



NEW YORK SKI EDUCATIONAL FOUNDATION

Parent and Athlete Handbook - Freeride



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About Us

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 training venues and over 500 athletes, some of whom have competed in the Winter Olympic Games.

Program Philosophy

The New York Ski Educational Foundation (NYSEF) offers competitive programs for a variety of age, ability 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. Our coaching staff helps to instill a passion and love for skiing or riding with their athletes to make skiing/riding 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 weekend to full-time programs 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 though 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 mountain has its own staff and has their own identity and style, they are all under the NYSEF umbrella. NYSEF has training centers 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 training & competition venues as well as offer ample opportunities to learn and practice the essential skills of skiing and riding while providing a place for parents and friends to enjoy snow sports while children are participating 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 including a 2562' Vertical Drop. Gore has 2 FIS Homologated Trails and recently added 2 New Lifts. Both Lifts Will Extend Further 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 Winter Olympics, Whiteface offers the largest vertical drop in the East at a 3,430' Vertical Drop with 86 Trails With 283 Skiable Acres including 4 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

Coaching and administrative staff

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

Matt Lynn - (Snb) - Head Freeride Coach, lattmynn@gmail.com

Kyle Johnston - (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

Jackson Deeney (Ski) – Freeski Coach

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

Jake Roney (Ski) - Assistant Moguls 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

Staff Directory

The staff directory can be found on www.nysef.org/staff. All staff are members of USSS (and USASA where required), 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.

Freeride Terms

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.

Aerials - <https://youtu.be/IKlhDLJ8VhI>

Moguls - <https://www.youtube.com/watch?v=4e-TxH7FR4U>

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

<https://www.youtube.com/watch?v=PKVnYI6f6rA>



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.

<https://www.youtube.com/watch?v=MmS1Xco1cy4>

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

<https://www.youtube.com/watch?v=T66EK0Ovcl0>

Railjam(RJ)(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.

<https://www.youtube.com/watch?v=4vQBAzGHJZU>

Snowboard only disciplines below:

Slalom(SL) - Downhill race where athletes compete for best time on course with gates, requiring good technical control of turns.

<https://www.youtube.com/watch?v=UjW2RLz9cvc>

Giant Slalom(GS) - Downhill race where athletes compete for best time on course with wider radius turns and more distance between gates than on a slalom course.

<https://www.youtube.com/watch?v=24QABFs8yTw>



Memberships for Ski and Snowboard Competition

USASA (United States of America Snowboard and Freeski Association)

USASA is a grass-roots competitive organization which serves as the starting point for regional competition in the disciplines of Ski Cross(SX), Snowboard Cross(SBX), Slopestyle(SS), Railjam(RJ), Halfpipe(HP)(only in limited areas) and snowboard-only Slalom(SL) and Giant Slalom(GS). Membership information can be found at www.usasa.org. Athletes enrolled in programs at Gore and Whiteface call the Adirondack Series(ADK) their home region while those at Belleayre compete within the Catskill Mountain Series(CMS).

U.S. Ski and Snowboard

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 in the sports of Slopestyle, Ski and Snowboard Cross, Alpine Snowboarding and Halfpipe beyond the USASA. Please review the below age group program descriptions for more detail or contact your head coach for guidance.

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.

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



Freeride Programs

Belleayre Mountain Schedule

A typical training day usually starts at 8:30am below the Longhouse Lodge (by Area 15 trail/terrain park) with all athletes geared up and ready to go. Early in the season the start location is subject to change due to variable snow cover and available trails. Sometimes the athletes have met at the base of the Tomahawk lift during early season. Coaches always communicate location until the Longhouse Lodge becomes accessible. Athletes were able to leave bags in the lodge. Programs would break for lunch around 11-11:15 for ~45-60 minutes. Athletes often ate in the Longhouse Lodge or joined family at Overlook lodge for lunch. Program ended at 2:30* pm behind the Longhouse Lodge.

Gore Mountain Schedule

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. 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.

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.

Whiteface Mountain Schedule

Intro to Freestyle Competition – Introduces athletes 10 & under to the freestyle disciplines and competition. Meets every Saturday from 8:15am to 2:00pm* with lunch break (lunch not provided). Athletes must be of intermediate ability and hold current USASA membership



Jr. Competition Ski/Jr. Freeriders Programs – Ages 14 & younger, meets Sat/Sun and during certain holiday periods from 8:15am to 2:00pm* with a lunch break (lunch not provided). Athletes must be of intermediate ability to participate and hold current USASA or USSS membership (or both -Consult your coach or program director).

Sr. Comp Program/Sr. Freeriders Program – Ages 15 & older, meets Sat/Sun and during certain holiday periods from 8:15am to 2:00pm* with a lunch break (lunch not provided). Athletes must be of intermediate ability to participate and hold current USASA or USSS membership (or both -Consult your coach or program director).

