

Stephen Mergenthaler
National Sports Academy
JI/JII/JIII/JIV Fall Training Camp
Mt. Tremblant, Canada
November 20-24, 2004

Early snow, and a cultural experience close to home. This camp is designed to work on stance, balance, and skiing fundamentals. Fostered in a progressive and fun environment, this is a great opportunity to get a ton of mileage, and work on the fundamentals that are crucial. Combining this with world class coaches, daily video, tuning clinics, and an introduction to age appropriate conditioning, this is a great way to start off your season, and is open to all Jr. athletes.

Keeping student-athletes on track with education is a priority at National Sports Academy, blending academics and athletics in a way that enhance the athletic development and educational progress young student-athletes must experience. There will be three 90 min. study sessions – Sunday, Monday, and Tuesday. The study sessions will be monitored by teaching faculty from National Sports Academy.

Transportation will be provided to and from Lake Placid to Mont Tremblant. Leaving and returning from National Sports Academy, 12 Lake Placid Club Drive.

*We will work primarily in a GS/SL mode of turn shape. Bring only one pair of skis. SL skis are preferable. **Helmets are mandatory.***

Schedule:

Saturday 11/20

2:00pm

Leave NSA for Tremblant

6:30pm

Dinner

7:30pm

Group Meeting

Sunday/Monday/Tuesday

07:00 a.m.

Warm-up

07:30 a.m.

Breakfast

08:30 a.m.

On snow

11:00 a.m.

Lunch

12:00 p.m.

On snow

03:00 p.m.

Dryland

04:20 p.m.

Study Session (2-45 Min. Sessions)

06:00 p.m.

Dinner

07:00 p.m.

Video/Tuning Clinics

09:00 p.m.

In rooms

10:00 p.m.

Lights OUT

Wednesday

07:00 a.m.

Load Vans

07:30 a.m.

Breakfast

08:30 a.m.

On snow

12:00 p.m.

Lunch/Depart for LP (arrive L.P. 04:30 p.m.)

Staff:

Stephen Mergenthaler- Alpine Program Director/ Head Coach at National Sports Academy in Lake Placid, New York. Stephen is a Certified Level IV USSCA coach, Level III PSIA Certified, and has over 27 years coaching experience from front line coach to program director. From the J5 ranks, right up to NOR-AM level athletes, his leadership with all aspects of athlete development with NYSSRA over the last 17 years has helped mold the progressive programs that currently exist in New York State. Stephen currently works as a clinician with USSA for Coaches Education, and is the Chairman

Dave Wenn - PSIA Examiner, PSIA Race Education Coach, Headmaster at National Sports Academy, JIII Coach

Shaun Goodwin- Eastern USSA Youth Development Coordinator

Becky Getman- NYSEF Coach

Chuck Frahm- NSA/Belleayre

Kyle Meadows - Strength and Conditioning Coach National Sports Academy, Former NFL Athlete, Team Adidas International Track, Santa Monica Track Club. USSA Bobsled Team

Nick Gladd - National Sports Academy Math/Science faculty.

Gun Rand- English/History/German

Bill Ward- Admissions

Additional New York State coaches to be named

Cost:

\$595.00 includes:

*Transportation Lake Placid/Mt. Tremblant/Lake Placid		
*Breakfast and Dinner	*Lift tickets	*Coaching
*Video	*Lodging	*Dryland
*Monitored study sessions	*Tuning clinics	*Health Club
*Dynastar race ski demos	*Pool	

Please make check out to: Stephen Mergenthaler

**Mail payment, completed
Registration AND medical
release/liability waiver forms to:** Stephen Mergenthaler
National Sports Academy
12 Lake Placid Club Drive
Lake Placid, NY 12946

Questions: Stephen Mergenthaler
(518) 523-3460, ext. 31,(518) 524-4025
stephenmergs@yahoo.com

Registration form:

NAME: _____

ADDRESS: _____

TELEPHONE NUMBER: _____

EMAIL: _____

DATE OF BIRTH: _____

COMPLETED FORMS AND PAYMENT DUE BY OR BEFORE MONDAY, NOVEMBER 1th

*****YOU WILL ALSO NEED A PICTURE ID AND/OR YOUR SOCIAL SECURITY CARD,
AND A COPY OF YOUR BIRTH CERTIFICATE.**

Stephen Mergenthaler
NATIONAL SPORTS ACADEMY
LIABILITY RELEASE FORM AND
MEDICAL TREATMENT RELEASE FORM

In consideration for the services provided by Stephen Mergenthaler/ National Sports Academy. I hereby release the Stephen Mergenthaler/ National Sports Academy, their members, employees or agents, and any person officially connected with the camp, from any and all liability for any injuries or damages arising from my son's/ daughter's participation or presence at the camp.

In addition, I, the parent/ guardian, give Stephen Mergenthaler and the directors of National Sports Academy Camp permission and authority to obtain medical aid, cure, and treatment for my son/ daughter in case of injury. It is understood and agreed that every effort will be made to contact me in case of injury and medical attention becomes necessary.

I am fully aware of and accept the risks and dangers inherent in sports training camps.

Participant's signature

*Parent/ Guardian signature
(If participant is under 21)*

Date

Date

Camp Name: Fall 2004 Mt. Tremblant Alpine Camp

Camp Dates: November 20-24, 2004

NATIONAL SPORTS ACADEMY
Medical Release Form

Name: _____ Age _____

Date of Birth _____/_____/_____

Parent/ Guardian

Name: _____

Address: _____

Home Telephone: _____ Work Telephone: _____

E-Mail: _____

Person to contact in case of Emergency: _____

At Telephone #: _____

List any Medical Conditions/ Restrictions: _____

Medications now being taken: _____

Date of last Tetanus shot: _____

Name of Physician: _____

Health Insurance Company: _____

Policy Number: _____

*I, being the legal guardian of the above named minor, do hereby certify that my son/
daughter is in good health and may participate in all program activities.*

Parent/ Guardian signature

Date