



New York Ski Educational Foundation

www.nysef.org

NYSEF at Whiteface Mountain
NYSEF at Belleayre

PO Box 300
Wilmington, NY 12997
518.946.7001

PO Box 200
North Creek, NY 12853
518.251.2825

NYSEF at Gore Mountain

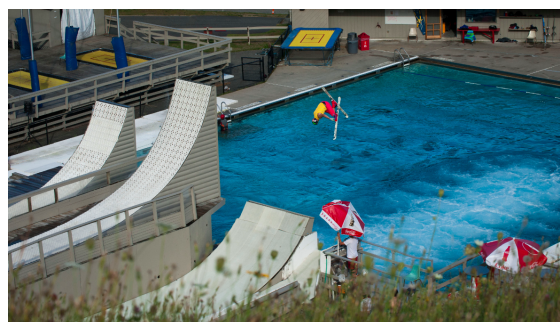
PO Box 256
Highmount, NY 12441
845.254.6046

Hello athletes and parents! This summer, we are once again offering great training opportunities for your athlete. Below you will find details for the **2022 Freeride summer program**. Since 1980, NYSEF has offered annual training opportunities at various locations – we are thrilled to offer this experience at an affordable rate.

Day Sessions:

Offered Wednesday - Sunday from June 25 through September 4

- **Philosophy:** Gain mileage and experience through trampoline and water ramp training, develop technical skills through directed skiing and bouncing sessions, and introduce tactical skills needed in Slopestyle, Big Air, & Moguls in age-appropriate environments.
- **Location:** Day Sessions - Lake Placid Olympic Jumping Complex: *5486 Cascade Rd, Lake Placid, NY 12946*
- **Cost and Descriptions**:** Cost includes coaching and facility fees. *Multiple purchased days can, but do not need to be scheduled consecutively. Current NYSEF athletes please inquire via email about special pricing:*
freeridecamps@nysef.org
- Day Session rates are as follows:
 - o \$80 – Individual day of training per athlete
 - o \$750 – Ten day package of day sessions
 - o \$1,400 – Twenty day package of day sessions
- **Day Session Cost Does NOT include:** Cost of lunch or souvenirs.



What to Bring?

Twin tips, mogul skis, or snowboard
Helmet
Life jacket
Ski or snowboard boots
Bathing suit / Towel
Face mask and Hand sanitizer
Sunglasses and sunscreen
Water bottle and backpack
Summer workout clothing
Running shoes/sneakers
Change of dry clothes
Positive attitude!

Typical Daily Schedule

8:00 Athlete drop off
8:10 Warm up and stretching
8:30 Trampoline session
10:00 Water ramp session
12:00 Lunch (not provided)
12:45 Warm up / short game
1:00 Trampoline session
2:15 Water ramp session
4:00 Athlete pick up

The scheduling and payment deadline is as follows:

- Please email freeridecamps@nysef.org to make your reservation request.
- **Upon requesting your camps/dates:** NYSEF will require you/your athlete to register, choose your program/s and execute waivers on TeamSnap through [THIS REGISTRATION LINK](#). All athletes must hold a current USASA or USSA membership at the time of training.
- **1 week prior to the first scheduled day:** TeamSnap registration and full payment for your reserved camps, and/or day sessions are due.

If you plan to pay with a check, choose “PAY OFFLINE” on your TeamSnap registration and please make payment to NYSEF office at Whiteface:

- Mail: NYSEF (attn “Freeride Summer Program”), PO Box 300, Wilmington, NY 12997
- Scan and email to: freeridecamps@nysef.org Call with questions (518-946-7001).
- Call Lynn (x24) to pay by phone.

Cancellation Policy

- Day Sessions require 48 hours advance notice for refund or reschedule. .
- Leftover training days can be used as a credit towards other 2022 summer program camps/day sessions, or towards an 22/23 winter training program with NYSEF.

Information is subject to change – please visit www.nysef.org for updates. Thank you for choosing NYSEF!

