



NEW YORK SKI EDUCATIONAL FOUNDATION

PO Box 300 Wilmington, NY 12997 518.946.7001 www.nysef.org

Winter Term Junior Development Program 2023-2024

Program Description for Alpine and Freeride

Mission: It is the mission of NYSEF to provide opportunities for athletes of all ages to reach their potential in snow sports - alpine skiing, freestyle skiing, snowboarding, ski jumping, cross-country skiing, Nordic combined, and biathlon - through professional guidance and financial support.

Overview/Vision: The NYSEF Winter Term Program offers aspiring student-athletes a unique opportunity to pursue their athletics at an advanced level while tailoring their academic experience to their individual needs. This provides an avenue to excel academically and athletically.

Objectives:

- To ensure student-athletes in the U14+ age groups have an avenue to pursue their athletic goals without compromising their academic development.
- To provide an environment in which the academics and athletics that student-athletes pursue will be balanced daily through the utilization of quality coaches and tutors.
- To instill a sound work ethic in student-athletes and foster the opportunity to build a stronger foundation for their high school and college experience as a student-athlete competing at the highest level.

Program Dates: NYSEF has five different terms for varying levels of commitment – *A minimum of four weeks must be spent in the program.*

Term	Duration	Dates (approximate)
Full Winter Term	~17 weeks	approx. November 24 – December 22 January 1 – March 31
December Project (with pre-season camp)	~4 weeks	approx. November 24 – December 22
Gold Term	~13 weeks	January 1 – March 31
Silver Term	~8 weeks	TBD within Gold Term
Bronze Term	~4 weeks	TBD within Gold Term

Fall Camp Options: To be announced separately and should be a priority for any athlete attending Winter Term.

Academics:

NYSEF is committed to providing robust academic support for aspiring student-athletes who have enrolled in our Winter Term program. Our program has the unique ability to help student-athletes develop the relationships between athletic and academic success, which will prepare them to excel beyond the traditional academic environment.

The NYSEF Winter Term program is designed to guide students to find flexibility within a rigorous daily schedule, allowing them to pursue the sport at a higher level amidst an academic year. Academic tutoring is provided on an individual basis as needed, and all academic support is coordinated through NYSEF Academic Coordinators.

The success of the program relies on the coordination and cooperation between the student-athlete and all academic supporters; NYSEF Academic Coordinators, sending school counselors, and teachers. NYSEF has designed two flexible academic paths that student-athletes can take advantage of; the NYSEF Homeschool Academic Path or the NYSEF Enrolled Academic Path. Either path can be chosen based on the student-athletes' individual academic needs.

The NYSEF Homeschool Academic Path provides a one-on-one schooling experience for student-athletes. Academic tutoring and curriculum are provided by our qualified NYSEF Academic Coordinators and are designed based on the individual material that is being covered by the student's sending school while the student is a part of this program. *(Please see the Winter [Term Homeschooling Fact Sheet](#) for more information.)*

The NYSEF Enrolled Academic Path provides the student-athlete with the support required for each child to complete their sending schools curricula per the schedule set by their guidance counselor or teachers. These students remain enrolled in their traditional school and work remotely and closely with a NYSEF Academic Coordinator.

All NYSEF student-athletes will have access to resources such as lab materials, the internet, and tutors to achieve the academic success they desire. Typically, Monday is a dedicated academic day, 9:00 AM - 4:00 PM. The Tuesday through Friday train and academic schedules can be seen below.

Typical daily schedule on Tuesday/Thursday

7:00-7:30am	Breakfast
7:30 / 7:45am	Depart for AM Training
8:30-11:45am	AM Athletic Training
12:00pm	Return from Training
12:30-1:00pm	Lunch at Training Center
1:15-4:15 pm	PM Academic Time
4:30-6:00pm	Dryland Training
6:00-6:45pm	Dinner
7:00-8:30pm	Evening Study Hall / Flex Time
9:30pm	Lights Out

Typical daily schedule on Wednesday/Friday

7:00-7:30am	Breakfast
7:30 / 7:45am	Depart for AM Training
8:30-11:00am	AM Athletic Training
11:00-11:45am	Lunch at Venue
12:00-2:00pm	PM Athletic Session
2:15-3:00pm	Snack/Flex Time
3:00-6:00pm	PM Academic Time
6:00-6:45pm	Dinner
7:00-8:30pm	Evening Study Hall / Flex Time
9:30pm	Lights Out

