



## **NYSSRA U14 Fundamentals Camp Gore Mt / Garnet Hill Lodge Dec. 4-7, 2025**

**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.

**Cost: \$795.00** This includes breakfast and dinner (athletes need money for lunch at area), lodging, lift tickets, coaching, activities, and transportation for the camp.

\*This does not include lunch or incidental spending money.\*

**Registration:** Registration is first come-first served until we have filled to the maximum number of athletes that we can accommodate. Register on [Adminskiracing.com](http://Adminskiracing.com) Be sure to select with lift tickets or for those with Gore passes, without lift tickets.

### **LINK TO REGISTER**

**Location:** Gore Mt. will host the NYSSRA U14 Fundamentals Camp and athletes will stay at Garnet Hill Lodge, in North River, NY. All meals will be served in their restaurant.

Garnet Hill Lodge

This lodge is high up on a Mtn Rd. there is limited cell service here.

Thirteenth Lake Rd

North River, NY 12856

518-251-2444

**Arrival/Departure:** Arrive at the Garnet Hill Lodge Thursday, Dec. 4th between 6:30 – 8:00pm. (Athletes should eat dinner before arrival, or parents may purchase dinner with their athlete at the Lodge) The NYSSRA staff will meet you at Garnet Hill, where you will check in and be assigned to your room. Parents will pick up their children at 2pm on Sunday, Dec 7th in the NYSEF Competition Building, just beyond the Gore Base Lodge.

## Important Numbers

Steve Mergenthaler	NYSSRA Sport Development Director	518-524-3328
Garnet Hill Lodge	Accommodations	518-251-2444
Rich Burnley	NYSEF Gore - Program Director	518-251-2825

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!

## NYSSRA U14 Fundamentals Camp – PACKING LIST & GENERAL INFORMATION

NYSSRA and Garnet Hill Lodge 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. There is limited cell service in the area so contact will be limited.

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 wireless Internet available if you need to bring a laptop computer. (not terribly fast internet)

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

- Ski Gear – ski clothes, helmet, SL skis (straps for transport), poles (marked with name), ski boots, goggles, gloves/mittens, raincoat, warm layers, ski socks (no SL Guards needed), and boot dryer.
- 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
- Medication if needed
- Power or protein bars for a snack on the hill
- School books & laptop if needed

## **DAILY SCHEDULE**

### **THURSDAY**

6:30-8:00pm- Check in at Garnet Hill Lodge  
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 Gore  
9:00-2:30pm – Training @ Gore  
3:00pm – Vans back to Garnet Hill  
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 Gore 9:00-2:30pm – Training @ Gore  
3:00pm- Vans back to Garnet Hill  
3:30pm – Snack, mandatory study hall, and video review  
5:30pm - Dinner  
7:00pm – Evening Activities  
9:15pm-In rooms  
9:30pm-Lights out

### **SUNDAY**

6:30am-Wake up & pack bags  
7:00-7:30am -Breakfast  
8:00am – Leave for Gore  
9:00am-1:30pm – Training @ Gore  
1:30-2:00 – Athlete coach wrap up & t shirts  
2:00pm – Athlete pick up at Gore & depart for home