*Normal Program end time - times may be adjusted to reflect shortened break periods and to follow staggered program start and stop times following COVID-19 guidance from ORDA and NYS. Check with your local Program Director or Head Coach for the proper end/pick-up time.

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.

Holiday Programs

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).

Training at Other NYSEF Mountains

If you wish to visit and join training at another NYSEF facility please make a request through your home program’s head coach and provide your preferred dates. They will then contact the relevant coach and/or program director at the visiting facility to check availability. Requests should be made as far in advance as possible, however, based on staffing and athlete to coach ratios we cannot guarantee there will be room to join training groups.

Summer and Pre-Season On-snow Ski Camps

NYSEF Freeride encourages athletes to continue their skiing and riding in the off-season based on their individual goals and appropriate developmental stage. General skiing and riding options may include pre-season trips to resorts open prior to our home mountains. Discipline specific training venues though -



such as terrain parks, mogul and cross courses - are hard to come by in North America in the summer. Several private camp options are listed below Summer training camps that have their own terrain parks and/or mogul venues not open to the public:

Summer

Park options include High Cascade Snowboard Camp and Windell's Summer Ski Camp on MT Hood, OR, and Woodward Copper in CO. For mogul athletes options include MT Hood Summer Ski Camps in OR and Momentum Camps in Whistler, BC . Ask your coach for details on which may be right for you.

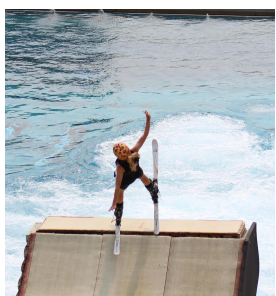
Fall

In the fall there are opportunities to do trampoline training in the Belleayre, Gore and Lake Placid region. Contact your head coach or venue program director to learn more.

Believe it or not, there are some snow opportunities at [Big Snow in NJ](#). Yes, NJ! Contact your head coach or venue program director to learn more.

Note: the following additional costs are NOT included with enrollment in NYSEF Programs: · Athlete travel expenses and additional training camps. Competition registration and membership (U.S. Ski and Snowboard, FIS, NYSSRA) · Out-of-region or post-season travel and coaching expenses

Summer and Fall Dryland Training Opportunities



NYSEF Ramps & Tramps at the Olympic Jumping Complex in Lake Placid, NY.

NYSEF Freeride offers daily training 5 days per week throughout the summer for mogul and park athletes starting in late June through Labor Day and select weekends in September. Trampolines are used to learn basic to advanced skills that are directly applied to the water ramp, launching athletes into the 750,000 gallon pool. Aeration is used to break the surface tension and create a softer landing and repetition helps gain confidence learning new tricks that can then be transferred to on-snow training and competition. Training schedules vary based on

athlete goals and packages are available starting at \$350 for 5 days up to 10, 20 or more. Details for the upcoming summer schedule and information on how to reserve your spot will come directly to you via Teamsnap mid-winter.

Other conditioning opportunities include: adventure opportunities and snowsport conditioning. Some areas are location specific and by venue (day camps) and others have been overnight camps in the Lake Placid



region. Please contact your venue program director or head coach to learn more.

NYSEF Gymnastics

Basic gymnastics are a great way to work on strength and conditioning as well as balance and body control needed for all disciplines. Our 6-week program is led by Coach Jaroslava “Yarka” Novakova, long-time gymnast and trampoline athlete, and meets at the Lake Placid Center for the Arts in Lake Placid two evenings per week starting in late October.

Program Descriptions by Group

Freeride (Ski) – Belleayre, Gore and Whiteface Moguls (M), Aerials (A), Slopestyle (SS), Railjam (RJ) and Ski Cross (SX)
Intro to Freestyle Competition – Introduces athletes 10 & under to the freestyle disciplines and competition. Meets every Saturday from 8:15am to 2:00pm with lunch break (lunch not provided). Athletes must be of intermediate ability and hold current USASA membership.
Jr. Comp Program – Ages 14 & younger, meets Sat/Sun and during certain holiday periods from 8:15am to 2:00pm with a lunch break (lunch not provided). Athletes must be of intermediate ability to participate and hold current USASA or USSS membership (or both).
Sr. Comp Program – Ages 15 & older, meets Sat/Sun and during certain holiday periods from 8:15am to 2:00pm with a lunch break (lunch not provided). Athletes must be of intermediate ability to participate and hold current USASA or USSS membership (or both).
Full-Time Program (Whiteface only) - This program is for high school age athletes seeking the highest level of competition. Training typically occurs Tuesday – Sunday. Athletes must have prior competitive experience to participate and hold current USASA, USSS and/or FIS membership per competition plan. Additional travel fees may apply.
Plus 2 Program (Whiteface only) – Add on 2 half days during the week to either the “A” or “B” program. Must be coordinated with and approved by the Head Coach in advance.



