

Nordic Parent and Athlete Handbook



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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 athletes are encouraged to become “good skiers” as well as “good racers”; good technique is the key to racing fast 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 them in a competitive environment.

Programs range from 1 day/week in the winter to multi-day, full year offerings in order 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 and have fun doing it! The friendships and valuable connections your children will make through skiing will last a lifetime.

Venues

Olympic Ski Jumping Complex

- Year-round Nordic and Freestyle training
- Hill size 10M, 20M, 52M, 100M, and 128M Ski Jumps
- New refrigerated inrun tracks allow for athletes to train on iced tracks in conditions up to 50 degrees - even on warm winter days, competition, and training sessions will continue as planned.
- The venue will have plastic on 100M and 128M hills - making the complex the best year-round jump venue in North America.

Mount Van Hoevenberg

- 50km of FIS Homologated XC Ski Trails
- 3K of paved rollerski loops
- The new biathlon stadium includes a 30-row biathlon shooting range - making the venue equipped to host the world's largest biathlon and cross-country ski races in the world.
- The best snowmaking in all of North America with its newly expanded snowmaking abilities. The venue can cover 5km of trails in 3-4 days - allowing for training to begin as early as October.

Dewey Mountain

- Dewey is another fun venue located in Saranac Lake with lights!
- More on Dewey can be found at www.deweymountain.com.

The Adirondacks

- We are thrilled to live in the adirondacks surrounded by thousands of trails! The adventure truly never ends! Contact our coaching staff to learn more about the trails we explore throughout the season.

Point of Contacts

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

Administrative Staff

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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.

Nordic Programs

Weekday and Weekend Training

Biathlon: Biathlon combines cross-country skiing with rifle shooting. Younger athletes start with paintball guns and air rifles to experience the sport and learn fundamentals. Junior Race Team athletes progress to biathlon rifles, begin carrying the rifle and learn proper range procedure. Athletes should be able to ski at levels comparable to cross-country skiers of a similar age group within the region. Shooting focus is on consistency and cadence from both the prone and standing positions. NYSEF is able to provide air rifles to Devo (youth) athletes to minimize the cost to the family thanks to the generosity of donors.

Cross-Country (XC): NYSEF teaches year-round cross-country ski education to aspiring young athletes. Two teams are offered: the Junior Race Team and the Devo Race Team. In both teams, athletes develop the skills needed for progressive training and ski racing. Both classic and freestyle ski techniques are an emphasis and on-going project at daily practice. Nordic Combined and Biathlon are parallel programs, and the athletes often train together.

Healthy learning through sport experience includes time management, sportsmanship, self-discipline and determination. Promoting a healthy, active lifestyle and a lifelong love for the Nordic sports are major goals of the program. This program provides a solid platform toward continued excellence at the collegiate level and beyond. NYSEF athletes have gone on to compete for the US Ski Team, US Biathlon Team, NCAA Division I colleges and USCSA colleges.

Ski Jumping and Nordic Combined: NYSEF offers year-round training in ski jumping and nordic combined in the Lake Placid area. Athletes as young as 6 years old begin jumping with a focus on the FUNdamentals of the sport. Anyone who has driven through Lake Placid knows the spectacular view of the Olympic Jumping Complex - one of the most recognizable competition venues from the 1980 Winter Olympics. This is the venue which our jumping athletes call home. The Jumping Complex has undergone enhancements, which has made it the most modern and one of the best ski jumping training facilities in North America. As of 2020, it is the first venue with a new, refrigerated track on the 90 and 120 meter jumps.

Athletes learn to fly on the K20 (now the K10) jump and often progress to the K48 quickly. As jumpers fine-tune their skills, they move to the towers of the K90 and K120. Athletes also get a dose of cross-country with the option of pursuing nordic combined. Several Olympians have come through the NYSEF program, including 2010 Gold Medalist in nordic combined, Billy Demong.

