



NEW YORK SKI EDUCATIONAL FOUNDATION

Ski Jumping/Nordic Combined

Norway Trip August 4-17, 2023

Hello Ski Jumpers and Parents,

As many of you may know last August, NYSEF arranged a Trip to Norway at three different locations for approximately a two week period for ski jump training and a first hand look at some of Norway's most famous ski jumping facilities including the world renowned Oslo Holmenkollen, the largest ski flying hill in the world at Vikersund, and the Olympic Ski Jumps at Lillehammer where Tate Frantz now resides and trains.

The first week was spent at the Midstubakken Kollenhoppuka Camp which featured top Norwegian trainers and jumpers helping out on a variety of hills – K20, K40, K60, and K90 meter jumps. Training and Competitions were held at all levels throughout the week, and NC exercises and training were held at the Holmenkollen Stadium, which were also coached by top level Norwegian athletes using roller skis.

The second stop was at Vikersund where Jumpers had the opportunity to stand atop the World's Largest Ski Flying Hill that has a 253.5M hill and world record. K40 and K60 meter jumps are available for training.

The final stop was at Lillehammer, Norway where opportunities to train with some of the top Norwegian Jumpers along with Tate on the Olympic 90M and 120M Jumps

We are hopeful of duplicating this trip again this summer from approximately August 4 – 17. In order to plan properly for Lodging, meals, transportation and hill registrations. it is essential that we get the process moving ASAP!

Consequently, we need to see who has a sincere interest and is able to make the financial commitment to take part in this trip. The trip would be available to qualified jumpers at least 12 years of age.

The very preliminary cost estimate is \$2,500-3,000 + an airline ticket of around \$800.00.

Please let Colin Delaney know if you are interested in attending by May 1. If you would like to secure your athlete's spot now, [please use this link to pay the \\$500 deposit fee](#).

RSVP your interest in joining by May 1 at 5 pm to Head Coach Colin Delaney at colind@nysef.org.

Tentative schedule:

Fri, Aug 4 - Travel to Oslo (potential itinerary <https://www.google.com/travel/flights/s/DwFGkn7K56WYQsyx6>)

Aug 5-6 - Arrive and tour Oslo,

Mon, Aug 7 – Fri Aug 11

- Participate in daily training and competition/show activities at the International Kollenhoppuka Training Camp at the Midstubakken Jumping Facility in Oslo, Norway
- Located within walking distance of the Hotel
- Includes NC rollerski activities
- Coaches include top Norwegian sports athletes
- Up to 100 athletes between the ages of 6-16 will take part
- A progressive series of jumps are available up to K90

Sat, Aug 12

- Depart Hotel and travel to Vikersund, Norway (approximately 50 miles)
- Check into Tyrifjord Hotel, P.b. 172,N-3371 Vikersund, Norway – Phone +47 32 77 84 00)
- Tour Worlds Largest Ski Flying Hill at Vikersund

Sun, Aug 13 & Mon, Aug 14

- Jump training at Vikersund
- Following Mon Training travel to Lillehammer, Norway

Tue, Aug 15 & Wed, Aug 16

- Jump Training and visit Lillehammer

Thu, Aug 16

- Return to Oslo and fly home
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