towards their full potential. Sport becomes the primary focus for the athletes in this high-intensity program. Additionally, athletes have an opportunity to continue their academic journey locally at North Country Community College (NCCC). 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. For more information, please visit www.nysef.org/pgprogram.

Communications and Schedules

Communications

[TeamSnap](#) will be the main form of communication throughout the season. As athletes progress/grow in the sport and move up through the pipeline, there may be many means of communication between the athlete, coach and parent in addition to TeamSnap. There are many TeamSnap tools and features - they are used differently depending on age and program. Please connect with the athlete's program director and/or head coach to learn more about expectations.

Training and Competition Schedules

Schedules and other information including how to register for race events will be announced via TeamSnap and/or in your respective parent meetings as the season begins. For more information, please contact the program director or head coach.

Parent Involvement

Parent meetings will take place early in the season. The date will be communicated via TeamSnap.

Work Deposit/Volunteering

During the enrollment process, you were required to pay a \$300 work deposit. 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. Some volunteer opportunities include: gate keeping at a race event, helping with registration for a race event, building B-net for the upcoming season, supporting health checks, selling \$500 worth of raffle tickets in the NYSEF raffle (more under Social Events), supporting a fundraising event with auction solicitation and/or event planning and execution, volunteering at various races throughout the year. We want to ensure the volunteer opportunities work for you and your family! For families that choose not to volunteer, you can donate your deposit and will receive a tax deductible acknowledgment letter in January. Contact your program director or head coach for the event schedule and for more information on how to sign up for your preferred event/date.

Q: What is the best way to view races?

A: There are several ways to view races. Volunteering as a gatekeeper is one option if you want to be right on the hill. Often times, spectators can view the course from the bottom of the hill. Here are a couple tips to keep in mind:

- Some trails do not support access for spectators.
- For some races, spectators can walk to the finish area if it is not at the bottom of the mountain. Ask a race administrator if this is an option.

Social Events

There are a number of social programs throughout the year that families can be involved in! Some are venue specific while others include organization - wide programs like the annual raffle* that kicks off every winter. We ask every athlete to sell at least 10 raffle tickets each - this is a great way to showcase your ski racing and excitement with NYSEF and talk about your love of the sport!

Information on social events including fundraisers (Chairman's Party, NYSEF Annual Gof Open and the Summer Benefit) and other volunteer opportunities available for social events can be found at www.nysef.org/events and will be communicated via TeamSnap.

***The Gore Ski Club** is the local club in the Gore region focused on engaging athletes and families into the ski racing community. The Gore Ski Club supports NYSEF with various fundraising efforts and provides age group events to celebrate the end of the season. Annually, the club does a raffle which supports a variety of NYSEF- Gore initiatives. **Please reach out to Alicia Farone, Gore Ski Club President at aliciafarone@nycap.rr.com for more information.**

Lake Placid Ski Club has a long lasting relationship with NYSEF. It provides a learn to ski program where athletes and families locally can get into the sport of ski racing at Whiteface. Being a member of the LPSC for two or more years can help with costs associated with skiing including travel,

competition fees and equipment. Learn more about membership opportunities and how to get involved during the LPSC/NYSEF Ski Sale and Sign up which traditionally takes place in October. **Please reach out to Carol Hoffman, LPSC Club President at lakeplacidskiclub@roadrunner.com for more information.**

Mentoring Program for New Families

We understand there is a lot of information for new families to absorb. We are happy to set you up with a parent mentor to help navigate the process as a new parent. Please contact your program director or office manager at the specific venue to get connected with a parent mentor.

Note: The Gore Ski Club provides a mentor program for Gore families. Please reach out to Alicia Farone, Gore Ski Club President at aliciafarone@nycap.rr.com for more information.

Code of Conduct

During the TeamSnap registration process all athletes/families execute an e-waiver abiding by the NYSEF Code of Conduct which includes the Social Media Policy. Parents, athletes and staff must abide by this code of conduct. You can review the Code of Conduct [here](#).

COVID-19

The most updated COVID-19 guidance for the upcoming season can be found in your Teamsnap "Media". **This includes building protocol, lift protocol, training adjustments and snack and lunch procedures for the season.** Please read carefully. If you have any questions, please contact your venue program director.

Drop off and pick up procedures

*specific to the 2021-2022 season.

Belleayre - U16+, U14, U12, U10, Freeride & Masters will meet their group coach outside at the designated area communicated by program director or head coach via TeamSnap. Athletes will arrive fully dressed and ready for training. Training will begin in 4 controlled waves, 15 minutes apart beginning at 8:30 AM. Athletes will be released to parent/guardian after training is finished or in case of emergency.

Gore - U18-16-14-12/10s & Freeride athletes will arrive ready for training outside of the Training Center Area. Training will begin in 4 controlled waves, 15 minutes apart beginning at 8:15 AM. Athletes will be released to parent/guardian after training is finished or in case of emergency.