Holiday Training

Training takes place during the December Holiday week (December 26-31) as well as select days during President's Week. (Training does NOT typically take place on Christmas Eve/Day, New Years Day or Martin Luther King Jr. Day. Detailed schedules will be communicated through TeamSnap).

Summer and Pre-Season Training - Nordic athletes are made in the off season!

With the upgrade to our home venues, NYSEF athletes are able to train alongside national and development athletes! Below is a snapshot of camps and programs offered through NYSEF Nordic programs:

Summer Camps and Fall Training

NYSEF Nordic is able to train year round at our respective venues - from jumping to shooting to roller skiing in and around the



Adirondacks and ORDA home bases. Please connect with your head coach to learn more about summer opportunities.

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. Please contact your head coach to learn more.

Memberships, Local Organizations and Terms ‘Cheat Sheet’

Lake Placid Ski Club (LPSC): 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. **We encourage all nordic athletes to become a member of the LPSC.**

Biathlon:

Common TERMS:

Skate Skiing - This is the only form of skiing within the sport of Biathlon. It is a style of cross-country skiing in which the skis are pointed outward and the skier alternately pushes off one and glides on the other in a motion similar to ice skating.

Prone - This term refers to shooting while lying on your belly. It is always the first form of shooting during any biathlon race.

The United States Biathlon Association (USBA) is the national governing body for Olympic biathlon. The US Biathlon Association exists to support and encourage the development of biathlon in the United States and to prepare athletes for international competition, including the Olympic Winter Games. Members of the NYSEF Devo and Junior Biathlon team are members of USBA. To learn more about USBA and future race events, please contact your head coach.

Cross - Country:

Common TERMS:

Skating -a powerful and dynamic style of cross country skiing requiring good balance, timing, and physical conditioning.

What is V1 and V2 in skiing? Skate skiing breaks down into three primary styles: V1, V2, and V2 alternate. All are similar, but have different applications—think of them as gears, just like in a car. V1 is the slowest technique, used for climbing steep hills and during super-long endurance races. V2 for powering up short or more gradual hills. [Check out this article with NYSEF alum and Olympian Billy Demong on the differences.](#)

Classic - Classic skiing can be done on a wide range of snowy surfaces, but skate skiing requires specially groomed tracks, as well as its own set of equipment. Classic skiing uses a forward and back striding motion that resembles how you walk or run. The familiarity of the motion makes it a logical starting point for new cross-country skiers—many beginners, including families, can enjoy shuffling along on trails even if they've never had skis on before. [Click here](#) for more information on classic and skate skiing.

Roller skiing - Roller skiing is an off-snow equivalent to cross-country skiing. Roller skis have wheels on their ends and are used on a hard surface, to emulate cross-country skiing. The skiing techniques used are very similar to techniques used in cross-country skiing on snow. More on rollerskiing can be found [here](#).

- **Bill Koch Series:** The mission of the New England Bill Koch League (NEBKL) is to introduce young people to the lifelong sport of cross-country skiing with all of its recreational, social, fitness, and competitive opportunities. More on Bill Koch can be found [here](#). Contact Kim Douglas to learn more about Bill Koch races in our region!
 - We encourage members to follow the [Mid-Atlantic Bill Koch Series facebook](#) page to find out more information on upcoming, regional, events!
- [The New England Nordic Ski Association \(NENSA\)](#) is the umbrella organization for Nordic skiing events in the region. We are a member-supported service organization that promotes the culture of cross-country skiing by creating opportunities for youth, athletes, coaches, officials and skiers of all levels. NENSA provides the support structure necessary to bring cross-country skiers to their highest potential at regional, national and international events.
- [Mid Atlantic Nordic Program](#) operates as a division of the United States Ski Association (USSS) with a focus on cross-country ski competition and development. The Mid-Atlantic Division is governed by the Mid-Atlantic Competition Committee (MACC) and its Sub-Committees, in conjunction with USSA and the New York State Ski Racing Association – Nordic, Inc (NYSSRA–Nordic, Inc.). The division's goals for this region are to implement on-going development programs which promote cross-country skiing and competition, provide pipelines to elite development programs, oversee Junior Olympic (National) qualifying events,

policies and procedures, and to work closely with the New York State Ski Racing Association – Nordic, Inc (NYSSRA-Nordic, Inc).

