

Nature Valley Freestyle Cup

FIS Freestyle World Cup

Lake Placid, New York USA January 10-16, 2005



*On behalf of the United States Ski & Snowboard Association,
and the Olympic Regional Development Authority,
the Lake Placid Organizing Committee cordially invites your nation,
as a member of the Federation Internationale de Ski (FIS),
to participate in the*

Nature Valley Freestyle Cup

part of the FIS Freestyle World Cup

January 10-16, 2005

Lake Placid, New York USA

Nature Valley Freestyle Cup

Olympic Regional Development Authority

2634 Main Street, Olympic Center, Lake Placid, NY 12946

Phone: 518-523-1655, Ext. 248 Fax: 518-523-9275 Email: hroland@orda.org



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COMPETITION RULES

FIS rules will be applied to this competition.

ENTRIES

Registration Form #1 - Registration

The final number of your competition team (including competitors and officials) and the names of participants must be sent to the organizing committee *no later than December 10, 2004*.

Registration Form #2 - Olympic Training Center Accommodations

Your application for accommodations must be forwarded to the organizers with a complete rooming list *no later than December 10, 2004*.

Please note: It is essential that birthplace, date of birth and passport # for all athletes, coaches and officials be included on the accommodations application form.

Registration Form #3 - Athlete Biography

Athlete Biography Form to be completed and forwarded to the organizing committee *no later than December 10, 2004*.

Entry information should be sent to:

Olympic Regional Development Authority

2634 Main Street, Olympic Center,
Attention Heidi Roland
Lake Placid, NY 12946 USA

Phone: (518)523-1655 ext. 248
E-Mail: hroland@orda.org

Fax: (518) 523-0159
www.orda.org

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Schedule *as of 10/18/04 – Subject to Complete Change*

