



# **NYSEF NORDIC PROGRAMS**

**Cross-country Skiing, Ski Jumping, Nordic Combined, Biathlon**

**www.nysef.org**

**phone (518) 523-1900**

**2011/12**

## **CROSS-COUNTRY**

### **Competition Team**

**Age Group: J2 – OJ (born in 1992-1997)**

#### **Program Info:**

This is a year-round program designed for racing at the regional and junior national level. Training focus includes endurance, strength, speed, agility, power, balance, mobility and flexibility. Technique is an emphasis and on-going project. Goal setting and planning are an important part of this team. Athletes are required to keep a training log. Healthy learning through sport experience includes time management, sportsmanship, self-discipline and determination. This program provides a solid platform towards continued excellence at the collegiate level and beyond. Education includes nutrition and the mental aspects of sport. Equipment maintenance by the athlete is required. Coaches will help the athletes apply kick wax for practice and race wax.

#### **Practice:**

typical on-snow practice schedule (this is subject to change as needed):

Monday OFF from training

Tuesday 3:15-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg) OR

4-5:30 PM at Dewey Mountain (typically starts in January, plus evening night race)

Wednesday – Friday 3:15-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg)

Saturday & Sunday 9:30-11:30 AM at the Olympic Sports Complex (Mt. Van Hoevenberg)

Fall and summer training will be scheduled on a weekly basis.

**Race Travel:** Travel to weekend Mid-Atlantic and New England Junior Olympic Qualifiers is fundamental at this level. Additional weeklong training and racing trips are offered.

**Full Year:** \$2,345 (Sept – August / April and May OFF from group training)

plus additional weekend race expenses

**Fall/Winter:** \$1,645 (mid-October – March), plus additional weekend race expenses

**Summer:** \$700 (June – August)

### **Prep Team**

**Age Group: J3 – J2 (born in 1996-1999)**

#### **Program Info:**

This is a late fall/winter program for motivated athletes who are interested in making a commitment to cross-country ski racing. These athletes are beginning to think cross-country skiing year-round (year-round option available). Ideal for the young athlete who has developed the skills necessary for more advanced ski training and racing. Fitness focus includes improving overall athletic ability through endurance, strength, speed, agility, balance, mobility and flexibility. Athletes will be introduced to rollerskiing and dryland training in the late fall. Additional skiing on non-Prep days is recommended. Both classic and freestyle technique improvement and awareness is stressed at this level. Equipment maintenance by the athlete is required. Coaches will help the athletes apply kick wax for practice and race wax.

**Practice Times:**

typical on-snow practice schedule (this is subject to change as needed):

Tuesday 3:30-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg) OR  
4-5:30 PM at Dewey Mountain (typically starts in January, plus evening night race)

Wednesday 3:30-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg)

Friday 3:30-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg)

Saturday 9:30 -11:30 AM at the Olympic Sports Complex (Mt. Van Hoevenberg)  
(practice location and time subject to change based on snow conditions)

Fall and summer training will be scheduled on a weekly basis.

**Race Travel:** Travel to weekend Mid-Atlantic Junior Olympic Qualifiers, Empire State Games Qualifiers and/or New England and Mid-Atlantic Bill Koch Festivals is fundamental at this level.

**Full Year:** \$1,645 (mid-Sept – March, June – August / April and May OFF from group training)  
plus additional weekend race expenses

**Winter:** \$1,045 (November – March), plus additional weekend race expenses

**Trailblazers Team**

**Age Group: J5 – J3 (born in 1998-2003)**

**Program Info:**

This program encourages athletes to continue improving their ski skills through distance skis, ski drills, games and play on skis. Activities include paintball biathlon, relay races, speed work and adventure days in the Adirondack backcountry. Additional skiing on non-Trailblazers days is encouraged. Practices focus on becoming a solid athlete through endurance, strength, agility and balance. Athletes will continue to improve both their classic and freestyle techniques. Athletes will learn about equipment maintenance and waxing. Weekend Bill Koch League races are highly recommended with this team. Coaches will help the athletes apply kick wax for practice and race wax.

\*\* Athletes must have both skate and classic (waxable) skis and poles that are the correct size.

**Program Dates:** November 29 – March 18

**Practice Times:**

Tuesday 3:30-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg) OR  
4-5:30 PM at Dewey Mountain (typically starts in January, plus evening night race)

Thursday 3:30-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg)

Saturday 9:30-11:30 AM at the Olympic Sports Complex (Mt. Van Hoevenberg)  
(practice location and time subject to change based on snow conditions)

**Race Travel:** Weekend Bill Koch League races are highly recommended with this team.

**Winter:** \$665 (November 29 – March 18), plus additional weekend race expenses

**Summer:** Nordic Kids \$400 (June – August)

**Snowcats**

**Age Group: J5 – J4 (born in 2000-2003)**

\*\* Athlete must be cleared by coach first

**Program Info:**

This introductory program promotes cross-country skiing and ski jumping enthusiasm through basic skills, games and play on skis. We focus on having a good time on snow and staying healthy in the winter. Practices focus on becoming a solid athlete through endurance, strength, agility and balance. Athletes will learn both classic and freestyle techniques. Athletes will learn the fundamental skills of K18 ski jumping. Snowcats will be able to pick 1 practice (Tuesday or Wednesday) per week between the cross-country and K18 ski jumping practices offered. Athletes will have the opportunity to participate in local weekend Bill Koch League race and Nordic combined events if they desire.

