

New York Ski Educational Foundation

www.nysef.org



NYSEF at Whiteface Mountain
PO Box 300
Wilmington, NY 12997

NYSEF at Ski Jumps
52 Ski Jump Lane
Lake Placid, NY 12946

Hello athletes and parents! This summer, we are excited to be back offering great training opportunities for your athlete. Below are the details for the 2022 Grasshopper Camps to be held this summer in Lake Placid, NY. Since 1980, NYSEF has offered annual summer training opportunities.

- **Philosophy**
 - Grasshopper camps are for athletes ages 6-14 training on the K10/K20. We will focus on both off hill and on hill skills and techniques to keep athletes engaged in the sport during the summer months. Each camp will feature an off hill activity on Saturday afternoon and a fun competition Sunday morning.
- **Dates**
 - July 1st-3rd, July 15th-17th, Aug. 5th-7th, Aug. 19th-21st, Sept. 2nd-4th
- **Location**
 - Top of the ski jumps - 52 Ski Jump Ln, Lake Placid, NY
- **Accommodations**
 - This is a day camp and accommodations must be arranged by parents. Lunch will be provided on Saturday.
- **Staff**
 - NYSEF Coaches Colin Delaney, Larry Stone, and Jay Rand, along with other USSA level 100 coaches.
- **Equipment**
 - Athletes not enrolled in a NYSEF summer jumping program are expected to bring their own equipment. Accommodations can be made to provide equipment with a rental fee for the camp. Athletes must arrive before 12:30 during registration Friday, and equipment is available on a first come first served basis.
- **Cost**
 - \$200/athlete
 - \$30 equipment fee



Grasshopper & Devo athletes following Camp



NYSEF athlete Trey Frantz in action on the K20

What to Bring

- Jump equipment
 - Suit
 - Boots
 - Helmet
 - Goggles
 - Skis
 - Gloves
- Training clothes
 - Running shoes
 - Light, athletic clothing
 - Rain Jacket (if applicable)
 - Other activities may require additional clothing. We will send word of what is recommended 1 week before the camp start.
- POSITIVE ATTITUDE

Typical Daily Schedule

- Friday
 - 12-1pm - Registration
 - 1pm - Warm-up at jumps
 - 2-3:30pm - K10/K20 jumping
 - 3:30pm - Video Review
 - 4:00pm Pick-Up
- Saturday
 - 9am - Warm-up at jumps
 - 10-11:30am - K10/K20 Jumping
 - 12pm - Lunch at Jumps
 - 1pm - K10/K20 Jumping
 - 2pm - Afternoon activity (biking, hiking, trampoline, etc.)
 - 4-5pm - Pick-up at Ski Jumps
- Sunday
 - 9am - Warm-up at Jumps
 - 10am - K10/K20 Jumping + Competition
 - 11:30am - 2km Gunderson Running Race
 - 12pm - Awards and camp end

The deadline and payment schedule is as follows:

- Payment in full due 2 weeks prior to camp start
- PLUS: the following paperwork:
 - Completed “NYSEF Camp Liability Release”(below)
 - Completed “ORDA Waiver” - Electronically
 - Copy of health insurance card
- Please send documents and payment to NYSEF office at Whiteface:
 - Mail: NYSEF (attn “Grasshopper Camp”), PO Box 300, Wilmington, NY 12997 - Checks should be made payable to NYSEF.
 - Scan and email to jumpcamps@nysef.org.
 - Call NYSEF Offices (518-946-7001) to pay by phone.
- Call Colin with questions (518-524-2115) or email jumpcamps@nysef.org



NEW YORK SKI EDUCATIONAL FOUNDATION

CAMP LIABILITY RELEASE

CAMP NAME: 2022 Summer Grasshopper Camp CAMP DATES (select up to 5): Jul 1-3 Jul 15-17 Aug 5-7 Aug 19-21 Sept 2-4

PARTICIPANT NAME: _____ USSS or USA Nordic# (not required): _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PARTICIPANT E-MAIL: _____ MOBILE PHONE # _____

MOTHER: _____ E-MAIL: _____ PHONE#: _____

FATHER: _____ E-MAIL: _____ PHONE#: _____

EMERGENCY CONTACT (if parents cannot be reached): _____ # _____

PARTICIPANT INFORMATION

DOB: _____ AGE at camp: _____ Weight: _____ Height: _____

Insurance Carrier: _____ Policy/Group # _____

List any allergies the participant has: _____

List any medications the participant is currently taking: _____

Does the participant have any medical history that would affect his/her participation in this camp? _____

If so, please describe (also list anything that would be important to know while caring for the participant):

Date of Last Tetanus Shot: _____ I verify that the participant has had a physical exam in the last year (please initial): _____

Participants MUST provide a copy of insurance card in case of emergency!!!