Monday, January 10	All Day - Arrival of Teams	
12:00 – 8:00pm	Race / Press Registration	OTC - Ausable Room
Tuesday, January 11		
8:00 am – 5:00 pm	Race / Press Registration	OTC – Ausable Room
9:00 am - 12:00 pm	Aerials Jump Shaping	MacKenzie-Intervale Jumping Complex
10:00 am - 2:00 pm	Moguls Open Training	Whiteface WildernessTrail
12:00 pm - 2:00 pm	Aerials Open Training	MacKenzie-Intervale Jumping Complex
5:00 pm	Team Captain Meeting & Team Medical Meeting	Olympic Training Center – Adirondack Room
Wednesday, January 12		
8:00 am – 5:00 pm	Competition Office / Press Registration	OTC – Ausable Room
10:00 am – 3:00 pm	Press Room Open	MacKenzie-Intervale Jumping Complex
10:00 am - 12:15 pm	Aerials Men's Training	MacKenzie-Intervale Jumping Complex
10:00 am - 2:00 pm	Moguls Open Training	Whiteface WildernessTrail
12:45 pm – 3:00 pm	Aerials Women's Training	MacKenzie-Intervale Jumping Complex
5:00 pm	Team Captain Meeting	Olympic Training Center – Adirondack Room
7:00pm – 9:00pm	Athlete Ice Time (Hockey/Skating)	Olympic Center (Lussi Rink)
Thursday, January 13		
8:00 am – 5:00 pm	Competition Office / Press Registration	OTC – Ausable Room
10:00 am – 3:00 pm	Press Room Open	MacKenzie-Intervale Jumping Complex
10:00 am - 12:15 pm	Aerials Men's Training	MacKenzie-Intervale Jumping Complex
10:00 am - 2:00 pm	Moguls Open Training	Whiteface WildernessTrail
12:45 pm – 3:00 pm	Aerials Women's Training	MacKenzie-Intervale Jumping Complex
5:00 pm	Team Captain Meeting	Olympic Training Center – Adirondack Room
Friday, January 14	Nature Valley - Aerial Competition	
7:00 am – 5:00 pm	Competition Office / Press Registration	OTC – Ausable Room
8:30 am – 5:00 pm	Press Room Open	MacKenzie-Intervale Jumping Complex
8:30 am – 9:45 am	Men's Aerials Training	MacKenzie-Intervale Jumping Complex
9:45 am	Men's Showcase in finish area	MacKenzie-Intervale Jumping Complex
10:00 am – 2:00 pm	Moguls Training	Whiteface WildernessTrail
10:00 am – 11:45 am	Men's Aerials Competition (2 Jumps)	MacKenzie-Intervale Jumping Complex
11:00 am – 2:00 pm	VIP/Sponsor Lunch	MacKenzie-Intervale Jumping Complex
11:45 am – 1:00 pm	Women's Aerials Training	MacKenzie-Intervale Jumping Complex
1:00 pm	Women's Showcase in finish area	MacKenzie-Intervale Jumping Complex
1:15 pm – 3:00 pm	Women's Aerials Competition (2 Jumps)	MacKenzie-Intervale Jumping Complex
3:15pm	Men's & Women's Awards	MacKenzie-Intervale Jumping Complex
5:00 pm	Team Captain Meeting	Olympic Training Center – Adirondack Room
Saturday, January 15	Nature Valley - Mogul Competition	
7:00 am – 5:00 pm	Competition Office / Press Registration	OTC – Ausable Room
8:15 am – 8:30 am	Moguls Inspection	Whiteface WildernessTrail
8:30 am – 9:30 am	Moguls Warm Up	Whiteface WildernessTrail
8:30 am – 5:00 pm	Press Room Open	Whiteface Base Lodge
12:00 am – 2:30 pm	VIP/Sponsor Lunch	Whiteface WildernessTrail
9:45 am – 9:55 am	Moguls Forerunners	Whiteface WildernessTrail
10:00 am - 12:00 am	Moguls Qualifications	Whiteface WildernessTrail
10:00 am - 12:15 pm	Aerials Women's Training	MacKenzie-Intervale Jumping Complex
12:45 pm – 3:00 pm	Aerials Men's Training	MacKenzie-Intervale Jumping Complex
12:10 pm – 12:40 pm	Moguls Finalist Warm Up	Whiteface WildernessTrail
1:00 pm – 1:15 pm	Moguls Finalist's Showcase	Whiteface WildernessTrail
1:15 pm – 2:00 pm	Moguls Finals	Whiteface WildernessTrail
2:15 pm	Awards	Whiteface Wilderness Trail
5:00 pm	Team Captain Meeting	Olympic Training Center – Adirondack Room
7:00pm	World Cup Community Celebration /Awards	TBD
Sunday, January 16	Nature Valley - Aerial Competition	
7:00 am – 3:00 pm	Competition Office / Press Registration	OTC – Ausable Room
8:30 am – 5:00 pm	Press Room Open	
8:30 am – 9:45 am	Women's Aerials Training	MacKenzie-Intervale Jumping Complex
9:45 am	Women's Showcase in finish area	MacKenzie-Intervale Jumping Complex
10:00 am – 11:45 am	Women's Aerials Competition (2 Jumps)	MacKenzie-Intervale Jumping Complex
11:45 am – 1:00 pm	Men's Aerials Training	MacKenzie-Intervale Jumping Complex
11:00 am – 2:00 pm	VIP/Sponsor Lunch	MacKenzie-Intervale Jumping Complex
1:00 pm	Men's Showcase in finish area	MacKenzie-Intervale Jumping Complex
1:15 pm – 3:00 pm	Men's Aerials Competition (2 Jumps)	MacKenzie-Intervale Jumping Complex
3:15 pm	Women's & Men's Awards	MacKenzie-Intervale Jumping Complex
Monday, January 17	Departure, Reserve Day	

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ACCOMMODATIONS

World Cup Freestyle lodging & meals have been arranged at the Olympic Training Center (OTC) and the Swiss Acres Inn at the FIS determined rate. The organizers are not responsible for teams staying at any other facility. Rooms at the OTC are double (2), triple (3) or quad (4) occupancy - **no singles, no exceptions**. Rooms are assigned on a first come, first serve basis and will be available for check-in on Monday, January 10 at 16:00. Departure is on Monday, January 17 by 10:00. Please complete the attached Accommodation Application Form #2 and return to the organizers **no later than December 10, 2004**. Upon confirmation of your housing application, additional forms will be forwarded to you for completion as required by the organizers.