- [NYSSRA Nordic](#) is the governing body of nordic ski racing in New York State. NYSSRA-Nordic works in conjunction with state and national governing bodies to support the development of Nordic Skisport in New York State. NYSSRA currently supports programs and races for the Nordic disciplines of Biathlon, Cross Country Skiing and Ski Orienteering.
- U.S. Ski and Snowboard membership is the starting point for skiers involved in Moguls(M) and Dual Moguls(DM) as well as the next step for all ski and snowboard athletes graduating to higher levels of national and international competition beyond the USASA. Please review the below age group program descriptions for more detail or contact your head coach for guidance. Please contact your head coach regarding a USSS membership.
- FIS (International Ski Federation) : Athletes looking to compete in FIS sanctioned national and international competition are required to add this membership onto their U.S. Ski and Snowboard membership. More information can be found at www.fis-ski.com. Please contact your head coach or review program descriptions on if your athlete should get a FIS membership.

Ski Jumping:

Common TERMS:

Start - The top of the jump. Depending on the venue/hill, athletes may start seated on a bar or from a standing position. All modern hills use bar starts, which can be raised or lowered based on the conditions and skill level of the jumper.

Inrun - The inrun refers both to the location between the start and the takeoff, but also to the position held during this phase of the jump. A good inrun is aerodynamic while also balanced, preparing the jumper for an effective takeoff.

The R1 - The radius of the curve from the inrun to the takeoff.

The Takeoff - This part of the ski jump is located at the end of the inrun and is the place where the jumper lifts into the air. The height of the takeoff doesn't equate to the size of the jump, and is at a negative angle relative to the horizon (usually between -9 and -11 degrees).

The Knoll - The knoll is the first part of the landing hill and starts right underneath the takeoff. The knoll runs from the bottom of the takeoff and continually curves down to the P-point or Blue Line.

P-Point/Blue Line - the P-Point, or German "Punkt" Point, is the place where the curve of the knoll ends. This point is designated by two Blue Lines running down both sides of the landing hill. This is the steepest part of the landing hill. The Blue Lines run down the landing hill until the K-Point.

K-Point/Red Line - The K-Point, or German "Kritical" Point, is where the steepest part of the hill ends and the landing hill begins to flatten out. This part of the landing hill is designated by two Red Lines

running down both sides of the landing hill. The K-Point is where the landing hill begins to make its transition from a hill to flatground. Jumpers try to jump past “K”.

The R2 (Transition) - The Radius of the curve from “K” to the outrun. Landing in the transition can be like jumping off something high and landing on flatground.

Telemark/Hollywood - Landing with separation between the front and back legs is the best judged landing position. It shows balance, control, and body awareness. A “hollywood” is sliding into a telemark landing after your feet are on the ground, trying to fool the judges that you had separation at the point of landing.

Hill Size (HS) vs K-Point - the K-Point is one way to designate the size of the hill. A more modern way of describing the size of the ski jump is with Hill Size which is the furthest distance that is safe for jumpers to land. For example, our two largest hills are often called the K90 and K120, but for modern competitions, the hills should be referred to as HS100 and HS128, the distance the competition jury aims to not let the athletes in a competition jump past.

Cocking the Ankles - Cocking the ankles means pulling the toes and feet up as if you are trying to balance a ball on the top of your foot. Cocking the ankles helps bring the skis up and stabilize the “V” in the air.

“V” Position - The V formed by the skis creates a larger surface area for the jumpers to get lift.

