

New Paltz Ski Camp 2015

When: January 16th-18th, leaving immediately after the Glenn's Falls race on the 16th

Where: Skiing will take place at the site of the 1980 Olympics, Mt. Van Hoevenberg as well as a possible night skiing at Mirror Lake in Lake Placid

Lodging: Lysek's Hillcrest Inn in Lake Placid, where we have stayed for over 10 years. Kid's sleep 6-8 per room in bunk beds. Boys and girls sleep on separate floors. Marilyn Lysek and her husband Richard prepare all the family style meals and include a box lunch for the trails.

Why: The intensive training and world-class trails allow for tremendous improvement in a short time.

Cost: \$170 (maybe \$165-depends on trial prices) includes lodging, 2 breakfasts, 2 lunches, 1 dinner (Sunday night), all trail fees, and a t-shirt.
(\$50 of which is non-refundable...In the event that weather prevents us from going a non-refundable deposit has already been paid to Lysek's)

Coaches: Coaches Ann Gregory and Machele Clark, and a few parents.

Itinerary:

Jan 16 th	6:00am	Leave New Paltz HS for race. Drivers meet us there. Following race- lunch at Panera in Queensbury (not included in cost) Arrive Lysek's Hillcrest Inn, Lake Placid Dinner Glens Falls (not included in cost)
Jan 17 th	9:00am 3:30pm 6:00pm	Skiing at Mt. VanHovenberg Olympic Trails (practice then free ski) Return to Lysek's Time to tour Lake Placid...and buy Coach Ann Chocolate
Jan 19 th	9:00am 3:00pm 7:30pm	Skiing at Mt. VanHovenberg Olympic Trails (long ski) Leave for Home stopping in Glens Falls for dinner (not included) Approximate New Paltz arrival (we will call as we get closer)

Important Note: Due to budgetary constraints we will not have access to NPCSD bus transportation. Parents will be asked to drive students who are family friends. If I am unable to find a parent who is comfortable driving your child (or if you are not comfortable with them) your deposit will be returned.

The trip is NOT an official school function. Students are not covered under the District's insurance policy. You will have to supply a copy of your health insurance card and will be asked to sign a waiver of liability prior to departure.

What to Bring: A checklist will follow

Contact Info: Ann Gregory 845-679-8138 (H): I have a pre-paid phone I will have on the trip: 845-399-1265
Lysek's 518-523-1700

Athlete's Name _____ (please print)

My son/daughter, _____ has my permission to attend the 2015 New Paltz High School Ski Camp to be held in Lake Placid, NY from January 16th-18th, 2015. I understand this is not a school-sponsored trip and that my child will be transported by private vehicle.

(Parent's name- please print)

(Parent's signature)

____ I would be interested in providing transportation and staying the weekend at a **reduced cost of \$100**. If you are driving and staying and eating at a location on your own- there is no cost other than trail fees (if skiing).

____ My child has permission to ice skate on the Lake Placid Olympic Skating Oval _____

(parent's signature)