

2024 NYSEF Nordic Summer Programs

Fees increase after June 1

Link to Registration: <https://go.teamsnap.com/forms/430451>

Cross Country / Biathlon	Early Rate (before 6/1/24)	Regular Rate (after 6/1/24)
<p>Junior Race Team Summer (U18 / U16 / U14) 5-7 sessions/week, designed for racing at the regional and junior national level. June – August.</p>	\$1,800	\$2,000 <i>Drop in: \$50/session</i>
<p>Junior Race Team (Regional) Summer (U18 / U16) For athletes traveling to LP. 8 Total Sessions, including one running treadmill physiological test. Training planning, remote coaching. June-August.</p>	\$550	\$750
<p>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 sessions/week coinciding with XC sessions. Note: Rifle/ammunition provided.</p>	\$2,850	\$3,050 <i>Drop in: \$50/session</i>
<p>Collegiate XC Training Group Summer 5 sessions per week. For U23 /U20 skiers enrolled in school and members of a NCAA or USCSA level program. High-level training sessions with specific focus for each team practice. June-August. Note: Option to add on the Collegiate Biathlon Training Group enrollment if you're a biathlete!</p>	\$1,250	\$1,450
<p>Collegiate Biathlon Training Group Summer 2-3 sessions per week. For U23/U20 biathletes enrolled in school and members of a NCAA or USCSA level program. Also open to older biathletes at the Senior level looking for a summer training group. High-level training sessions that coincide with the Collegiate XC Training Group. Note: Collegiate XC Training Group enrollment is not required, but encouraged for athletes to receive the greatest benefit from the summer training. Athletes must provide their own rifles and ammunition.</p>	\$500	\$600
<p>U14 Summer Training (U14) is designed as a program pathway to the competitive Junior Race Team. 1 session per week / generally scheduled on Saturday only June 29th (no session July 6th) - August 24th. This is an opportunity to gain fitness and stay connected to teammates in specific core elements of cross country dryland training. Note: Skate and classic poles & boots required. For those athletes not ready to purchase rollerskis, coach coordination can allocate team rollerski use for the summer.</p>	\$285	\$385

Nordic Combined	Early Rate (before 6/1/24)	Regular Rate (after 6/1/24)
<p>Junior Nordic Combined Team Summer (HS80-HS140, May 1-October 27) – 5-8 sessions per week. Designed for athletes training for the highest level of Nordic Combined, including national and international competitions. Days will be spent jumping, skiing, and performing dryland in weight training/plyometric/mobility. XC training regularly with Junior Race Team Summer. Programming starting May 1st with a mix of in person and on own training, more in person sessions starting June 1st.</p>	\$2,200	\$2400 <i>Drop in: \$50/session (K48+)</i>
<p>Devo Nordic Combined Summer (HS50-HS80, May 18th-October 27) – 3-4 sessions per week. Designed for youth 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. XC training with U14 Summer Training on Saturday mornings, beginning on June 29th. 5/18-6/8: Dryland Saturday Mornings. 6/15 Jumping Starts. 6/15 - 10/28: Jumping begins and weekly practices open. Jumping Wednesday morning, Strength Friday Morning / Jumping Friday afternoon, XC Training Saturday Mornings / Saturday afternoon jumping. Note: Tuition includes XC Training with U14 Summer Group beg. June 29th, as well as training fees for Devo weeks.</p>	\$1,500	\$1,700 <i>Drop in: \$50/session (K48+)</i>
Ski Jumping	Early Rate (before 6/1/24)	Regular Rate (after 6/1/24)
<p>Junior Jump Team Summer (HS80-HS140, May 1-October 27) – 5-8 sessions per week. Designed for athletes training for the highest level of Ski Jumping, including national and international competition. Days will be spent jumping and performing dryland in weight training/plyometric/mobility. Programming starts May 1st with a mix of in-person and on own training, and more in person sessions starting June 1st.</p>	\$1,800	\$2,000 <i>Drop in: \$50/session</i>
<p>Youth Jump Team Summer (U14 / U12 / U10) – Jumping on the HS10/HS20, along with drills/technique as part of a warm-up, gain skills in the fundamentals of ski jumping to move from introduction to summer jumping to confidence in moving up to larger hill sizes safely. June 15th through end of plastic jumping in October. Friday afternoons, Saturday mornings + Grasshopper Weekends (6/27-6/30,7/18-7/21, 8/22-8/25).</p>	1 session/week + 2 projects: \$700 2 session/week + 3 projects: \$950	<i>Drop in: \$40/session (HS10 + HS20)</i>
<p>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. 5/18-6/8: Dryland Saturday Mornings. 6/14-10/28: Jumping Wednesday morning, Friday Afternoon, Saturday afternoon. Strength Friday mornings. Dryland Saturdays 5/13 through 6/10. Jumping starting 6/15. Includes training fees Devo weeks</p>	\$1,400	\$1,600 <i>Drop in: \$50/session (K48+)</i>
<p><u>Program Fee Includes Summer Season Pass to Mt. Van Hoevenberg*</u> Not Included in enrollment: additional training, projects, camps (unless described above), athlete travel expenses, competition registration and applicable membership fees (U.S. Ski and Snowboard, USASA, USANS, USBA, NYSSRA, etc.)</p>		