More terms can be found here: [Glossary.Terms_.Final_.pdf \(usanordic.org\)](#)

- **Eastern Ski Jumping** - Promotes and supports Ski Jumping and Nordic Combined athletes and events in the northeast. To learn more about Eastern Ski Jumping visit [easternskijumping.com](#).
- **USA Nordic** - Founded in 2007, USA Nordic is a 501 (c)(3), and the leadership organization for Ski Jumping and Nordic combined, that ensures their survival and success. USA Nordic “Elite Athletes” represent the best in the country in their sports and compete as a team at the national and world levels. When USA Nordic was established, its primary objective was to support men’s Ski Jumping Elite Athletes. Since then, the organization has expanded—supporting the women’s Ski Jumping team and men’s and women’s Nordic Combined teams, as well as youth and athlete development efforts. Check out USA Nordic at [www.usanordic.org](#).

Program Descriptions by Group

XC DEVO *

**Depending on skill U14’s can be a part of the more advanced, Junior XC Team. Please contact your head coach to pick the program that best fits your athlete’s abilities.*

DEVO RACE TEAM

Age Group: U14 / U12 / U10 (born in 2008-2012)

Program Info:

This program is designed for young athletes learning the fundamentals of the sport, with an introduction to racing. Practice focus is on becoming a solid athlete through endurance, strength, speed, agility and balance. Athletes improve their ski skills through distance skis, speed work, games and play on skis. Technique improvement for both classic and freestyle techniques is emphasized and is an on-going project. Activities include paintball biathlon and adventure days in the Adirondack backcountry. Athletes will learn about equipment maintenance and waxing. Coaches will help the athletes apply kick wax for practices and races. Athletes must have both skate and classic (waxable) skis and poles that are the correct size. This team focuses on having a fun time on snow and staying healthy in the winter. Additional skiing on non team days is encouraged. Athletes must be members of NYSSRA Nordic.

Program Dates: December – March

Practice: practice location and time subject to change based on snow conditions*

Tuesday 3:30-5 PM at the Olympic Sports Complex (Mt. Van Hoevenberg) OR

4-5:30 PM at Dewey Mountain (typically starts in January with night race)

Thursday 3:30-5 PM at the Olympic Sports Complex

Saturday 9:30-11:30 AM at the Olympic Sports Complex

**Nordic Combined option available. Please review and include Youth Jumping (below) in your registration.*

Winter Race Travel: individualized by the coaching staff to fit the athlete's goals and ability

Bill Koch League (youth) races are highly recommended with this team and athletes will learn about race day skills.

Winter program option of 1, 2 or 3 practices per week. *Program fees do not include athlete race and travel expenses*

Mid-Atlantic Bill Koch League (BKL) Races*

**Not all races are supported by NYSEF. All dates are subject to change.*

- Dec 12 Sunday skate races Gore Mt. Ski bowl ,North Creek,NY
- Dec 18 Saturday ski orienteering @Lapland Lake novice course for BKL(map reading skills with skiing)
- Jan 2 Sunday PBSC New Year Biathlon/Cross country @McCauley Mt.,Old Forge
- Jan 9, Sunday Shenendehowa Classic @Saratoga Biathlon, Day,NY
- Jan 15 Saturday Gore JNQ/BKL/High school classic races Gore Mt. Ski Bowl North Creek ,NY
- Jan 16 Sunday Gore JNQ/BKL skate races Gore Mt. Ski Bowl North Creek ,NY
- Jan 22-23 RXCSF BKYSL festival Bristol/Rochester NY
- Jan 29-30 Lake Placid JNQ/Bkysl races
- Jan 29-30 GHN-ADK Games 5K/10K Skate & classic pursuit
- Feb 3-6 Empire State Winter Games Lake Placid/Saranac Lake
- Feb 5 Saturday@ Mt. Van Hoevenberg
- Feb 6 Sunday @Mt. Van Hoevenberg
- Feb 12/13 Citizen race, Old Forge,NY
- Feb 12,Saturday Lumberjack scrambler, Tupper Lake, NY
- Feb 12 Saturday BKL race @Garnsey Park in Rexford
- Feb 19-20 Osceola Ski Club @Osceola ski and sport, Camden,NY I
- March 5-6, 2022, NENSA Bill Koch Festival Waterville,ME

Polar Bear Ski club hosting the Mid-A Bill Koch Festival, dates TBD

XC DEVO BIATHLON

Age Group: U14 / U12 / U10 (born in 2009-2012)

Program Info:

Fun focused for athletes learning the fundamentals of shooting with use of air rifles. 1 day / week. September - March. Devo Race Team enrollment required. Athletes must be members of Lake Placid Ski Club and US Biathlon Association.