* Note: Details of the daily schedule can be adjusted based on tutor availability and athletic schedule. *The schedule is subject to change.*

Academic Highlights:

- For student-athletes in the “Enrolled Path,” the sending school’s guidance counselor and teachers will be expected to provide the student-athlete (or parent) and NYSEF Academic Coordinator with a complete syllabus and supporting materials for each course he or she is enrolled in. The counselor and teachers of the sending school should be available to discuss and receive work as needed.
- NYSEF Academic Coordinators will provide academic support for the core courses offered by elementary and secondary schooling; Math, Science, History, English, French, and Spanish.
- It is the responsibility of the athlete/parent to organize and compensate additional tutors for specialized courses NOT offered by the NYSEF academic team.
- Student-athletes are ultimately responsible for the completion of their work through effective time management, organization, and communication. It is the responsibility of the student-athlete to seek out help when needed and to be accountable for his or her academic and athletic balance.
- Students that are working within the Homeschool path offered, please note that grades will NOT be provided to your child's sending school. Your student-athlete will receive a P/F based on their work completed while with our program.

Athletics:

NYSEF’s primary mission is to provide opportunities for athletes of all ages to reach their potential in snow sports. This same mission has been in place for over 40 years and remains the essence of the NYSEF program. The Winter Term Program is designed specifically to offer a structured avenue for athletes to pursue these opportunities at an advanced level while maintaining and pursuing academics. Developing a passion for a life-long sport is a crucial step in the long-term development of a student-athlete and instrumental in instilling an active lifestyle as an adult.

The Winter Term Program’s athletic philosophy is rooted in developing and mastering proper fundamental skills and challenging them in a competitive environment. Training will encompass an appropriate mix of free skiing and competition training as per the long-term plan of the head group coach. All NYSEF athletes are encouraged to become ‘good skiers’ as well as ‘good competitors’; sound skills are the key to elite performance at higher levels. The competition schedule for each athlete is managed by the head group coach and depends on factors such as age, success in training/qualifying events, physical fitness, and academic standing.

Training and Competition Venues:

NYSEF is located at one of the best ski areas in the East: **Whiteface Mountain**. The Olympic heritage in Lake Placid and the surrounding venues instills enthusiasm in all those who live here or visit. As the Olympic venue for Alpine racing/training (1932 and 1980), Whiteface Mountain provides some of the most challenging training and racing terrains in the region. Whiteface offers the largest vertical drop in the East and has been ranked the best ski area in the East in Ski Magazine. The **Olympic Ski Jumping Complex** and the **Olympic Sports Complex at Mt. Van Hoevenberg** serve as top-tier training and competition sites for our Ski Jumping and Cross-Country disciplines and off-season training options for all athletes.

These venues that NYSEF calls home are managed by the **Olympic Regional Development Authority (ORDA)**. Their support and cooperation are essential to NYSEF's success. NYSEF's Uihlein Training Center at Whiteface provides a meeting place for parents, coaches, and athletes in addition to accommodating equipment storage, video analysis, coach offices, and locker space. The Uihlein Training Center at Whiteface (built in 2006) is located at the base of the mountain adjacent to the base lodge. NYSEF also maintains office/changing space at the Olympic Sports Complex (Mt. Van Hoevenberg) and the Olympic Jumping Complex.

ORDA management is committed to providing NYSEF with a world-class training venue throughout the winter months. On-snow athletic training is appropriately scheduled and managed by the head group coach and typically occurs six days per week. Monday is normally an all-academic day during which student-athletes are given more time to focus on academics and participate in other off-snow activities (including strength and conditioning, regeneration, ski tuning and preparation as well as athletically-based educational programs and lectures on nutrition, sports psychology, and sports science).

In addition to Whiteface, NYSEF operates competitive programming and manages training space at ORDA venues **Gore Mountain** and **Belleayre Mountain**. There may be times when we take advantage of training at one or both of these different alpine or freeride venues. Additionally, we occasionally train at **Mt. Pisgah** which provides a quick turnaround on moderate alpine terrain.

