

OPEN AIR CAMP
FOR
NCD FREESTYLE TEAM and OTHER SKIERS
September 6th & 7th, 2008

NCD Freestyle is organizing a freestyle air training camp at the ramp facility in Lake Placid, New York.

Training will include water ramp and trampoline. All trampolines are equipped with safety harnesses, and one has a bungy rig. The ramp surface has plastic bristles and the athletes will be going around 30-40 km/h off the jump.

Camp dates are September 6th & 7th
(Athletes are advised to arrive Fri. evening)

Participation pre-requisites

This is an open camp however it is hoped that all those candidates interested in trying out for one of the 2008-09 NCD or Resort Freestyle teams will participate. **NOTE: 10 years old minimum age**

COST: \$150, which includes coaching and ramp fees. **Accommodation is not included and participants must arrange it on their own. Some reasonable rates can be found at (518) 523-2130 the Cascade Motor Inn or (518) 523-2040 the Cobble Mountain Lodge. More reasonable rates can be negotiated if a parent can co-ordinate a volume discount. The Jack Rabbit Hostel is open 1-518-523-0123**

ALL PARTICIPANTS must have CFSA membership, which is **NOT** included in the \$150 and is valid for other camps and for the 2008 ski season. It can be obtained through on-line registration at <http://www.freestyleski.com/eng/memberservices/services.htm>. Participants are also expected to car pool for transportation and provide for their own meals.

The head coach will be Jon Perry. Jon Perry is a qualified NCCP and CFSA Level II Air & Mogul Coach.

The spots fill on a **first-come, first-served basis as cheques** along with registration are **received in the mail** by the registrar, so please ACT NOW!! (Due to coaching constraints this camp may be limited to: 7 -10 participants.) Please note that this is an *unsupervised* camp – we highly recommend that the younger participants be accompanied by their parents.

Should you require additional information please contact:

Jon Perry, at:

(613)-832-3640

(613) 304-4554 (cell)

E-mail: j_w_perry@hotmail.com or

E-mail : jackperry@canada.com

Please check out the NCD Freestyle

Skiing Web Site at

www.ncdfreestyle.com

What participants should bring:

- ◆ 2 pairs of skis with bindings (140-170 cm's depending on athlete's height)
- ◆ Ski Poles
- ◆ Canadian Standards Association (CSA) approved helmet
- ◆ DOT approved life jacket
- ◆ **Wetsuit (optional but definitely recommended just in case)**
- ◆ ~~Ski or paraffin wax (cooking wax)~~ **no longer required because of new surface**
- ◆ Sweat suit and running shoes
- ◆ Sunscreen
- ◆ Bathing suit and towel
- ◆ Rain gear
- ◆ Warm clothing and maybe life for inside the wet suit

You will also need to bring warm clothing and toiletries for the weekend.

Proof of Citizenship

Because the camp is taking place in the U.S., proper photo I.D. and proof of citizenship is required (e.g. passport), as well as parental permission for those under 18 attending without parents.

Insurance & Waivers

All participants must be members of the Canadian Freestyle Ski Association.

IMPORTANT: participants must provide their own *personal travel medical insurance*. Athletes must have proof of travel insurance at the ramps for the whole weekend. *OHIP and Quebec Prov. insurance is ALSO required.*

Participants will also have to **sign a waiver** form required by the Lake Placid facility. Participants under the age of 18 must have these forms co-signed by their parents (can be sent to parents in advance – contact Mike Crichton if you need one). **The waiver is very important: no completed waiver, no jumping!**

Registration

Please fill out the attached registration form and send it back **with payment** ASAP.

Deposit, Payment, Refund & Cancellation policy

- ◆ Full payment must be received by the indicated registration deadline.
- ◆ All cancellations shall be charged a \$25.00 administration fee.
- ◆ Cancellation within 7 days of the start of the camp will only be refunded 50% of total fee.
- ◆ Full refunds shall only be given if Camp is cancelled.

Cost & Payment:

Camp Price: \$150.00
(excluding CFSA membership)
Due by August 27th, 2008

Cheques payable to **"NCD Freestyle"**

NSF cheques will be charged additional **\$25.00**.

Please forward cheque payable to "NCD Freestyle"

To: **Susan Perry**
3720 Armitage Ave.,
Dunrobin, Ontario
K0A-1T0