XC JUNIOR RACE TEAM- U14 +

JUNIOR RACE TEAM

Age Group: U20 / U18 / U16 / U14 (born in 2003-2008)

Program Info:

This program is designed for racing at the regional and junior national level. Ideal for the developing athlete who has the skills necessary for more advanced ski training and racing. Practice focus includes improving overall athletic ability through endurance, strength, speed, agility, power, balance, mobility and flexibility. Technique improvement for both classic and freestyle techniques is emphasized and is an on-going project. Goal setting and planning are an important part of this team. Healthy learning through sport experience includes time management, sportsmanship, self-discipline and determination. Education includes nutrition, physiology and the mental aspects of sport. This program provides a solid platform towards continued excellence at the collegiate level and beyond. Equipment maintenance by the athlete is required. Coaches will help the athletes apply kick wax for practice and race wax. Athletes must be members of USSA, NYSSRA Nordic, NENSA

Practice:

On-snow practice schedule (this is subject to change as needed):

Monday OFF from training

Tuesday – Friday 3-5 PM at the Olympic Sports Complex (Mt. Van Hoevenberg)

Saturday and Sunday 9:30 AM-12 NOON at the Olympic Sports Complex (when not racing)

Winter Race Travel: individualized by the coaching staff to fit the athlete's goals and ability

U20 / U18 / U16 race focus is on USSA Junior National Championships, New England Eastern Cup/Junior National Qualifiers, Mid-Atlantic Junior National Qualifiers, Empire State Games, U16 Championships, Eastern High School Championships and/or Lake Placid Loppet

U14

Race focus is on Mid-Atlantic Junior National Qualifiers, Empire State Games and/or New England and Mid-Atlantic Bill Koch Festivals. Fall and summer training will be scheduled on a weekly basis.

Full Year, Winter and Summer program options . *Program fees do not include athlete race and travel expenses*

XC JUNIOR BIATHLON TEAM- U16 +

Program Info:

This program is parallel to the Junior Race Team, with a focus on biathlon. Athletes should be able to ski at levels comparable to cross-country skiers of a similar age group within the region. Shooting focus is on consistency and cadence from both the prone and standing positions. The athlete will begin carrying the rifle and learn proper range procedure. Athletes will race with the Junior Race Team whenever possible and focus on a few of higher-level biathlon races each winter. Athletes at this level must have their own rifle or one that is fitted to them for the season.

Athletes must be members of Lake Placid Ski Club (optional) and US Biathlon Association.

Practice:

see Junior Race Team practice schedule. Biathlon practice scheduled on a team basis (this is subject to change as needed): 1-2x/week in fall

2x/week in winter

2x/week in summer

-Winter Race Travel: individualized by the coaching staff to fit the athlete's goals and ability

Full Year program option

note: Junior Race Team enrollment required. Program fees do not include athlete race and travel expenses

YOUTH JUMPING

Age Group: U14 / U12 / U10 (born in 2008-2013)

Program Info:

This introductory program encourages athletes to improve their ski skills through ski jumping on the K20, cross-country ski drills, games and play on skis. Practice focus is on becoming a solid athlete through endurance, strength, speed, agility and balance. Athletes will also learn about equipment maintenance and waxing. Athletes must have skate skis and poles that are the correct size. Athletes must be enrolled with the NYSEF Youth Race Team to participate in the Nordic Combined program.

Athletes must be members of USA Nordic, NYSSRA Nordic and Lake Placid Ski Club.