Facilities:

The NYSEF Winter Term Program will take advantage of the world-class facilities available at the **Olympic & Paralympic Training Center (OPTC)** in Lake Placid. The facility opened in 1989, is designed to accommodate elite athletes as they train and compete at the Olympic Venues in Lake Placid. The state-of-the-art facility consists of a 96-bed dormitory wing, a full-service cafeteria staffed by experienced chefs, a Sports Science Program, a Sports Medicine facility, conference rooms, a weight room, and a 3-bay, 20,000-square-foot gymnasium.

NYSEF is proud of its close relationship with the OPTC and the use of this resource allows Winter Term athletes to live and train in a world-class facility surrounded by national-level and international-level athletes. Program enrollment includes full access to all OPTC facilities including the gymnasium and weight room, conference rooms for academic sessions, as well as their full-service cafeteria and dormitory for boarding students.

December Project:

The NYSEF December Project will begin with a prep-period of time in a camp-like setting (i.e. Colorado/Sunday River) just after Thanksgiving. This camp will provide the basis of athletic development for our alpine athletes and allow athletes to get a head start on the season. Academic guidance will be made available during the camp for these athletes, however, ALL athletes are responsible for bringing their school work and the materials needed to complete work. The academic time during the camp will be treated like a study hall and will be monitored, however, tutoring sessions will NOT be available.

The second portion will be hosted in Lake Placid and conclude just before the Christmas holiday. Tutors will be available to check in with student-athletes once back in Lake Placid and will help make sure they are on track with the work that is expected to be completed upon their return. (Check page 1 for approximate dates).

Orientation Weekend:

There is an annual Orientation Weekend in mid-October for student-athletes and their families to get acquainted with the program, staff, and facility in Lake Placid. It is highly recommended that anyone interested in Winter Term attend the Orientation Weekend. Additional information will be sent to you as the weekend approaches. ** This orientation is subject to change based on need and scheduling.

Student-Athlete Expectations:

The following is a list of guidelines to which all NYSEF student-athletes will be held accountable:

- Student-athletes will be expected to follow the NYSEF Code of Conduct at all times.
- Student-athletes will be honest in all academic, athletic, and social atmospheres in which they participate - any acts of dishonesty will be met with serious consequences.
- Student-athletes will participate in all scheduled activities. Unexcused absences or tardiness will not be tolerated.
- Student-athletes will conduct themselves in a manner that is becoming of a representative of NYSEF while respecting all staff members.
- Student-athletes will not bully or haze another person at any time - harassment of any type (including but not limited to verbal, physical, electronic, sexual, or emotional) will not be tolerated. Student-athletes must follow the NYSEF Bullying Prevention Policy Guidelines.
- Student-athletes will not damage or destroy any property of NYSEF or of any venue in/at which the program will be participating.
- Student-athletes will obey all federal, state, and local laws. There will be a zero-tolerance policy regarding alcohol, tobacco (including vaping), and drug rules outlined in the Code of Conduct.
- Student-athletes will adhere to all rules or policies set forth by NYSEF staff members after enrolling in the program.

Other Important Factors:

- **Training Camps:** While not mandatory, student-athletes will be strongly encouraged to attend NYSEF preparatory training sessions and camps. While in-season training is very important, these “prep” camps are essential for the long-term development of the alpine athlete and should be viewed as an essential ingredient to athletic success.

Camp planning is SUBJECT TO CHANGE due to several factors. Below is a sampling of camps we typically offer on an annual basis.

