



NYSEF Summer Collegiate Training Group

Dates: May 29 - Aug 28

Cost: \$1200

Coaching Staff:

Paul Smith (NYSEF Cross Country Head Coach)

Maddie Phaneuf (NYSEF Biathlon Head Coach)

Introduction:

For the summer 2023 the New York Ski Education Foundation is once again offering full time U23 ski training programming. This team is for Collegiate level athletes racing full time for the school they attend. Starting at the end of May and finishing at the end of August the Collegiate training group has 5-7 formal training sessions per week. Most sessions are in the mornings with a few strength training sessions per week in the afternoon.

Lake Placid boasts one of the best cross country ski training locales in the country. With two rollerski track venues, well paved back roads with minimal traffic, and endless hiking and running terrain in the heart of the Adirondack High Peaks region. NYSEF Summer Training Group athletes will also have access to a weight room for team strength training. Summer Group athletes will be able to work with the entire NYSEF staff including range sessions with Maddie twice per week for biathletes. The region has ample part-time work opportunities for summer group athletes to pursue. It is encouraged that those enrolled in this program have something going on other than the training if not summer classes, a part-time job or internship. There will be limited formalized housing available for those enrolled in the program; first come first serve. These details will all be shared with athletes who show interest before April.

The training philosophy of the NYSEF Summer Group focuses on the critical transition period between Junior and Senior level for cross country ski racers. In this sense there is still plenty of work to be done in this age on a skier's aerobic capacity and ability to move fast on skis. Nothing is skipped in the training. The planning is well thought out to create a nice flow and rhythm, linking appropriate training sessions together. In terms of athlete goals and one's own development, individuals should be at a very high level but the training is designed to fit a broad range of athletes in whatever their ultimate pursuit of the sport might be. Athletes will have access to training planning coaching, field testing, and some flexibility to implement planning goals that come from a school coach or trainer. On this note it is important for each athlete to blend their own individual plan to the group in order to attend and be well prepared for all team training sessions! This is important in order to get the most out of the summer program, the quality training group, and the coaching.

Those interested should contact the Head Cross Country Coach Paul Smith. Or biathletes; Maddie Phaneuf by May 12th for more details and admission to the program: pauls@nysef.org.
maddiep@nysef.org.