Program Dates: December – March

Practice: practice location and time subject to change based on snow conditions*

Wednesday JUMP K20 ski jumping

Friday JUMP K20 ski jumping

Saturday JUMP K20 ski jumping

**Nordic Combined option available. Please review and include the Devo Race Team (above) in your registration.*

Winter Competition Travel: individualized by the coaching staff to fit the athlete's goals and ability.

Winter program option of 1, 2 or 3 practices per week

Summer program option of 1, 2 or 3 practices per week

Hill Progression*

Moving up jumps is at the sole discretion of our coaches. Criteria for progression includes the following skill based criteria.

Moving from Landing hill to 10 meter

- Good balance throughout the landing hill ride.
- Has learned inrun and can hold inrun down the landing hill.
- Has balanced hop while riding down a landing hill.

Moving from 10 to 20 meter

- Improvement to a lower and balanced inrun.
- Locked legs during flight phase.
- Balanced jump from the inrun to the landing/ solid landing.
- Keeps arms at side during flight.

Moving from 20 to 40 meter

- Has well balanced inrun (not sitting too far back or on toes).
- Jumps on time and with effort from legs.
- Keeps chest forward (in front of legs) in air with arms in.
- Legs locked during flight.

-Ankles cocked during flight and skis under control of athletes.

-Stable telemark landing.

Moving from 40 to 65 meter

-Complete balance and stability throughout the jump.

-Demonstration of push down on takeoff and effective flight position.

-Jumping 35+ meters.

-Stable telemark landing.

*Age based considerations may be taken to keep athletes on smaller hills

DEVELOPMENT/ELITE JUMPING

ELITE TEAM

Age Group: U16+ based on ability

Program Info:

This is a year-round program designed for ski jumping and Nordic combined at the national and international level. Primary focus of this group is consistent training on large hills (K90 and K120) and having the ability to technically and confidently train on other large hills in the US and abroad. Training for both ski jumping and cross-country skiing includes endurance, strength, speed, agility, power, balance, mobility and flexibility. Technique is an emphasis and on-going project. Goal setting and planning are a major part of this team. Healthy learning through sport experience includes time management, sportsmanship, self-discipline and determination. Education includes nutrition and the mental aspects of sport. Equipment maintenance by the athlete is required.

Athletes must be members of US Ski & Snowboard, USA Nordic, and Lake Placid Ski Club (optional).

Practice:

Sunday + Monday OFF from training (except when traveling)

Tuesday – Saturday (practice time varies depending on the time of year) 6 days/week winter

Nordic Combined athletes: personalized based on ability/competition calendar

Winter Competition Travel: individualized by the coaching staff to fit the athlete's goals and ability

focus is on North American Junior Championships, USANS Junior Championships, Junior World Championships, SJ/NC US Cup events, New England Eastern Cup/Junior National Qualifiers and Mid-Atlantic Junior National Qualifiers

Full Year, Winter and Summer program options

program fees do not include athlete race and travel expenses

General Rules for Ski Jumping

- Jumpers must warm up.
- Jumpers should be rested. Please do not bring your child to practice after another sport
- Jumpers should have a healthy snack before practice.
- Jumpers should be dressed appropriately
- Jumpers should check their gear for broken/missing parts before jumping and notify the coach of problems.
- Jumpers should do one last gear check on the jump—binding clips in, helmet strap buckled, boots tightly laced, goggles on.
- Jumpers must check with a coach and receive the “clear” before starting to ski the inrun.
- Jumpers must move out of the way at the bottom of the landing hill as quickly as possible to make way for the next jumper.
- Before crossing the bottom of a landing hill or outrun, always LOOK UP and check the inrun for a jumper.

DEVELOPMENT TEAM

Age Group: U14+ based on ability

Program Info:

This is a year-round program for motivated athletes who are interested in making a commitment to ski jumping and Nordic combined. Practice focus includes improving overall athletic ability through endurance, strength, speed, agility, balance, mobility and flexibility. Equipment maintenance by the athlete is required. Emphasis in this group is on the K48 - K70 size ski jump with limited training on the larger hills when the athlete is technically prepared.

