

NYSSRA Slide & Glide 2025 - *Indoor Ski and Surf Weekend*

The perfect way to close out summer and kick off the new season!

NYSSRA is offering a unique two-day **Ski & Surf experience** for athletes. The **on-snow portion** will take place at **Big Snow** (East Rutherford, NJ) and the **surf portion** will be held at **Bradley Beach, NJ**, approximately 35~ minutes from Big Snow.

Program Options (First Come, First Serve):

- **September 6–7:** U14 Athletes Only – Limit 20 athletes
 - **September 13–14:** U16+ Athletes Only – Limit 20 athletes
 - **Day 1 (Sept 6 & 13):** On-snow training
 - **Day 2 (Sept 7 & 14):** Surfing session
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On-Snow Training at Big Snow

Focus: Skill development with an emphasis on strong fundamentals (stance, balance, edging, rotary, and pressure) taught through progressions and fun challenges tailored to various ability levels.

Includes: Small group coaching, video review and equipment checks.

Schedule:

- 9:00 AM – Orientation & warm-up (location TBA)
- 10:00 AM – On-snow training
- 2:00 PM – Off-snow debrief

What to Bring:

- **Equipment:** SL skis, helmet, poles and goggles
 - **Clothing:** Be prepared for 20° temps – gloves and layered gear
 - **Other:** Water bottle, lunch, and snacks
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Surfing Session at Bradley Beach, NJ

Schedule:

- 9:00–10:00 AM – Orientation & warm up
- 10:00–11:30 AM – Surf lesson (board provided)
- 11:45 AM – Debrief

What to Bring:

- Bathing suit, towel
 - Note: Must be comfortable in the water / basic swimming ability required
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Coaching Staff

NYSSRA is proud to bring together a diverse and experienced coaching team. Some coaches will be present across both weekends, while others are selected specifically for their expertise with the designated age group. This ensures athletes receive age-appropriate coaching and a high-quality, focused experience.

Staff Includes:

- **Stephen Mergenthaler** – NYSSRA Sport Director | USSS Level 400 | PSIA Level 3
- **Caitlin Croft** – NYSSRA Executive Director | USSS Level 200
- **Jason Barcoff** – Head Coach, Belleayre | USSS Level 200
- **Todd Glick** – Head U16+ Coach, Windham | USSS Level 200
- **Jim Catalano** – Coach Trainer, Belleayre | USSS Level 400 | USSS Club Developer
- **Jess Anthony** – U14 Head Coach, Hunter Mountain | PSIA ETS / USSS Level 300
- **Martin Biederman** – U14 Coach, Hunter Mountain | USSS Level 200
- **Erik Backland** – Program Director, Hunter Mountain | USSS Level 300