Snowboard – Belleayre, Gore and Whiteface	
Slopestyle (SS) Snowboard Cross (SBX), Railjam (RJ)	
Intro to Snowboard Competition – Introduces athletes 10 & under to the snowboard disciplines and competition. Meets every Saturday from 8:15am to 2:00pm with lunch break (lunch not provided). Athletes must be of intermediate ability and hold current USASA membership.	
Jr. Free Riders – Ages 11-14, meets Sat/Sun and during certain holiday periods from 8:15am to 2:00pm with a lunch break (lunch not provided). Athletes must be of intermediate ability to participate and hold current USASA or USSS membership (or both).	
Sr. Free Riders – Ages 15 & up, meets Sat/Sun and during certain holiday periods from 8:15am to 2:00pm with a lunch break (lunch not provided). Athletes must have prior competitive experience to participate and hold current USASA or USSS membership (or both).	
Full Time Program (Whiteface only) - This program is for high school age athletes seeking the highest level of competition. Training typically occurs Tuesday – Sunday. Athletes must have prior competitive experience to participate and hold current USASA, USSS and/or FIS membership per competition plan. Additional travel fees may apply.	
Plus 2 Program (Whiteface only) – Add on 2 half days during the week to either the “Jr.” or “Sr.” Free Riders programs. Must be coordinated with and approved by the Head Coach in advance.	

**Freeride program fees include a season pass (valid for Belleayre, Gore and Whiteface). Not included in enrollment: additional training sessions, camps, athlete travel expenses, competition registration and membership fees (US Ski and Snowboard, USASA, NYSSRA, etc.). Athletes may be responsible for additional coaching fees/expenses for post-season travel. 5% discount for multiple children.*

NYSEF Full-Time Programs

The NYSEF program at Whiteface offers a “full-time” program for U14 and older (through PG) athletes that want to pursue skiing/riding at a higher level. Programs are designed based on a season-long progression of skill development. 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. 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 provides aspiring student-athletes with the opportunity to pursue their athletics at an advanced level while continuing remotely in their home school's academic curricula, providing an avenue to excel academically and athletically. Athletes enroll for a minimum of one month to a maximum of four months. The curriculum may be provided to students that withdraw from school. 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

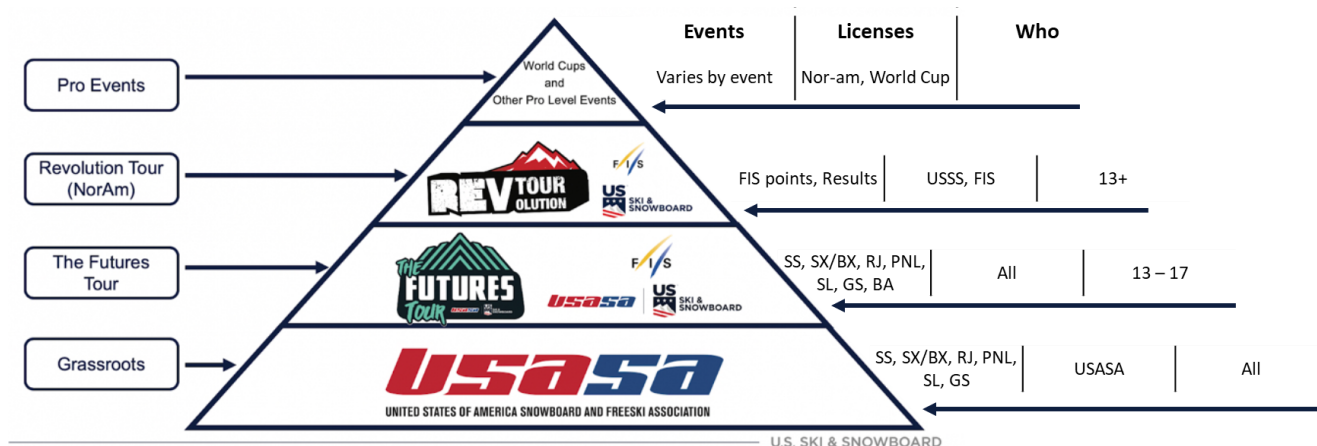
NYSEF partners with Northwood School, a coeducational, independent boarding and day school serving student-athletes in grades nine through the post-graduate year. Northwood offers students a unique combination of rigorous academic preparation, wilderness appreciation, and athletic competition as they compete from the U16 level through the regional championships, the U.S. Nationals, and beyond. For more information on the Northwood School, visit <http://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



Pipeline/Flowchart - Freeski & Snowboard



Moguls Flowchart - **COMING SOON**

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.)

