

**OPEN AIR CAMP**  
**FOR**  
**NCD FREESTYLE TEAM and OTHER SKIERS**  
**September 8<sup>th</sup> and 9<sup>th</sup>, 2007**

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 bungee rig. The ramp surface has plastic bristles and the athletes will be going around 30-40 km/h off the jump.

**Camp dates are Saturday, September 8<sup>th</sup> and Sunday September 9<sup>th</sup>** (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 2007-08 NCD Freestyle teams will participate.

**COST: \$125.00 (due by August 20<sup>th</sup>, \$150** after) 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.**  
**ALL PARTICIPANTS** must have CFSA membership, which is **NOT** included in the \$125 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 required to read, sign Lake Placid Ramp Facility waivers and codes of conduct, valid for the season. They are available on the NCD web site. Participants are also expected to car pool for transportation and provide for their own meals.

The coach will be Jon Perry. Jon Perry is a qualified NCCP and CFSA Level II Air & Mogul Coach. This camp is limited to 10 athletes, first come, first serve

The spots fill on a **first-come, first-served basis** as registrations are **received in the mail** by the Perry's, so please ACT NOW!! (Camp max: 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:

Coach Jon Perry, at:  
(613)-832-3640

E-mail: [j\\_w\\_perry@hotmail.com](mailto:j_w_perry@hotmail.com) or

Jack Perry at (613)-832-3640

E-mail : [jackperry@canada.com](mailto:jackperry@canada.com)

Please check out the NCD Freestyle

Skiing Web Site at

[www.ncdfreestyle.com](http://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 lifa for inside the wet suit

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

**Identification**

Because the camp is taking place in the U.S., proper photo I.D. 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** and code of conduct forms required by the Lake Placid facility. Participants under the age of 18 must have these forms co-signed by their parents. These are available on the NCD website. **The waiver is very important: no completed waiver, no jumping!**

**Registration**

Please fill out the attached registration form and send it and the signed waivers and code of conduct forms 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: \$125.00**

**(\* \$150.00 if received after due date)**

**(excluding CFSA membership)**

**Due by August 20th, 2007**

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**

