



**NYSSRA U14 Fundamentals Camp
Gore Mt / Garnet Hill Lodge Nov 30 - Dec 3, 2017
Camp Announcement**

Camp Objective: To gain early on-snow mileage through directed free skiing and fundamental skiing drills. Emphasis will be placed on team building, education, and camaraderie. The coaching staff will be comprised of age appropriate NYSSRA coaches and invited guest coaches.

Cost: \$490 This includes breakfast and dinner, lodging, lift tickets, coaching, activities, and transportation for the camp. *This does not include lunch or incidental spending money. (\$390 for season pass holders)

Who: Each camp will host a group of automatic athletes and application athletes. The automatic athletes were selected from the previous year's results Kandahar championships and U14 State Championships. The application athletes will be selected from the online application, see link below. The application must be filled out by the athlete.

Location: Gore Mt. will host the NYSSRA U14 Fundamentals Camp and athletes will stay at Garnet Hill Lodge, in North River, NY. Garnet Hill Lodge is in a beautiful rural area, surrounded by mountains and cross-country ski trails. Breakfast and Dinner will be served in their restaurant and our hosts provide us with a comfortable environment and with a positive attitude geared towards athletes.

Garnet Hill Lodge * this lodge is high up on a Mtn Rd. there is no cell service here.
Thirteenth Lake Rd
North River, NY 12856
518-251-2444

To Apply: Please fill out the application for U14 Fundamentals Camp (YOB '04&'05 only) below. Application also found under Youth Development tab @ NYSSRA.org. Applications MUST be received by Nov 6th.

[Click Here to go to the Online Application Form](#)



U14 Fundamentals Camp Nov 30 – Dec. 3, 2017

DAILY SCHEDULE

Thursday

6:30-8:00pm- Check in at Garnet Hill Lodge

8:00-9:00pm – Athlete/Coach meetings

9:15pm- In rooms

9:30pm – Light Out

FRIDAY

6:30am – Wake up

6:45am -Warm up

7:00-7:30am - Breakfast

8:00am – Leave for Gore

9:00-2:30pm – Training @ Gore

3:00pm – Vans back to Garnet Hill

3:30pm - Snack, Mandatory Study Hall, video review

5:30pm – Dinner

7:00pm – Evening Activity

9:15pm – In Rooms

9:30pm – Lights out

SATURDAY

6:30am – Wake up

6:45am – Warm up

7:00-7:30am-Breakfast

8:00am - Leave for Gore

9:00-2:30pm – Training @ Gore

3:00pm- Vans back to Garnet Hill

3:30pm – Snack, mandatory study hall, and video review

5:30pm - Dinner

7:00pm – Evening Activities

9:15pm-In rooms

9:30pm-Lights out

SUNDAY

6:30am-Wake up & pack bags

7:00-7:30am -Breakfast

8:00am – Leave for Gore

9:00am-1:30pm – Training @ Gore

1:30-2:00 – Athlete coach wrap up & t shirts

2:00pm – Athlete pick up at Gore Base Lodge & depart for home