

2023 NYSEF LP/Whiteface Summer Programs

Fees increase after June 1

Cross Country / Biathlon	Early Rate (before 6/1/23)	Regular Rate (after 6/1/23)
Junior Race Team Summer (U18 / U16 / U14) 5-8 sessions/week, designed for racing at the regional and junior national level. June – August.	\$1,700	\$1,900 <i>Drop in: \$50/session</i>
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: <i>Junior Race Team enrollment required. Rifle/ammunition provided</i>	\$850	\$1,050 <i>Drop in: \$50/session</i>
College Race Team Summer - XC or Biathlon. (Post-graduate) 5-7 sessions/week. Designed for racing at the regional, college, and national level. Biathlon - 2 range sessions/week May 31 – August 31.	Contact xccamps@nysef.org	Contact xccamps@nysef.org
Master's Biathlon (23+)-Designed for Master-level biathletes looking to fine tune their biathlon skills and get race ready for the winter! We will provide range and rollerski loop access at Mt Van Hoevenberg, with structured shooting drills followed by a cardio or strength workout with shooting. 1 day/week, June-November. <i>Athletes must provide their own equipment, including rifle/ammunition, .22 biathlon-specific long rifles only!</i>	\$600	\$800 (after 6/30) <i>Drop in: \$50/session</i>
Ski Jumping / Nordic Combined	Early Rate (before 6/1/23)	Regular Rate (after 6/1/23)
Youth Jump Team Summer (U14 / U12 / U10) – Jumping 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 17th through Labor Day Weekend. Saturday mornings + Grasshopper Camp Weekends (6/29-7/2, 7/27-7/30, 8/24-8/27).	1 session/week + 2 camps: \$550 1 session/week + 3 camps: \$800	Pay for individual camps at \$275 <i>Drop in: \$50/session (HS10 + HS20)</i>
Devo Jump Team Summer (HS50-HS80, May 13-September 4) – 3-4 sessions per week. Designed for junior athletes in the development phase. Competitions include regional and national level meets. Training will take place primarily on K48 in Lake Placid and on HS70-80 hills when traveling. 5/20-6/10: Dryland Saturday Mornings. 6/14-10/28: Jumping Wednesday morning, Friday Afternoon, Saturday morning. Strength Friday mornings. Dryland Saturdays 5/13 through 6/10. Jumping starting 6/14.	\$1,200	\$1,400 <i>Drop in: \$50/session (K48+)</i>
Junior Jump Team Summer (HS80-HS140, May 13-September 4) – 5-8 sessions per week. Designed for athletes training for 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. Programming starting May 13th.	\$1,700	\$1,900 <i>Drop in: \$50/session (K48+)</i>

Strength & Conditioning (Alpine)	Early Rate (before 6/1/23)	Regular Rate (after 6/1/23)
Summer Strength and Conditioning (U14) The goal of this summer's training is to enhance overall fitness. Athletes will begin the programming with Functional Movement Screen (FMS) tests and will be coached in the execution of U.S. Ski and Snowboard SkillsQuest Fitness Assessments. Dates: June 19 - August 25 (10 weeks) Days: Tuesday, Thursday Time: 10:30am - 12pm Location: Emphasis in a gym setting @ WF Training Center. <i>Northwood School (NWS) and Winter Term (Gold and Full): This programming is included in NYSEF Winter enrollment (Remote programs will be given to those that are not local).</i>	\$750	\$950 <i>Drop in: \$50/session</i>
Summer Strength and Conditioning (U16+) The goal of this summer's training is to enhance overall fitness. Athletes will begin the programming with Functional Movement Screen (FMS) tests and will be coached in the execution of U.S. Ski and Snowboard SkillsQuest Fitness Assessments. Dates: June 19 - August 25 (10 weeks) Days: Monday - Thursday Time: 8:30am - 11am Location: Emphasis in a gym setting @ WF Training Center <i>Northwood School (NWS) and Winter Term (Gold and Full): This programming is included in NYSEF Winter enrollment (Remote programs will be given to those that are not local).</i>	\$1,250	\$1,450 <i>Drop in: \$50/session</i>
Development Camps (U10/U12/U14)		
Skimeister Adventure Camps Camps will include 3 days of programming scattered on three weekends throughout the summer (Friday - Sunday). Designed for DEVO athletes (XC, Biathlon, and Alpine) who are learning the fundamentals of the sport. Sport-specific time will be scheduled into each morning with afternoon full-camp team activities. The goal of the final camp weekend will be to have all nordic & biathlon athletes comfortably on rollerskis. Alpine athletes will focus on mobility, strength, and balance; incorporating skills drills, mountain biking, hiking, and other activities into each camp. Tentative dates: 7/7-7/9, 7/14-7/16, 8/25-8/27	pricing & registration details coming SOON	
Grasshopper Jump Camps Grasshopper camps are for athletes ages 6-14 training on the K10/K20 hills, with some opportunity to move up to the K48. We will focus on both off hill and on hill skills and activities. Athletes not enrolled in a NYSEF summer jumping program are expected to bring their own equipment, rentals available for a fee. Tentative Dates: 6/29-7/2, 7/27-7/30, 8/24-8/27	pricing & registration details coming SOON	
Alpine: On-Snow Camps @ Big Snow Focusing on the U12-U14 age group. Late-summer and fall overnight trips to Big Snow in New Jersey will provide on-snow training opportunities for development alpine athletes.	\$350 per session Includes Coaching, Lodging and Lift Ticket Registration details coming soon	

Program Fee Includes Summer Season Pass to Mt. Van Hoevenberg*

Not Included in enrollment: additional training, camps (unless described above), athlete travel expenses, competition registration and applicable membership fees (U.S. Ski and Snowboard, USASA, USANS, USBA, NYSSRA, etc.)

***Strength & Conditioning Programming & Camps DO NOT include MVH Season Pass**