



NEW YORK SKI EDUCATIONAL FOUNDATION

NYSEF Alpine Post Graduate (PG) Program 2024-2025

Mission: It is the mission of the NYSEF PG Program to bridge the gap between high school and collegiate/national teams for elite athletes by providing the opportunity to focus on ski racing preparation and competition at a high level.

Program Overview: The NYSEF PG Program provides the opportunity for post-graduate athletes to push towards their full potential in ski racing. Sport becomes the primary focus for the athletes in this high-intensity program. Athletes have the opportunity to participate in NYSEF strength and conditioning programs as well as preparation camps in the summer and fall, then move into the competition season. Athletes will primarily focus on the Eastern FIS circuits with athlete goals determining the final details of individual calendar management.

Housing: Athletes will have the opportunity to house with us either at a private residence with a NYSEF staff member/family OR in our Winter Term Facility. They will be provided with limited supervision yet a level of independence along with a bed, access to a kitchen/meals and tuning space in a garage. Space is limited, first come first serve. If room/board is not needed, please contact us.

PG Academics: Athletes will have an opportunity to continue their academic journey through the local branch of North Country Community College (NCCC). NYSEF will provide an academic liaison to facilitate this process - working with the athlete to find the best program that aligns with their academic goals and fits within their athletic calendar. Depending on the program housing/meals and gym facility may be an option. Additional fees are determined based on course selection and not part of NYSEF program fees.

Expectations: PG athletes are the role models in the program - they have a responsibility to serve as mentors to younger athletes in the program by acting professionally and will be held to the highest standard. They represent the ideal athlete due to their disciplined schedules, motivation to compete at the highest level and dedication to instill a love of the sport in the next generation. We encourage PG athletes to engage in volunteerism while with us at NYSEF.

Eligibility: Must have graduated high school, committed to pursuing competitive racing at the collegiate/national level.

Program Fees: \$18,500. A \$3,000 deposit due within 5 days of acceptance to secure a spot in the program.

Included: Professional coaching support from NYSEF/Northwood School coaching staff, training in SL/GS/SG with timing as appropriate, season 'Ski3' lift pass, storage and gym use of the NYSEF Building at Whiteface, regular video analysis, transportation to/from regional races, equipment support as needed and available, year round strength and conditioning program, access to Sport Psychologist and Nutritionist group programming (additional individual needs available but not included), housing/meals at the Winter Term facility, and a training shell/jacket.

Not Included: Additional training camps, academic programs, competition fees, and travel expenses (including athlete/coach lodging/meals and out-of-region travel), memberships in NYSSRA/US Ski and Snowboard/FIS.

Questions? Please contact John Norton at johnnn@nysef.org or fill out an [application](#)!