LIABILITY RELEASE: In consideration for the services provided by the New York Ski Educational Foundation (NYSEF), I hereby waive, release and hold harmless NYSEF, it's members, employees, coaches, trainers, organizers and agents and any other persons connected with the Camp, from any and all claim for liability, injury, loss or damage arising from my son's/daughter's participation in or presence at the Camp.

In addition, I the parent/guardian, give the Camp personnel permission and authority to obtain medical aid, cure and treatment or anesthetic for my son/daughter in case of injury including but not limited to performing any diagnostic procedure, operation, or curative remedial procedure they deem necessary or advisable. It is understood and agreed that every effort will be made to contact me in case of injury and medical attention becomes necessary. I give my permission for my child to travel with NYSEF personnel inside of and outside of the United States.

I am fully aware of and accept the risks and dangers inherent in snowsports and agree that I am responsible for my safety and that of my children. I assume all risks connected with participation in the Camp.

Participant's Signature Date

Parent/Guardian's Signature*** Date

*** This is to certify that as the parent/guardian of the above named participant, all the information above is correct and I do consent to his/her agreement to be bound to the terms and conditions set forth in this waiver (including the NYSEF Code of Conduct).



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Camp Equipment Form

The registered participant: Will need equipment that has not previously been supplied by NYSEF/Home Club

Will not need equipment

Athlete Height

Athlete Shoe Size

Most recent jump ski length used (if applicable)

Most recent jump boot size used (if applicable)

Athletes are expected to supply a ski helmet, goggles, ski jumping suit or appropriate clothing (ideally loose fitting clothes that cover arms/legs), gloves. If you have any challenges in providing this or have any questions, please reach out with your camp form submission or via phone/e-mail.



ATHLETE CODE OF CONDUCT

As a participant in a NYSEF program or camp, the athlete must realize that they are a visible representative of NYSEF, the school they attend and their family. All athletes participating in a NYSEF program or camp will be required to follow this established Code of Conduct.

1. All participants are expected to abide by the Rules and Regulations at their particular venue. Remember you are a guest at that facility and should treat all venue employees and public skiers with courtesy and respect.
2. Participants are expected to act under all applicable laws, rules and regulations
3. Participants are required to wear helmets while skiing or training.
4. Participants are required to conduct themselves in a sportsmanlike manner at all times and to treat their teammates with sportsmanship and respect.
5. Participants must be neatly and properly dressed.
6. Participants must listen to and be courteous to coaches.
7. Participants must be on time for all activities.
8. Participants must maintain their athletic eligibility by meeting academic standards.
9. Participants must be under the supervision of NYSEF staff while training or competing.
10. Participants must abide by the NYSEF Bullying Prevention Policy Guidelines
11. Participants must abide by the NYSEF Social Media Policy when representing or referencing NYSEF and/or partner organizations through any/all electronic or social media communication platform.
12. Participants in NYSEF programs or camps will be disciplined for the following infractions:
 - a. Use and/or possession of any tobacco, nicotine or vaping / e-cigarette product
 - b. Use and/or possession of alcohol
 - c. Use and/or possession of narcotics, non-prescription drugs or any other illegal substance
 - d. Behavior that is detrimental to the program and/or other athletes
 - e. Theft of property
13. Recommended disciplinary actions can include:
 - a. Dismissal from camp/event at cost of athlete/parent
 - b. Suspension of training privilege for specific time period
 - c. Loss of racing privilege for specific events (if applicable)
 - d. Police involvement

Athletes who are dismissed from a school or team because of any of the above infractions will have training privileges suspended. Participants at a camp and/or race will be sent home immediately. Program privileges will be suspended until the situation is resolved. The Executive Director reserves the right to remove the training pass from a participant if the situation warrants it.

Other disciplinary measures can be taken by the Executive Director based on the severity of the situation.