



# NYSEF NORDIC PROGRAMS

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

[www.nysef.org](http://www.nysef.org), click Nordic phone (518) 523-1900

## 2008-2009

### CROSS-COUNTRY

<b>Competition Team</b>
<b>Age Group: J2 – OJ (born in 1989-1993)</b>
<b>Program Info:</b> 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 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. 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.
<b>Practice:</b> typical on-snow practice schedule (this is subject to change as needed): Monday OFF from training Tuesday 5 – 6:30 PM at Dewey Mountain Wednesday – Friday 3:15 – 4:45 PM at Mt. Van Hoevenberg Saturday & Sunday 9:30 – 11:30 AM at Mt. Van Hoevenberg
<b>Race Travel:</b> Travel to weekend Mid-Atlantic and New England Junior Olympic Qualifiers is fundamental at this level. Additional weeklong training and racing trips are offered.
<b>Full Year:</b> \$2,210 (Sept – August / April OFF from group training), plus additional weekend race expenses <b>Fall/Winter:</b> \$1,530 (October – March), plus additional weekend race expenses <b>Summer:</b> \$810 (May – August)

<b>Gore XC Team</b>
<b>Age Group: J2 – OJ (born in 1989-1993)</b>
<b>Program Info:</b> This is fall and winter training program/race team designed for J2 through high school aged cross-country ski racers competing at the regional and junior national level. This program is a supplement to other fall sports and your high school ski team. The 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 a major part of this team. Athletes are required to keep a training log. We believe in healthy learning through sport experience that emphasizes time management, sportsmanship, self-discipline and determination. This program provides a solid platform towards continued excellence at the collegiate level and beyond. Additional 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.
<b>Practice:</b>

Varies during winter months. See specific program packet for more details.

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

**Fall/Winter:** \$ 345 (mid-October – March), plus additional weekend race expenses

**Summer:** \$ 345 (mid-May – August)

## Prep Team

**Age Group:** J3 – J2 (born in 1993-1996)

### 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. This could also be a supplement to a high school team or for J3 athlete (age 12-13) who has developed the skills necessary for more advanced skiing 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 5 – 6:30 PM (on-snow) at Dewey Mountain (plus evening night race)

Wednesday 3:30 – 4:45 PM at Mt. Van Hoevenberg

Friday 3:30 – 4:45 PM at Mt. Van Hoevenberg

Saturday 9:30 – 11:30 AM at Mt. Van Hoevenberg

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

(dryland training starts in November and will be scheduled on a weekly basis)

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

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

**Competition Team (Short Summer):** \$590 (June – August)

## Trailblazers Team

**Age Group:** J4 – J3 (born in 1995-1998)

### Program Info:

This program encourages athletes to continue improving their ski skills through distance skis, ski drills, games and play on skis. Activities include air-rifle biathlon, orienteering, 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.

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

**Program Dates:** December 2 – March 22

### Practice Times:

Tuesday 5 – 6:30 PM at Dewey Mountain (plus evening night race)

Thursday 3:30 – 4:45 PM at Mt. Van Hoevenberg

Saturday 9:30 – 11:30 AM at Mt. Van Hoevenberg  
(pre-season may be at the Mackenzie Intervale Ski Jumps)  
(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:** \$605, plus additional weekend race expenses

**Summer:** \$180 (June – August), \$280 includes Trailblazer Trek (3 full days)

## Snowcats

**Age Group: J5-J4 (born in 1997-2000)**

Athlete must be cleared by coach first

### 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.

**Program Dates:** December 2 – March 3

### Practice Time:

Tuesday 5 – 6:30 PM at Dewey Mountain

(pre-season may be at the Mackenzie Intervale Ski Jumps or Mt. Van Hoevenberg)

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

**Winter:** \$180

## SKI JUMPING/ NORDIC COMBINED

### Elite K90 K120 Ski Jumping and Nordic Combined

**Age Group: J1 +**

### 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 our 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 World Championships and all SJ/ NC SuperTour events.

### Practice:

Monday OFF from training

Tuesday – Sunday NSA in the morning, Northwood and public schools in the afternoon

**Full Year:** \$2,340 (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

<b>Age Group: J2</b>
<p><b>Program Info:</b>  This is also a year round program for motivated athletes who are interested in making a commitment to ski jumping and cross-country ski racing. This could also be a supplement to a high school XC skiing team. 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 K50-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.</p>
<p><b>Full Year:</b> \$1,215  <b>Winter:</b> \$720 (November – March), plus additional weekend race expenses  <b>Summer:</b> \$690 (May-October)</p>

<b>Little Vikings Ski Jumpers and Nordic Combiners</b>
<b>Age Group: J5 – J3</b>
<p><b>Program Info:</b>  This program encourages athletes to continue improving their ski skills through distance skis, ski drills, games and play on skis. All Little Vikings will cross-country ski one night a week. Practices focus on becoming a good athlete through endurance, strength, agility and balance. Athletes will also learn about equipment maintenance and waxing. The Little Vikings will train regularly with the Trailblazers and Snowcats.</p> <p>** Athletes must have skate skis and poles that are the correct size.</p>
<p><b>Program Dates:</b> December 2 – March 3  <b>Practice Times:</b>  Tuesday 5 – 6:30 PM at Dewey Mountain (plus evening night race)  (pre-season may be at the Mackenzie Intervale Ski Jumps)  Wednesday 4:15-5:30 K20 Ski Jumping  Friday 4:15-5:30 K20 Ski Jumping  (practice location and time subject to change based on snow conditions)</p>
<p><b>Winter:</b> \$405 (December-March), plus additional weekend race expenses  <b>Summer:</b> \$300 (May-October) includes Grasshopper camps, \$455 full summer (includes Trailblazer XC sessions)</p>

## BIATHLON

<b>Biathlon Team</b>
<b>Age Group: J2 – OJ (born in 1989-1993)</b>
<p><b>Program Info:</b>  This program is similar to the Cross-country Competition/U-23 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 NYSEF XC Competition 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.</p>
<p><b>Practice:</b>  Shooting practice scheduled on an individual basis.  XC Ski Practice:</p>

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 5 – 6:30 PM at Dewey Mountain  
Wednesday – Friday 3:15 – 4:45 PM at Mt. Van Hoevenberg  
Saturday & Sunday 9:30 – 11:30 AM at 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:** \$1,530 (October – March), plus additional weekend race expenses

**Summer:** \$810 (May – August)