

NYSEF Nordic Thanksgiving Training

Dates: November 22-26

Price: \$500 (Includes all lodging, meals, transport, coaching, ski wax, training venue access)

Staff: Paul Smith -resident camp coach/main contact pauls@nysef.org (315) 480-6104
Maddie Phaneuf (biathlon head coach) maddiep@nysef.org
Julianne Stemp (cross country coach) juliannes@nysef.org

Roster: 8-10 athletes (maximum of 10). Local NYSEF athletes will add to the training group size.

Description:

The New York Ski Educational Foundation is offering an on snow training camp for high school age cross country ski racers and biathletes. The camp is meant to give more experienced junior skiers the opportunity to jump start the winter season with quality training sessions; working with high level coaching staff. The timing of the camp coincides with snow making operations at Mt Van Hoevenberg so there will be guaranteed skiing with likely or predicted low temperatures in November. A couple key goals of the camp are to deliberately work on the technical aspects of the sport. As well as gain confidence and comfort on skis, all while getting a solid volume block of training before the race season starts. There is always a really positive and motivating training environment at the venue during this week with multiple junior and collegiate teams from the northeast present in Lake Placid for their own camps.

See the schedule below: Weather conditions depending but there will be at least 5 on-snow training sessions. 1 dryland session. 1 strength session, and two range sessions for biathletes with NYSEF Head Biathlon Coach Maddie Phaneuf.

The camp will be lodged at the USOPC Olympic Training Center "OTC" right in Lake Placid. This facility is set up specifically as a dorm style living for national team athletes from a variety of winter sports. Meals are cafeteria style with a variety of good nutritional options. Campers will have access to classroom space, weight room, lounge areas where we will conduct some of our sessions/meetings.

Preliminary Training Plan:

- **Wednesday 11/22.** 1:30 pm: Camp arrival at MVH main lodge. Skate Ski or easy run following arrival.
- **Thursday 11/23** AM Classic Ski. PM Run/Game
- **Friday 11/24** AM Skate Ski PM: Biathlon and strength
- **Saturday 11/25** AM Skate Intensity PM Biathlon and run/plyos
- **Sunday 11/26** AM Classic Overdistance Ski. Camp pickup 12-1pm MVH Main Lodge

Daily Schedule:

7:00am: Morning Activation/Motor Skills
7:30am Breakfast
8:45am Van departs OTC for morning training
9:00am Morning training session
11:30am Van departs NYSEF HQ (MVH) for OTC
12:00pm Lunch
2:30pm Van departs OTC for afternoon session
5:30pm Dinner
7:30pm Evening lecture, meeting, or team activity in town.
9:30pm In rooms (room checks)
10:00pm Lights out

Gear List:

- Skis, boots, and poles in both styles (skate, classic) that fit and are in good shape.
- Ski Training clothing for all temps, all weather 0-40F (hats, gloves, neck gaiter etc)
- Indoor Training clothing.
- Warm Jacket for before/after training, walking around town.
- Casual clothing for meals, between training.
- Personal Toiletries Kit.
- Notebook.
- Running shoes.
- Drinkbelt/ water bottle
- Watch
- Money for trips to town (movie, bowling, ice cream)

Feel free to reach out to NYSEF Head Cross Country Coach Paul Smith. pauls@nysef.org with any questions. Questions regarding biathlon specific sessions for this camp can be directed to Maddie Phaneuf. maddiep@nysef.org.

[Sign-up Link](#)