**Program Dates:** November 29 – March 18



## Grasshoppers Ski Jumpers and Nordic Combiners

**Age Group: J5 – J3 (born in 1998-2003)**

### Program Info:

This introductory program encourages athletes to improve their ski skills through ski jumping on the K18, cross-country ski drills, games and play on skis. Practices focus on becoming a solid athlete through strength, agility, balance and endurance. Athletes will also learn about equipment maintenance and waxing. Grasshoppers will be able to pick 3 out of 6 sessions per week between the K18 ski jumping practices and cross-country ski practices offered. The opportunity to add a 4th or 5th practice per week is available. The Grasshoppers will train regularly with the Trailblazers and Snowcats XC teams.

\*\* Athletes must have skate skis and poles that are the correct size.

**Program Dates:** November 29 – March 18

### Practice Times:

#### ATHLETES PICK 3 SESSIONS PER WEEK:

Tuesday XC 3:30-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg) OR  
4-5:30 PM at Dewey Mountain (typically starts in January, plus evening night race)

Wednesday JUMP 3:30-5:30 K18 ski jumping

Thursday XC 3:30-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg)

Friday JUMP 3:30-5:30 K18 ski jumping

Saturday XC 9:30-11:30 AM at the Olympic Sports Complex (Mt. Van Hoevenberg)

JUMP 1-3 PM K18 ski jumping

(practice location and time subject to change based on snow conditions)

**Winter:** \$665 (November 29 – March 18), plus additional weekend race expenses

**ATHLETES PICK 3 SESSIONS PER WEEK.**

**\$175 ADDITIONAL TO INCREASE TO 4 PRACTICES PER WEEK.**

**\$350 ADDITIONAL TO INCREASE TO 5 PRACTICES PER WEEK.**

**Summer:** Nordic Kids \$400 (June – August)

## Snowcats

**Age Group: J5 – J4 (born in 2000-2003)**

\*\* Athlete must be cleared by coach first

### Program Info:

This introductory program promotes cross-country skiing and ski jumping enthusiasm through basic skills, games and play on skis. We focus on having a good time on snow and staying healthy in the winter. Practices focus on becoming a solid athlete through endurance, strength, agility and balance. Athletes will learn both classic and freestyle techniques, and the fundamental skills of K18 ski jumping. Snowcats will be able to pick 1 practice (Tuesday or Wednesday) per week between the cross-country and K18 ski jumping practices offered. Athletes will have the opportunity to participate in local weekend Bill Koch League race and Nordic combined events if they desire.

**Program Dates:** November 29 – March 18

### Practice Time:

#### ATHLETES PICK 1 SESSION PER WEEK:

Tuesday XC 3:30-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg) OR  
4-5:30 PM at Dewey Mountain (typically starts in January, plus evening night race)

Wednesday JUMP 3:30-5:30 K18 ski jumping

(practice location and time subject to change based on snow conditions)

**Winter:** \$195 (November 29 – March 18)

# BIATHLON

## Biathlon Team

**Age Group: J2 – OJ (born in 1991-1996)**

### Program Info:

This program is parallel to the Competition XC team, with a focus on biathlon. Athletes should be able to ski at levels comparable to cross-country skiers of a similar age group within the region. Shooting focus is on consistency and cadence from both the prone and standing positions. Proficiency is built on skills learned at the lower levels. The athlete will begin carrying the rifle and learn proper range procedure. Athletes will race with the Competition XC team whenever possible and focus on a couple of higher-level biathlon races each year such as Jr. Nationals or Junior World Team Trials. Athletes may also compete in Empire State Games in biathlon and/or cross-country. Biathletes at this level must have their own rifle or one that is fitted to them for the season.

### Practice:

Shooting practice scheduled on an individual basis.

XC Ski Practice:

dryland training practice time varied based on individual schedules

typical on-snow practice schedule (this is subject to change as needed):

Monday OFF from training

Tuesday 3:15-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg) OR

4-5:30 PM at Dewey Mountain (typically starts in January, plus evening night race)

Wednesday – Friday 3:15-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg)

Saturday & Sunday 9:30-11:30 AM at the Olympic Sports Complex (Mt. Van Hoevenberg)

**Race Travel:** Travel to weekend Mid-Atlantic Junior Olympic Qualifiers, New England Junior Olympic Qualifiers and Empire State Games Qualifiers is fundamental at this level.

**Full Year:** \$2,345 (Sept – August / April and May OFF from group training)  
plus additional weekend race expenses

**Fall/Winter:** \$1,645 (mid-October – March), plus additional weekend race expenses

**Summer:** \$700 (June – August)