



**NYSSRA U16/U19 Fundamentals Camp  
Whiteface/Lysek's Dec 6-9, 2018  
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:** All interested athletes must complete an online application. The deadline to complete the application is **November 15**. At this time we will select athletes based on their applications and their prior year results. The link to the online application is below. It is also located on the NYSSRA web site under the Youth Development Tab.

[https://docs.google.com/forms/d/e/1FAIpQLSeoz0c\\_BQxyPgDdEojxQAvDDaEiE3h\\_M9dKsyjZo7WLiDjOAq/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeoz0c_BQxyPgDdEojxQAvDDaEiE3h_M9dKsyjZo7WLiDjOAq/viewform)

**Registration:** Once all applications have been received on Nov. 15, we will notify selected athletes via email. At this time you will have until Nov. 26 to register via Adminskiracing.com After you login, you should see the event as available to register. (Registration will not begin until after November 15) Be sure to select with lift tickets or for those with WF passes, without lift tickets.

**Required Paperwork:** \*link also on NYSSRA.org, youth development tab

**NYSSRA Health Info Questionnaire: Please fill out online (if you haven't already from an earlier camp)**

<https://docs.google.com/forms/d/e/1FAIpQLSc2aW0kspegxXsnkFLQDqOKOQWvgy90EISJrXNC083pGIFnGA/viewform>

**Cost: \$495** This includes meals, housing, lift tickets, coaching, activities, T-shirt, and transportation for the camp. \*This does not include incidental spending money. \$375 if you have a pass for Whiteface

**Location:** Whiteface Mt. will host the NYSSRA U16 Fundamentals Camp and athletes will stay at Lysek's Hillcrest Inn in Lake Placid. Our hosts provide us with three delicious meals a day and a comfortable environment with a positive attitude geared towards athletes.

**LYSEK'S HILLCREST INN**  
53 Hillcrest Ave  
Lake Placid, NY 12946  
518-523-1700



New York Ski Racing Association, 5 Southside Dr. Suite 11-173, Clifton Park, NY 12065  
518.302.6052 [www.nyssra.org](http://www.nyssra.org)

**Arrival/Departure:** Please plan to arrive at Lysek's, on Thursday, Dec. 6 between 6:30 – 8:00pm. (Athletes should eat dinner before arrival) The NYSSRA staff will meet you where you will check in and be assigned your room. Parents can pick up their children at 2pm on Sunday, Dec 9 at the Whiteface Base Lodge.

### **Important Numbers**

Steve Mergenthaler – **518-524-3328**

Lysek's Hillcrest Inn - **518-523-1700**

NYSEF Main office – **518-946-7001**

Dirk Gouwens NYSSRA Executive Director **518-545-8221**

Athletes attending the NYSSRA Fundamentals Camp will be expected to conduct themselves in a responsible and mature manner. NYSSRA staff will go over the Code of Conduct on Thursday night at the athlete meeting. Infractions to the code of conduct will be dealt with individually. In severe situations, athletes will be sent home.

Plan to work hard at during this weekend! Be prepared by hydrating and fueling appropriately prior to arrival and bring your positive attitude! We look forward to working you!

Sincerely,

Steve Mergenthaler  
NYSSRA Youth Development Coach  
[mergs@nyssra.org](mailto:mergs@nyssra.org)  
518-524-3328

## **NYSSRA U16-U19 Fundamentals Camp – PACKING LIST & GENERAL INFO**

NYSSRA and Lysek's are not responsible for lost or stolen items, so label and keep track of your things. Keeping your gear neat is required!

Athletes may bring their cell phones, but they will be asked to turn them off during study hall and training.

**Mandatory Study Hall** - Please contact your teachers at school and inform them that you will be out of school during this time. We will provide a mandatory supervised study hall each afternoon. If your homework will not keep you busy, please bring a book to read. There is limited wireless Internet available if you need to bring a laptop computer.

**Packing** - You will be on snow every day. Please be prepared, as we will train regardless of weather conditions.

- Ski Gear – ski clothes, helmet, GS & SL skis (straps for transport), poles, ski boots, goggles, gloves/mittens, back protector, raincoat, warm layers, ski socks (no SL Guards needed)
- Athletic Clothes, sweatpants, sweatshirts, shorts, t-shirts, athletic socks
- Comfortable clothes for evening
- Water bottle – marked with your name
- Sneakers & snow boots
- Back pack for gear to mountain
- Toiletries
- PJ's
- Medication if needed
- Boot dryer
- Power or Protein Bars for a snack on the hill
- School books & laptop if needed

If you take medication, have any allergies, or have any other concerns, please see Mergs. when you arrive.

### **DAILY SCHEDULE**

### **U16/U19 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



**November 2018**

**Dear School Advisor,**

**One of your student athlete's \_\_\_\_\_, has been selected to participate in the NYSSRA U16-U19 Fundamentals Camp which will be held at Whiteface Mt. on December 6-9, 2018. York State Ski Racing Association is dedicated to promoting development opportunities for our athletes. This project is a key step in early season development and skill acquisition.**

**Much dedication, time and effort is invested to achieve a high level of proficiency in the sport of Alpine Ski Racing. Being selected to participate in this camp is quite an accomplishment. Unlike other sports, ski racing must be performed in mountain settings. The race and training schedule must also be conducive to the host mountain's schedule, many times requiring missed days from school. We hope their school and teachers will work with this student athlete, so they can continue to pursue their goal.**

**At NYSSRA, we take academics and athletics very seriously. When possible, we schedule extra time for homework during training sessions, and offer assistance when needed.**

**Any special arrangements you might make to help this athlete reach his/her academic and ski-racing goals will be very much appreciated by the student, their family and our State Association. If you have further questions or want additional information, I will be happy to provide it.**

**Best Regards,**

**Stephen Mergenthaler  
NYSSRA Youth Development Coach  
[mergs@nyssra.org](mailto:mergs@nyssra.org)  
518-524-3328**