- **Lake Placid, New York:** Various training opportunities for athletes of all disciplines including ramp/tramp and ski jump, rollerski, and training at the Olympic Jumping Complex. See www.nysef.org for details.
 - **Europe/North America:** May/June, targets U16-U18 athletes with emphasis on fundamental skill advancement in easy-moderate training environments in GS and SL.
 - **Mt. Hood/Europe:** June/July, targets U12-U14 athletes with emphasis on fundamental skill development in free-skiing and SL/GS training environments.
 - **Southern Hemisphere:** August/September, targets U14-U18 athletes with emphasis on fundamentals moving into advanced technical focus in SL, GS, and potentially SG.
 - **Europe:** October/November, targets U14-U18 athletes with continued emphasis on fundamentals moving into advanced technical focus in SL and GS while beginning to prepare for competition at the FIS level.
 - **Summit County, Colorado:** late November through early December, targets U12-U18 athletes with an emphasis on free ski mileage and skill development to start the new season.
- **Strength and Conditioning:** student-athletes involved in Winter Term will be provided with a physical conditioning program with input from highly qualified staff at each NYSEF and the Olympic & Paralympic Training Center (OPTC). Athletes will be expected to follow the program with the assistance of the NYSEF/OPTC group coach as well as on their own when the coach is not present. There will be opportunities in the off months to participate in dryland activities, these sessions will be designed to enhance the year-round program with a balance of instructional dryland and other activities like mountain biking, hiking, games, etc. Consistent Physical conditioning is essential in injury prevention and successful training/racing results. *
 - **Ski Equipment:** student-athletes need to come with properly fit and tuned skis, boots, and poles for the various disciplines as directed by the head group coach as well as the basic tools to maintain their own equipment. NYSEF has many tools to help athletes in this realm including boot-fitting and ski tuning. We also have relationships with several local shops and vendors should a problem arise or new equipment needs. Student-athletes will also need to possess and wear appropriate protection including helmets, face protection, and back protectors as required.
 - **Goal-Setting and Evaluation:** student-athletes will participate in a goal-setting and evaluation process which their head group coach will oversee and guide them through. Good goal-setting and evaluation are essential in the progress of a student-athlete career. Each student-athlete will receive a written evaluation at the end of their term (and one mid-season for full-term athletes).

- Transportation: NYSEF will provide transportation to/from skiing venues and to/from academic activities. If a student-athlete plans to deviate from the established transportation plan, he/she will need to communicate with NYSEF in advance and have written parental permission.

*** Due to training/race schedules, there is no traditional “school vacation” in the NYSEF Winter Term. We ask that you do not make travel arrangements expecting your son or daughter to be excused. We rely on this time to continue with their athletics and academics so that student-athletes will be prepared to smoothly re-enter their sending school. Thank you for your cooperation. ***

Staff:

The NYSEF Junior Development Winter Term program is made up of several members with many years of experience. Below is a list of key staff members in the NYSEF Winter Term. See www.nysef.org for our full coaching staff.

- Beatty Schlueter – Winter Term Program Director and Head Junior Development Coach
- John Norton – Executive Director and Alpine Program Director
- Jacquie Lopez – Winter Term Academic Coordinator/Tutor
- Olivia Transue – Winter Term Academic Coordinator/Tutor
- Annie Edwards - Winter Term Academic Lead/Tutor
- Rebecca Northrup - Communication/Development Director
- Jeremy Transue – Head Women’s U18/FIS Alpine Coach
- Seppi Stiegler - Head Men’s U18/FIS Alpine Coach
- Patrick Purcell – Head U16 Alpine Coach/Strength & Conditioning Lead
- James “Jimbo” Johnston – Head U14 Alpine Coach
- Colin Delaney - Head Ski Jumping/Nordic Combined Coach
- Paul Smith/Julianne Stemp - Head XC Coach
- Mike Kirchner – Freeride Program Director
- Debbie Gardiner – Certified Physical Therapist/Athletic Trainer
- Dr. Tracey Viola – Medical Director

Tuition and Fees // Other:

- **Fall Prep Camp:** Full Term U16/U18 athletes will have a fall camp/program experience prior that is highly recommended/expected for athletes to attend. The cost will be determined based on location and duration and not be included in the enrollment fees above. Academic support/guidance may be provided during this time if needed.
- **Winter Term fees** include academic tuition and support, facility use, transportation to/from local venues and supported races, NYSEF season lift access (Full, Gold, Silver, and Bronze terms), meals, athletic program, and coaching.
- **Boarding fees** also include room/bed. Additional athletic fees will apply for NYSEF training outside of the winter term dates.
- **These fees do not include** additional training camps and opportunities, race entry fees, travel expenses (such as athlete/coach lodging, meals, and other travel-related expenses), tools/athletic equipment, and any incidental spending of a student-athlete.
- ***For December Project/Full Term:** These fees **DO NOT INCLUDE AIRFARE**. Depending on camp cost and duration there might be a surcharge.
- Tuition must be paid in full before the student-athlete begins the program unless a payment plan has been approved. No reduction or refund is made for early withdrawal, dismissal, or absence.
- Scholarship and/or financial aid may be available. Please contact winterterm@nysef.org for more details and to receive a [scholarship application](#). Additional policies are outlined in the Winter Term Handbook.

Please reach out to winterterm@nysef.org for the breakdown for more specific tuition and room/board fees.