Competition schedules

Local Mountain

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.

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.

***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](#).

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. Athletes in the 10 and under age range may only compete locally but soon they may travel across NY State, Vermont, and for some, even nationally - if they qualify for USASA Championships in CO, for instance. Older athletes may travel nationally and 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 and pool 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

It is important that your athletes' gear has been fitted properly and checked for safety (ski 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.

NOTE ON HELMETS* **Specifically in Ski Cross**, the requirement states the helmet must “be certified under both ASTM 2040 and EN 1077 (class A – **hard sided**)” and the sticker designating this must be intact (usually found inside the helmet) . **For all other Freeski and Freestyle Skiing and Snowboard disciplines**, soft sided helmets are allowed. For these the FIS requirement simply states that the helmet “shall bear a CE mark”(usually found inside the helmet), “and conform to recognized and appropriate standards such as CEE 1077 or US 2040, ASTM 2040.” Please keep this in mind when purchasing equipment.

Helmet mounts(such as for video cameras) or attachments of any kind are not permitted - attachments constitute a solid object that if impacted directly or caught on a foreign object, such as soft fencing, can cause injury to the wearer or another person.

*Helmet rules from the latest FIS document - Specifications for Competition Equipment 2020/2021

RECOMMENDED (for daily training):

Freestyle skiers ideally will have twin tip skis. This allows them to work on skiing switch (backward) and eventually work up to switch tricks when they are ready. When mounting bindings, discuss with coach and/or ski shop first. Mounting location can vary depending on discipline.

Snowboarders just starting out should have a freestyle oriented board. Boots should be fitted professionally.

OPTIONAL - (for consideration):

A back/spine protector is an important piece of safety equipment to consider. Should the athlete have an impact with a rail or a bad crash from a jump they harden to absorb the impact and protect the spine/back. Most are designed to be worn over the base layer, and mold to their backs with the warmth of their bodies. Most athletes do not notice them after a short period of time. They come in vests and backpack styles, but it is important that whatever you choose, it should be long enough to cover their tailbone.

Ski boots - Many freestyle skiers like the full tilt brand ski boot due to the responsive foot bed and the added cushion in the shin, which helps to protect against “shin bang” which can be very painful and sideline an athlete. This does not mean full tilt is the right choice for every athlete, as fit is the most important factor. Be clear with your ski shop that you are shopping for a freestyle ski boot, as Dalbello and one or two other brands have been putting out freestyle boots in the last few seasons that have also been well reviewed.

Some athletes have worn hip/bottom padding to absorb some of the impact from falls while learning jumps/rails.

If your athlete is considering RAILS, please consider the following for their safety and enjoyment.



SAFETY:

- A back protector.
- Hip/bottom padding.
- Some boys wear groin protection.
- Shin protection may be something to consider as well.

GEAR:

- Depending on how serious your athlete is about rails, you may need more durable equipment that is suited to that purpose. Many youth twin tips and snowboards are made of lighter weight material than their adult counterparts, and may not hold up as well to hitting 30+ rails every day. Be very clear with your shop what the intended use is to ensure best selection for your athlete.
- Beater skis or board - some athletes have an older pair of skis or a board for rail work if they plan to hike the park or focus on rails for an extended period.

For Ski Cross competitors : Younger athletes just starting out may do well on twin tips, but skiers who find they have a passion for ski cross will want to consider looking into a GS-type ski as they allow for more speed and control. Coaches can recommend length and radius once they know your athlete, and used GS skis can be found at ski swaps or online marketplaces such as sideline swap, facebook, etc.

Tuning and Waxing

There are many different levels of care for equipment based on what discipline you are involved in. Athletes that compete in the terrain park (Slopestyle and Railjam) keep their edges de-tuned, or dull, so they don't catch easily on rails or boxes. Mogul and Cross athletes need a sharper edge to make precise turns on hard snow surfaces. All disciplines however, benefit from waxing their equipment regularly, even daily, to keep the bases hydrated and fast. Talk to your coach to find out the proper level of care required for your chosen discipline.

Links to other resources

- **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" or "Catskills" 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.

Where can I purchase gear?

Lake Placid Ski & Board (Lake Placid)

Alpine-focused ski and sports store with ski tuning

www.lakeplacidskiandboard.com

Cunningham's (North Creek and Lake Placid)

Alpine-focused ski and sports store

www.cunninghamsskibarn.com

Jimmy's near Belleayre

Located at the bottom of Belleayre

www.belleayreskishop.com



Sports Page & Patio (in Queensbury)

Alpine-focused ski and sports store with ski tuning

www.sportspageski.com

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)

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 will focus our efforts on ensuring that our love of sport and the mountains are accessible to many, rather than a few.