2024 NYSEF Nordic Summer Training Projects

Fees increase after June 1

Link to Registration: <https://go.teamsnap.com/forms/428051>

Summer XC Development Projects	Early Rate (before 6/1/24)	Regular Rate (after 6/1/24)
Junior Race Team Mini-Camp. Rochester, NY (July-19-21) (U18/U16) Weekend dryland training camp focused on raising the level of competitive training throughout the Mid-Atlantic Division. Co-training sessions with Rochester Nordic Racing.	\$300	\$400
Junior Race Team "Summer Ski School" Lake Placid, NY. (Aug. 7-11) (U18/U16) 5 day dryland training program outside of Lake Placid. Focus will be on skill acquisition and volume, while exploring new eastern regional training grounds.	\$650	\$750
DEVO "Summer Ski School" (U10 - U14) 4 day, 3-day summer training program introducing athletes to a variety of sports modes and activities that build a foundation of training for cross country skiers during the summer. Arrive rested and healthy with a good fitness base. July 9th - 12th (overnight enrollment encouraged / day rate available). Overnight Reg cap at 10. Reg closes 6/16. Additional info to follow registration.	Overnight \$550 / Day \$300	Overnight \$650 / Day \$400

Summer Biathlon Development Projects	Early Rate (before 6/1/24)	Regular Rate (after 6/1/24)
Intro to Biathlon Day Sessions. Lake Placid, NY (July 12-14) (U18/U16) This 3 day session is perfect for high school cross-country ski racers who are interested in learning more about the sport of biathlon. The emphasis will be on shooting fundamentals, rollerskiing, and a variety of other sports modes. No food/lodge/transport is provided. Note: No prior biathlon experience is necessary. Rifle/ammunition provided.	\$300	\$400

Summer NC & SJ Development Projects	Early Rate (before 6/1/24)	Regular Rate (after 6/1/24)
Grasshopper Weekends (U8-U14) Intro to summer jumping primarily on the HS10/HS20 with some opportunities to jump on the K48. Sessions run from Thursday afternoon to Sunday mornings. Some off-hill training opportunities. Lunches included no lodging provided. Dates: June 27th-30th, July 18th-21st, August 22nd-25th	\$350	\$450
Development Projects (U14-U20) Targeted at athletes on the K48 and HS100 who competed at Junior National Championships this season or are aspiring to qualify this coming year. Sessions run Tuesday afternoon through Sunday morning. More emphasis on XC training for NC athletes. Option for lodging and meals provided. Dates: July 2nd-7th, August 13th-18th	Overnight \$750 Day \$500	Overnight \$800 Day \$550