TRANSPORTATION

Rental Vehicles

For teams arriving at Pierre Trudeau (formally Dorval) International Airport in Montreal, Canada or Albany International Airport in Albany, NY rental vehicles are available through many national car rental agencies. Arrangements can be made by calling the agency directly at the following North American telephone numbers:

Thrifty	1-800-367-2277	or	www.thrifty.com
Hertz	1-800-654-3131	or	www.hertz.com
Avis	1-800-331-1212	or	www.avis.com
Dollar	1-800-800-4000	or	www.dollar.com
National	1-800-227-7368	or	www.nationalcar.com

Cargo Vans

Budget	1-800-527-0700	or	www.budget.com
Ryder	1-800-467-9337	or	www.ryder.com

For your convenience, the organizers have secured special rates with Hertz Car Rentals at both Albany and Montreal Airports. These special rates include unlimited mileage and can be reserved by calling Hertz directly at 1-800-654-2240 and using the Lake Placid Olympic Authority 2005 Events identification **CDP#19056**.

Automobile rental is available locally:

Avis	(518) 523-3506	or	1-800-331-1212
Hertz	(518) 523-3158	or	1-800-654-3131

VISA/FOREIGN ATHLETES ENTERING USA

Each person with foreign nation teams traveling into the United States must have an American Visa. At the border crossing you will be required to pay a fee of \$6.00 (U.S. Dollars) and fill out an I-94 registration card. This is very important in facilitating arrival in the United States. Please note a new visa is required **each time** you enter the United States.

CURRENCY EXCHANGE

Teams are encouraged to exchange foreign currency to US Dollars prior to arriving in the United States - we suggest at an airport. National Bank & Trust (NBT) in Lake Placid will exchange Euro's to US Dollars. The transaction fee is \$30.00.

LIABILITY/INSURANCE

The organizer cannot be held liable for any damage or accident. All participants have to be sufficiently insured against accidents and illness by themselves or their National Federation.

REGISTRATION/CHECK-IN/ACCREDITATION

Registration and Accreditation will be held in the Adirondack Room at the Olympic Training Center. Please see schedule for registration times. All Team Leaders must report to the Registration Area for check-in before proceeding to the Whiteface (moguls venue) or the MacKenzie-Intervale Jumping Complex (aerial venue). All fees will be collected upon check-in.

COMPETITION OFFICE

The competition offices will be located at the Olympic Training Center. Mailboxes will be set up at this location for each team and officials for daily updates and results.

TEAM CAPTAINS MEETINGS

All Team Captains meetings will be in the Olympic Training Center AuSable Room, Old Military Road, Lake Placid. Please see schedule for meeting times.

DOPING CONTROL

Doping control testing may be conducted in accordance with the rules and regulations set forth by FIS.

FIS LICENSE

All athletes are required to have a valid FIS license in order to compete.

CEREMONIES

Awards Ceremonies will take place at the conclusion of each competition. A World Cup Celebration ceremony is scheduled for Saturday, January 17.

PRESS CENTER

The main press center will be located at the MacKenzie-Intervale Ski Jumping Complex. An ancillary center will also be set up at Whiteface on competition day for a press conference.

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HEALTH & FITNESS FACILITIES

Olympic Training Center (OTC)

Athletes staying at the Olympic Training Center have full access to the Health & Fitness facilities on site. Included in the facility is a full strength area with power lifting platforms as well as a sauna for recovery training.

The Athlete's Club

The Athletes Club is a new weight room and training facility located in the Olympic Center. It is designed to meet the needs of the local and visiting athletes that frequent the Olympic venues as well as athletes from other recreational sports. The Athletes Club is an open membership facility with an array of equipment geared for serious to world class athletes, which includes Olympic lifting platforms, medicine balls, squat cages, plyo boxes, heavy and speed bags to name a few. Instruction is available upon request. Team pricing is available. Call Kyle Meadows at 518-523-1655, ext.340 or email him at theathletesclub@hotmail.com.

Lake Placid Health & Fitness Club

Lake Placid Health & Fitness is Lake Placid's premier health club- a 14,000 sq. foot operation on route 86, 2 miles from Main Street (next to Price Chopper). The facility includes men's and women's sauna and two group fitness programming rooms, state-of-the-art cardiovascular machines and strength training equipment, a juice bar and tanning booths. Call Gavin Johnston, Operations Manager, for more information at 518-523-4127, ext.16 or email him at: info@placidhealth.com.