Whiteface -U14, U12, U10 & Freeride will arrive ready for training outside of the Training Center Area. Training will begin in 3 controlled waves, 30 minutes apart beginning at 8:30 AM. U16+ & Masters are based out of the Finish Building Area. Athletes arrive ready for training and head directly to B Lift (Bear). 15 minute lift access windows will be assigned to each training group.

Athletes will be released to parent/guardian after training is finished or in case of emergency.

NYSEF Uniform and Athlete Clothing

NYSEF has special uniform jackets that families can purchase for their athletes. Although it is not mandatory to have a NYSEF jacket, we encourage you to check out the NYSEF gear and uniforms available. All uniforms and gear will be emailed to enrolled families via TeamSnap by our administrative staff. For immediate questions regarding NYSEF gear, contact info@nysef.org.

Pass Information

**ALL NYSEF PROGRAMS INCLUDE A SKI3 PASS.
All athletes MUST have a NYSEF pass.**

Belleayre - Pass pick up for Belleayre is through Tara Hulse (tarah@nysef.org) at the NYSEF Training space - in or around the Longhouse Lodge at Belleayre.

Gore - Pass pick up for Gore is through Tanya Gaechter (tanyag@nysef.org) in or around the Gore Training Center.

Whiteface - Pass pick up at Whiteface is through Kaileigh Moore (kaileighm@nysef.org) in or around the Whiteface Training Center.

NOTE: Pass pick up times and locations will be confirmed through TeamSnap. Please lookout for the email on or before December.

End of season evaluations

Every venue program director and head coach does evaluations differently. Your venue program director or head coach will contact you regarding end of season evaluations. For immediate questions, please contact your venue program director.

Travel and things to know about competition season

As your athlete ages in the sport, the expectations for travel grow. The U12's may hardly travel at all whereas a U14 and older athletes may travel across NY State and within New England. Older athletes may travel internationally.

There are opportunities to make things easier on families - weekend athletes can carpool with each other (organized by the participating families). Residential/Full-Time athletes travel the majority of time with NYSEF staff in NYSEF vehicles.

Please contact your venue program director or head coach to learn more about your athletes travel this season.

Costs and Equipment

Program Costs

All enrollment costs are on our website at www.nysef.org/registration. Winter enrollment costs are updated annually in mid-August. All program costs must be paid in full on or before December 15 for winter enrollment.

Summer programs - including conditioning programs, will be updated annually in the spring on www.nysef.org/registration.

For additional payment questions, please contact info@nysef.org or your venue program director.

Scholarship

There are scholarship opportunities provided to enrolled athletes through NYSEF. We understand as an athlete moves through the pipeline, the cost becomes greater - program fees, travel, etc. The NYSEF scholarship application can be found on www.nysef.org/scholarship and must be returned to NYSEF on or before September 30.

For scholarship questions, please contact info@nysef.org.*

*For additional opportunities on how to support your athlete's programming, please contact info@nysef.org and we can provide suggestions that may work for you and family.

Equipment by age group - U10/U12

Check out this VIDEO that has great information on how to [CLICK HERE](#): *"How to get READY for NYSEF!"*

Skis, Boots and Poles for U10 (2012 and under):

- ☐ 1 pair of Slalom (SL) race skis (or multi event race skis) fit on the longer side (eyes to top of head)
- ☐ 1 pair of "Rock" skis or Skis that can be skied on in the early season or when conditions are not great
- ☐ Similar size to the "race" ski above
- ☐ 1 pair of junior race boots that fit correctly - boots should be shell fit (without liner) allowing no more than 1.5 to 2 fingers behind the heel (toes touching,

Q: Do I need a speed suit for races?

A: Speed suits are not required regardless of the competition you are attending.

A: U10s: speed suits will NOT be permitted for our local race competitions. This is NOT a national or state requirement but one that our coaching staff feels is necessary to keep this age group safe and focused on skill development.

not crammed). This is extremely important!

- ☐ 1 pair of poles with straps that the athlete can easily get on and off - generally best fit by turning the pole upside down and holding just under the basket - arm should be at a 90 degree angle when standing and pole handle on the floor.

Skis, Boots and Poles for U12 (2011 & 2010):

- ☐ 1 pair of Slalom (SL) skis fit on the longer side (eyes to top of head)
- ☐ 1 pair of Giant Slalom (GS) skis 15 to 20 cm larger than SL (optional for first year U12s // recommended for 2nd year (purchasing after Christmas is just fine!))
- ☐ 1 pair of "Rock" skis or Skis that can be skied on in the early season or when conditions are not great
- ☐ Similar size to the "race" ski above
- ☐ 1 pair of junior race boots that fit correctly - boots should be shell fit (without liner) allowing 1.5 to 2 fingers max behind the heel (toes touching, not crammed). This is extremely important!
- ☐ 1 pair of poles with straps that the athlete can easily get on and off - generally best fit by turning the pole upside down and holding just under the basket - arm should be at a 90 degree angle when standing and pole handle on the floor.
- ☐ 1 pair of GS poles with straps that the athlete can easily get on and off (optional)
- ☐ SL guards for shins, hard ear helmet and hands/poles (optional for first year) - These are great items to give athletes during the holiday season!!

