



## Grasshopper Camps and K18 Training! Summer 2008

### Grasshopper Camps

**Age Group:** Typically 8 years old minimum/ Coaches discretion.

#### Program Info:

This is the summer portion of the year-round program designed for athletes interested in learning how to progress in the sport of ski jumping. Training focus besides on hill time includes power, coordination, balance, mobility and flexibility. Technique is an emphasis and an on-going project. This program provides a solid platform towards continued excellence at the sport of ski jumping and nordic combined. There will be limited K48 training during these camps.

#### What the athlete needs:

- Alpine or bike helmet
- Goggles
- Running shoes, shorts, long and short sleeve t-shirts (preferably not cotton, poly blend best), rain gear
- Optional: Alpine Boots and Alpine skis for first timers with an alpine background. No shaped skis.
- Swimming gear and towel/ backpack
- Water bottle and snack each day

#### NYSEF Nordic will supply:

- Ski Jumping skis
- Ski Jumping boots
- Ski Jumping suits

### Grasshopper Camp Sessions and Meeting time/ Departure time!

**June 14<sup>th</sup>-15<sup>th</sup>, Saturday-Sunday (\$50) Saturday 9:00-4:30 then Sunday 9-11:30**

**June 21<sup>st</sup> Saturday, Olympic Day! 12-1 Ski Jump for Crowd! Saturday 10:30-1:30**

**July 9<sup>th</sup>-11<sup>th</sup>, Wednesday-Friday (\$125, Camp will finish with Fly Low Eastern Tourney!)  
Wednesday 9-4:30, Thursday 9-4:30 and Friday 9-4:30**

**August 6<sup>th</sup>-8<sup>th</sup>, Wednesday-Friday (\$125, Camp will finish with Fly Low Eastern Tourney!)  
Wednesday 9-4:30, Thursday 9-4:30 and Friday 9-4:30**

**September 6<sup>th</sup>-7<sup>th</sup>, Trip to Lebanon, NH for Finale Fly Low Competition and Overall Leader! Time TBA**

**NYSEF Nordic Little Viking Enrollment Fee for Entire Summer/ Fall 2008 (includes all Grasshopper Camps and any weekly training sessions) \$300.00**

#### Weekly K18 Sessions:

**Wednesday's June 4<sup>th</sup>, June 11<sup>th</sup>, July 2<sup>nd</sup>, July 16<sup>th</sup>, July 23<sup>rd</sup>, July 30<sup>th</sup>,  
August 6<sup>th</sup>, August 13<sup>th</sup>, August 20<sup>th</sup>**

**Wednesday's in July/ August 12:30 warm-up Base lodge of Ski Jumps**

**Weekly September/ October K18 Sessions to be announced**

Below:

For Your Information- NYSEF Cross-Country Skiing Camps in Conjunction with  
Grasshopper Camps/ K18 Training session!

The Wednesday XC sessions fall right after K18 Jumping. We will take a break between sessions.



## CROSS-COUNTRY PROGRAMS Summer 2008

<b>Trailblazers Team</b>
<b>Age Group: J3 – J5 (born in 1995-1999)</b>
<b>Program Info:</b> This is a summer training program to keep kids active and fit through cross-country ski training. The focus is on improving overall athletic ability and ski skills in the off-season through drills, strength, balance, coordination, games and endurance activities. Athletes will be introduced to both classic and skate rollerskiing, with a high emphasis placed on safety and technique awareness.
<b>What the athlete needs:</b> <ul style="list-style-type: none"><li>▪ ski poles for both classic and skate rollerskiing</li><li>▪ helmet (mandatory)</li><li>▪ gloves and knees pads (optional for rollerskiing)</li><li>▪ short poles for ski walking</li><li>▪ sneakers</li><li>▪ proper training clothing of shorts, t-shirt, long sleeve t-shirt and raincoat (if needed)</li><li>▪ water bottle carrier</li></ul>
<b>XC Practice: (practice location and time subject to change as needed)</b> <b>Wednesdays June 18 – August 27</b> <b>4:30 – 6 PM Run/Strength/Coordination at the Ski Jumps or Learn-to-rollerski (parking lot drills and flat terrain by John Brown Farm)</b> <b>Saturday July 19</b> Endurance Activity TBD followed by Janus Ironman Sign Fundraiser
<b>Trailblazer Trek:</b> <b>August 6-8 Full-days of training</b> <b>9 AM – 4:30 PM</b> Meet at the Ski Jumps for 3 full-days of cross-country ski training. Bring your own lunch and snacks. Athletes need winter ski boots, poles and helmet for rollerskiing.
<b>Nordic Combined Summer (includes Grasshopper Training and Full XC Summer): \$425</b> <b>Full XC Summer (includes Trailblazer Adventure): \$250</b> <b>XC Practice only: \$150</b> <b>Trailblazer Trek (August 6-8) only: \$125</b>



**NEW YORK SKI EDUCATIONAL FOUNDATION**  
**Ski Jumping/ Nordic Combined/ Cross Country Skiing**  
**Non-NYSEF Enrolled athletes WAIVER Form**

PARTICIPANTS NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTHDATE \_\_\_\_/\_\_\_\_/\_\_\_\_

CITY, STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE #:(\_\_\_\_) \_\_\_\_\_

ATHLETE'S EMAIL: \_\_\_\_\_ USSA Membership # \_\_\_\_\_

-----  
PARENTS NAME: \_\_\_\_\_ PHONE NUMBER: (\_\_\_\_) \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PARENT'S EMAIL: \_\_\_\_\_

PERSON TO CONTACT IN CASE OF EMERGENCY: \_\_\_\_\_ PHONE #: \_\_\_\_\_

**ACKNOWLEDGMENT, CONSENT AND RELEASE**

The Registrant herein enrolls in ski jumping competitions, training camps, and daily training conducted by the New York Ski Educational Foundation (NYSEF). The NYSEF and the Olympic Authority are hereinafter referred to as Owners, and Registrants are subject to the rules and regulations determined by the owners and their agents.

The Registrants acknowledge the inherent danger and risks of person injury involved in the enrollment and involvement in the activities of the Owners and assume any and all risk of personal injury in the enrollment and activities.

The Registrants covenant not to sue and release the Owners, and any other sponsors or agents, from any liability arising out of personal injury wherein the personal injury was the result of any activity conducted as a part of the usual activity of the Owner. The Owner assumes no responsibility for any activities undertaken by the Registrants without proper supervision and guidance.

The Registrant agrees that in the event a claim is made against the Owner for personal injury that the notice of said claim shall be made to the Owner within 90 days of said personal injury. This claim shall be made by registered mail. Failure on the part of Registrant to deliver said notice shall constitute a waiver of the Registrant's right to commence a law-suit under the laws of the State of New York or any other jurisdiction.

The Registrant acknowledges that the provisions of this Acknowledgment, Consent and Release shall be binding upon the Registrant, their heirs, executors, administrators and assigns and shall be governed by the laws of the State of New York. The Registrant agrees that any suit or legal action shall be brought only in the State of New York and the terms of this document shall be admissible in evidence as a binding legal agreement between the Registrant and the Owner. The Registrant acknowledges that if a court determines that a part of this document is inadmissible that the remaining paragraphs shall remain in full force and effect.

\_\_\_\_\_  
Athlete's Signature

X \_\_\_\_\_  
Parent/Guardian's Signature (if athlete is under 18)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date