

2022 NYSEF Nordic Summer Program Fees

Fees increase after June 1 (NEW: Includes program gift)

Cross Country / Biathlon	Early Rate (before 6/1/22)	Regular Rate (after 6/1/22)
<p>Devo Race Team Summer (U14 / U12) Fun focused programming for athletes learning the fundamentals of roller-skiing and other endurance based/fitness activities (hiking, mountain biking, hill bounding). Most sessions will last 1.5 hours, a few longer sessions will be scheduled for team building activities, multi-sport days and hikes. Sessions will start at 9:00am on Tuesdays, 1 day/ week, beginning the 3rd week of June running through the end of August.</p>	1 per week: \$400	1 per week: \$600 Drop in: \$50/session
<p>Devo Biathlon Summer (U14 / U12) Fun focused programming for athletes learning the fundamentals of shooting with the use of air rifles. Sessions will last 1.5 hours and incorporate basic endurance, agility and strength relevant to building the foundation for cross country skiing. Sessions will start at 9:00am at the Mount VanHoevenberg biathlon range on Wednesdays, 1 day/ week, beginning the 3rd week of June running through the end of August.</p> <p style="text-align: center;"><i>Devo Race Team enrollment required.</i></p>	1 per week: \$500 Enrollment limited to 12 athletes	1 per week: \$700 No Drop in available.
<p>Junior Race Team Summer (U18 / U16 / U14) 5-8 sessions/week, designed for racing at the regional and junior national level. June – August.</p>	\$1,600	\$1,800
<p>Junior Biathlon Team Summer (U18 / U16) Designed as a program parallel to the Junior Race Team, with a focus on biathlon shooting. June -August. 2 days/week Note: Junior Race Team enrollment required.</p>	\$750	\$950
<p>College Race Team Summer and/or Post Graduate Program - XC or Biathlon. 6-8 sessions/week. Designed for racing at the regional, college and national level + mentor and volunteer hours. May 31 – August 14.</p>	Contact xccamps@nysef.org	Contact xccamps@nysef.org
Ski Jumping / Nordic Combined	Early Rate (before 6/1/22)	Regular Rate (after 6/1/22)
<p>Youth Jump Team Summer (U14 / U12 / U10) – Jumping up to 3 sessions/week on the HS10/HS20, along with drills/technique as part of warm-up, gain skills in the fundamentals of ski jumping with a goal of moving from introduction to summer jumping to confidence in moving up to larger hill sizes safely. June - Labor Day. Wednesdays, Fridays, and Saturdays. 1 Day/week includes 1 weekend Grasshopper Camp, 2 Days/week includes 2 camps, 3 Days/week includes all 5 camps.</p>	1/week: \$400 2/week: \$750 3/week: \$1,000	1/week: \$600 2/week: \$950 3/week: \$1,200 Drop in: \$50/session
<p>Development Team Summer (HS50-HS100, June-October) – 5-8 sessions per week. Designed for junior athletes in the development phase. Competitions include regional and national level meets. Training will take place primarily on HS100 in Lake Placid and on HS70-80 hills when traveling.</p>	\$1,600	\$1,800 Drop in: \$50/session
<p>Elite Team Summer (HS100-HS140, May 24 - September 4) – 6 days per week. Designed for athletes at the highest level of Ski Jumping and Nordic Combined including national and international competition. Days will be spent jumping, skiing, and performing dryland in weight training/plyometric/mobility.</p>	Contact us jumpcamps@nysef.org	Contact us jumpcamps@nysef.org

Elite Team Full Year (K90 and K120) – typically 6 days per week, year round training. Designed for athletes at the highest level of ski jumping and Nordic combined including national and international competition. September – August.	Contact us jumpcamps@nysef.org	Contact us jumpcamps@nysef.org
<p style="text-align: center;"><u>Program Fee Includes Summer Season Pass to Mt. Van Hoevenberg</u> 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.)</p>		