Note: SL protection gear will be used later in the season for U12s and will be important for 2nd years especially**

Other key Items:

- ☐ Goggles - should fit comfortably and offer clear visibility (minimal scratches, lenses for partly cloudy or cloudy weather).
- ☐ Clothing: Think Layers - waterproof and warm layers
- ☐ Ski Socks - tall (below the knee), wool or synthetic but NO cotton.
- ☐ Warm gloves or mittens (extra pair in the bag is key in case of weather)
- ☐ U12s: speed suits can be worn as a base layer or outer garment, weather permitting. Contact your head coach to learn more about your athlete's season

Q: What are the U.S. Ski and Snowboard Equipment Guidelines?

A: U12 and under competitors are only allowed to use one (1) pair of skis in the race arena (inspections and competition)

A: U12 and under competitors must refrain from using fluorinated wax. In any case, the application of any type of waxing solution must not be applied at U12 and under competition venues.

A: Use of ski preparation benches is not allowed at the U12 and under competition venues. (This means tune and wax at home, not at the mountain).

A: U10/U12 athletes will wear a helmet with hard covered ears for competition and is recommended for all training environments.

and if a speed suit is worth the investment.

- ☐ There may be days on which we prohibit speed suits due to inclement weather.
- ☐ The Cut Resistant Base Layers - those athletes who want to maintain freedom of movement through each turn and want increased protection on the most exposed parts of their legs. Perfect for athletes training at a high level while still protecting themselves from injury. Some companies who offer cut resistant layers are POC and Sync. Contact your head coach to learn more.

***Note during the COVID-19 pandemic, there will be no commingling of outer apparel to be brought down from the start to the finish (i.e. coat bags, clothing piles, etc.)**

Equipment by age group -U14 and older

Please contact your head coach or venue program director for more information on equipment for U14 and older athletes.

Tuning and Waxing - COMING SOON!

Links to other resources

Places to purchase gear (brick & mortar)?

Please contact your head coach to learn more about where you should purchase equipment for your athlete.

Lake Placid Ski & Board (Lake Placid)

Alpine-focused ski and sports store with ski tuning

www.lakeplacidskiandboard.com

Sports Page & Patio (in Queensbury)

One-stop-shop! Alpine-focused ski and sports store with ski tuning. Stocks racer-specific equipment.

www.sportspageski.com

Cunningham's (North Creek and Lake Placid)

Alpine-focused ski and sports store

www.cunninghamsskibarn.com

High Peaks Cyclery (Lake Placid)

Nordic-focused cycling, ski and sports store

www.highpeakscyclery.com

Jimmy's near Belleayre

Located at the bottom of Belleayre

www.belleayreskishop.com

Placid Planet (Lake Placid)

Cycling-focused store with ski tuning

www.placidplanet.com

Places to purchase gear (online and peer to peer)?

Lake Placid Ski Club and NYSEF Sale

Annual ski sale in October/November in Lake Placid. Look out for information via TeamSnap and on social media (@NYSEFSnowsports, @NYSEFNordic)

Facebook

NYSEF parents set up a peer to peer Facebook group for buying and selling used ski gear. This is for both Nordic and Alpine.

<https://www.facebook.com/groups/1484785558547005/?ref=share>

Websites

There are several places to purchase used ski equipment online. These include Craigslist, Facebook Marketplace and Sideline Swap.



NYSEF Snowsports Buy/Sell/Trade >

Private group · 98 members



Joined ▼

Invite

Stop the Bleed Campaign

“Stop the Bleed” is a national campaign to educate people on how to save lives in severely bleeding circumstances. Over the last few years, the Kelly Brush Foundation has partnered with the Davis family and the national Stop the Bleed movement to provide “Stop the Bleed” training to coaches, athletes, officials and volunteers, and distribute life-saving bleeding control kits to alpine ski programs around the country. In September a group of staff ride in the Kelly Brush Foundation ride in Middlebury, to raise funds for safety equipment including b-net and stop the bleed kits.

To learn more about stop the bleed kits visit the Kelly Brush Foundation website [here](#).

Diversity and Inclusion

We stand as an active partner ready to acknowledge, listen, and learn how social injustice shapes our sport and communities. At NYSEF, we help athletes develop the skills to not only become tremendous athletes but supportive individuals who understand the value of teamwork and community.

In unison with our mission, we will provide opportunities for athletes of all ages regardless of their racial, social and/or economic backgrounds. We focus our efforts on ensuring that our love of sport and the mountains are accessible to many, rather than a few.