



NYSEF NORDIC PROGRAMS

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

www.nysef.org

phone (518) 523-1900

2010/11

CROSS-COUNTRY

Competition Team

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

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 3:30-4:45 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 – 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: \$2,210 (Sept – August / April OFF from group training), plus additional weekend race expenses

Fall/Winter: \$1,570 (mid-October – March), plus additional weekend race expenses

Summer: \$690 (mid-May – August)

Prep Team

Age Group: J3 – J2 (born in 1995-1998)

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.

<p>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)</p> <p>Fall and summer training will be scheduled on a weekly basis.</p> <p>Race Travel: Travel to weekend Mid-Atlantic Junior Olympic Qualifiers, High School Invitationals, Empire State Games Qualifiers and/or New England and Mid-Atlantic Bill Koch Festivals is fundamental at this level.</p>
<p>Full Year: \$1,410 (mid-Oct – March, June – August / April and May OFF from group training), plus additional weekend race expenses Winter: \$945 (November – March), plus additional weekend race expenses</p>

<p>Trailblazers Team</p> <p>Age Group: J5 – J3 (born in 1997-2002)</p>
<p>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, adventure days in the Adirondack backcountry and having a good time on snow. Additional skiing on non-Trailblazers days is encouraged. Practices focus on becoming a good athlete through endurance, strength, agility and balance. Athletes will continue to improve both their classic and freestyle techniques. Athletes will also 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.</p> <p>** Athletes must have both skate and classic (waxable) skis and poles that are the correct size.</p>
<p>Program Dates: November 30 – March 20 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)</p> <p>Race Travel: Weekend Bill Koch League races are highly recommended with this team.</p>
<p>Winter: \$605 (November 30 – March), plus additional weekend race expenses Summer: Trailblazer training available.</p>

<p>Snowcats</p> <p>Age Group: J5-J4 (born in 1999-2002) ** Athlete must be cleared by coach first</p>
<p>Program Info: This introductory program promotes cross-country skiing enthusiasm through basic skills, games and play on skis. We focus on having a good time and staying healthy in the winter while enjoying the snow. Practices focus on becoming a good athlete through endurance, strength, agility and balance. Athletes will learn both classic and freestyle techniques. Athletes will have the opportunity to participate in local weekend Bill Koch League races if they desire.</p>
<p>Program Dates: November 30 – March 20 Practice Time: Tuesday 3:30-4:45 PM at the Olympic Sports Complex (Mt. Van Hoevenberg) OR</p>

4-5:30 PM at Dewey Mountain (typically starts in January, plus evening night race)
(practice location and time subject to change based on snow conditions)

Winter: \$180 (November 30 – March)

SKI JUMPING / NORDIC COMBINED

Elite (K90/K120) Ski Jumping and Nordic Combined

Age Group: based on ability

Program Info:

This is a year-round program designed for ski jumping and cross-country skiing at the national and international level. Primary focus of this group is consistent training on large hills (K90 and K120) and having the ability to technically and confidently train on other large hills in the US and abroad. Training for both ski jumping and cross-country includes endurance, strength, speed, agility, power, balance, mobility and flexibility. Technique is an emphasis and on-going project. Goal setting and planning are a major 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. Education includes nutrition and the mental aspects of sport. Equipment maintenance by the athlete is required. Competition goals should include North American Junior Championships, US Nationals/Junior Olympics, Junior World Championships, all SJ/ NC SuperTour events and New England and Mid-Atlantic XC Junior Olympic qualifiers.

Practice:

Monday OFF from training

Tuesday – Sunday (time varies depending on the time of year)

(Nordic Combined athletes also see Competition XC team practice schedule)

Full Year: \$2,575 (Sept – August / April OFF from group training), plus additional weekend race expenses

Fall/Winter: \$1,570 (October – March), plus additional weekend race expenses

Summer: \$1,515 (May – October)

Junior Olympic Team Ski Jumping and Nordic Combined

Age Group: based on ability

Program Info:

This is a year-round program for motivated athletes who are interested in making a commitment to ski jumping and cross-country ski racing. Fitness focus includes improving overall athletic ability through endurance, strength, speed, agility, balance, mobility and flexibility. Equipment maintenance by the athlete is required. Emphasis in this group is on the K48-K70 size ski jump with limited training on the larger hills when the athlete is technically prepared. Competition goals should include Junior Olympics, the Eastern circuit of Ski Jumping and the SuperTour events held on a K70.

Practice:

Monday OFF from training

Tuesday – Sunday (time varies depending on the time of year)

(Nordic Combined athletes also see Prep XC team practice schedule)

Full Year: \$1,570

Winter: \$945 (October – March), plus additional weekend race expenses

Summer: \$690 (May – October)

Grasshoppers Ski Jumpers and Nordic Combiners

Age Group: J5 – J3 (born in 1997-2002)

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 good 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 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 30 – March 20

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: \$605 (November 30 – March), plus additional weekend race expenses

ATHLETES PICK 3 SESSIONS PER WEEK.

\$150 ADDITIONAL TO INCREASE TO 4 PRACTICES PER WEEK.

\$300 ADDITIONAL TO INCREASE TO 5 PRACTICES PER WEEK.

Summer: Grasshopper training available

BIATHLON

Biathlon Team

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

Program Info:

This program is similar to the Competition XC team, but with a focus on biathlon. Biathletes should be able to ski at levels comparable to cross-country skiers of a similar age group within our 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 3:30-4:45 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 – 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, High School Invitationals and Empire State Games Qualifiers is fundamental at this level.

Full Year: \$2,210 (Sept – August / April OFF from group training), plus additional weekend race expenses

Fall/Winter: \$1,570 (mid-October – March), plus additional weekend race expenses

Summer: \$690 (mid-May – August)