



## New York Ski Educational Foundation

[www.nysef.org](http://www.nysef.org)

NYSEF at Whiteface Mountain  
PO Box 300  
Wilmington, NY 12997  
518.946.7001

NYSEF at Gore Mountain  
PO Box 200  
North Creek, NY 12853  
518.251.2825

NYSEF at Belleayre  
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 **2023 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 24 through September 3**

- **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 at [freeridecamps@nysef.org](mailto:freeridecamps@nysef.org)*
- Day Session rates are as follows:
  - o \$85 – Individual day of training per athlete
  - o \$800 – Ten day package of day sessions
  - o \$1,500 – Twenty day package of day sessions
- **Day Session Cost Does NOT include:** Cost of lunch or souvenirs.

### 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





### 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!

### The scheduling and payment deadline is as follows:

- Please email [freeridecamps@nysef.org](mailto: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 once you have confirmed your interest and schedule with [freeridecamps@nysef.org](mailto:freeridecamps@nysef.org). 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](mailto:freeridecamps@nysef.org) Call with questions (518-946-7001).
- Call Lynn (x24) to pay by phone.

### Cancellation Policy

- We require 48 hours advance notice for refund or reschedule for Day Sessions.
- Leftover training days can be used as a credit towards other 2023 summer program camps/day sessions, or towards an 23/24 winter training program with NYSEF.

Information is subject to change – please visit [www.nysef.org](http://www.nysef.org) for updates.  
Thank you for choosing NYSEF!

