2022 NYSEF *Lake Placid Area Summer* Program Fees Fees increase after June 1

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Alpine	Early Rate (before 6/1/22)	Regular Rate (after 6/1/22)
	(Delote 0/1/22)	(aitei 0/1/22)
Summer Adventure Programming (Ages 8 - 10) with Matty (HE is BACK!)		
Fun focused programming for youth in snowsports. These sessions will	\$800 / session	\$1,000 / session
focus on adventure which includes hiking, climbing, mountain biking and	8 athletes maximum	8 athletes maximum
more. This "Open Air" programming will utilize the spectacular natural environment of the Adirondacks and the sessions will run all day.		
Session 1: July 5 - July 28	(NEW: Includes	(NEW: Includes
Session 2: August 2 - August 25	program gift!)	program gift!)
Days: 2 days / week. On Tuesday and Thursday*		
*Thursday Mountain Biking	** 25% discount for	** 25% discount for
Time: 9 - 4 PM	both sessions!	both sessions!
Location: Varies. Meeting locations will be communicated on TeamSnap		
Summer Adventure Programming (Ages 11 - 13) with Matty & Jimbo		
The goal of this program is to explore all local riding venues, field	\$950 / session	\$1150 / session
workouts, basic strength and conditioning and adventuring in the	8 athletes maximum	8 athletes maximum
Adirondacks! This "Open Air" programming will utilize the spectacular		o demotes maximam
natural environment of the Adirondacks and the sessions will run all day.	(NEW: Includes	(NEW: Includes
Session 1: July 5 - July 28	program gift!)	program gift!)
Session 2: August 2 - August 25		, , ,
Days: 3 days/week. On Wednesdays, Thursdays, Fridays *Thursday Mountain Biking	** 25% discount for	** 25% discount for
Time: 9 - 4 PM	both sessions!	both sessions!
Location: Varies. Meeting locations will be communicated on TeamSnap		
Summer Strength and Conditioning (Ages 14 and up) with Patrick!		
The goal of this summer's training is to enhance overall fitness while		
incorporating cross training like hiking, climbing and adventuring in the		
Adirondacks. Athletes will begin the programming with Functional		
Movement Screen (FMS) tests as well be coached in the execution of U.S.		
Ski and Snowboard SkillsQuest Fitness Assessments.		
Start date: June 20 (10 weeks)		
Days: 4 days/week. On Monday - Thursday*	\$1,200 / 10 weeks	\$1,500 / 10 weeks
Time: 9 - 11 AM		
Location: May vary with emphasis in a gym setting. Meeting locations will	(NEW: Includes	(NEW: Includes
be communicated on TeamSnap	program gift!)	program gift!)
*There will be one week of no programming which will be communicated		
in advance.		
Northwood School (NWS) and Winter Term (Gold and Full) are expected to		
be a part of this program and it is included in their NYSEF Winter		
enrollment (Remote programs will be given to those that are not local).		
Program Fee		

Program Fee

Not Included in enrollment: additional training, camps (unless described above), athlete travel expenses, competition registration and membership fees (U.S. Ski and Snowboard, USASA, USANS, NYSSRA, etc.)