



**NYSSRA U16 Fundamentals Camp
Whiteface/Lysek's Dec 7-10, 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.

Application to apply open to all NYSSRA U16 athletes: [Click Here to go to the online application](#)

Applications due by Nov 6th.

Registration info will be available after applications have been received.

Cost: \$425.00 This includes meals, housing, lift tickets, coaching, activities, T-shirt, and transportation for the camp. *This does not include incidental spending money.

Location: Whiteface Mt. will host the NYSSRA U16 Fundamentals Camp and athletes will stay at Lysek's Hillcrest Inn, in Lake Placid. Lysek's is famous among national and international athletes training in the Lake Placid region. It has bunk style accommodations, where boys and girls are located on opposite sides of the inn. In the central dining room and meeting room, Marilyn Lysek, owner of Lysek's Inn, serves 3 delicious meals a day. Our hosts provide us with a comfortable environment and with a positive attitude geared towards athletes.

**LYSEK's HILLCREST INN
53 Hillcrest Ave
Lake Placid, NY 12946**



DAILY SCHEDULE

U16 Fundamentals Camp

Thursday

6:30-8:00pm- Check in at Lysek's Hillcrest Inn, 53 Hillcrest Ave, Lake Placid, NY

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 Whiteface

9:00-2:30pm – Training @ Whiteface

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 Whiteface

9:00-2:30pm – Training @ Whiteface

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

5:30pm - Dinner

7:00pm – Evening Activities & Ice Cream

9:15pm-In rooms

9:30pm-Lights out

SUNDAY

6:30am-Wake up & pack bags

7:00-7:30am -Breakfast

8:00am – Leave for Whiteface

9:00am-12:00pm – Training @ Whiteface

1:30pm – Athlete pick up at Whiteface & depart for home