Athletes must be members of US Ski & Snowboard, USA Nordic, and Lake Placid Ski Club (optional).

Practice:

Sunday + Monday OFF from training (except when traveling)

Tuesday – Saturday (practice day and time varies depending on the time of year) 4 days/week winter

Nordic Combined athletes:

see Junior Race Team or Youth Race Team practice schedule (based on ability)

Winter Competition Travel: individualized by the coaching staff to fit the athlete’s goals and ability

focus is on USANS Junior Championships, Eastern Ski Jumping/Nordic Combined circuit, US Cup

events held on a K70, Mid-Atlantic Junior National Qualifiers, Empire State Games and/or New England and Mid-Atlantic Bill Koch Festivals

Full Year, Winter and Summer program options . *Program fees do not include athlete race and travel expenses.*

Masters (NEW as of 2021)

The NYSEF Nordic Team introduced a 'Get Fit' Fall Series for families and friends (Masters) who want to refine their technique (skate and/or classic) and get in shape before the snow falls. The Sessions vary from body weight strength, running and bounding, 'Spent' (Explosive body movements), roller skiing (for those who have roller skis) and more. The workouts are directed towards participants of all ages and abilities with an emphasis to have fun and get in shape. Contact our administrative staff or one of the nordic head coaches to learn more.

NYSEF Full-Time Programs

The Nordic programs offer "full-time" opportunities for U14 and older (through PG) athletes that want to pursue ski racing and compete 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/competition 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: entry fees and travel expenses are not included in enrollment; limited transportation to races may be available for an additional fee.

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. 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.

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.

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.**

Youth Ski Jump and XC Devo Challenge - Winter Nordic Fundraiser

Athletes learn about the meaning of philanthropy in a fun way! Beginning in 2019, our devo and youth teams developed a new fundraiser to support their programming, equipment and other expenses associated with the sport. The Devo XC Team looks for at least 1 donor to sponsor them in A "Porter Loop Challenge" to raise money for the Dare To Dream Fund - asking for donors to pledge a dollar amount per kilometer skied on the Porter Loop at Van ho. Similarly the Youth Jump Team asks for a donor to pledge a dollar amount per meter jumped on the "challenge day."Please connect with our administrative team at info@nysef.org to learn more.

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 head coach to get connected with a parent mentor.

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 head coach.

NYSEF Uniform and Athlete Clothing

NYSEF has special uniform jackets and race suits 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 athletes MUST have a NYSEF pass.

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 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 head coach.

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). There may also be opportunities for NYSEF athletes to travel with coaches in a NYSEF vehicle for a fee.

Residential/Full-Time athletes travel the majority of time with NYSEF staff in NYSEF vehicles.

Please contact your 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 and summer training 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 program

There are many needs depending on disciplines and which level you are competing at. [Here is a glimpse](#) of some gear you may need for the season.

Skate Skis Versus Classic Skis - [Click here](#) for more information on classic and skate skiing.

Youth Jump Equipment

- New ski jumpers of any age start on alpine (downhill) ski equipment. New jumpers must provide their own alpine skis and boots.
- NYSEF has a fleet of ski jumping equipment for youth jumpers as an effort to minimize the entry into the sport thanks to the generosity of our donors. Our coaching staff will fit your athlete to make sure they are in equipment that works best for them. NYSEF will be able to supply the boots and skis and has suits to use. Contact your head coach to learn more.
- As your athlete progresses, you may want to purchase gear for them. All jumping equipment must be purchased from Europe. We have at least one equipment order each year. You will be notified by email. Sometimes other jumping families are selling used equipment. Talk to a coach if you would like to purchase equipment for your child.

Waxing - COMING SOON!

Links to other resources

Places to purchase gear

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



High Peaks Cyclery (Lake Placid)

Nordic-focused cycling, ski and sports store
www.highpeakscyclery.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.

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.