



Freestyle FIS World Cup Nature Valley Freestyle Cup

Lake Placid, New York USA January 18-24, 2010



LAKE PLACID TEAM INVITATION

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, as part of the 2010 Freestyle FIS World Cup. The FIS rules will be applied to this competition.

ENTRIES

Form #1 – Registration (FIS Entry Form)

Entries will be accepted from National Ski Associations with the FIS quotas and rules. Please submit the anticipated number of your competition team (including competitors and officials) and the names of participants by December 22, 2009.

The **FINAL** number of your competition team (including competitors and officials) and the names of participants must be submitted to the organizing committee **no later than January 13, 2010.**

ACCOMMODATIONS

Form #2 – Accommodations Application

Your application for accommodations must be submitted to the organizers *with a complete rooming list* **no later than December 22, 2009.** *Incomplete application forms are not accepted.*

Accommodations at FIS rate are for the dates of the program only. Early arrivals and late departures are subject to availability and are not available at the FIS Rate. The hotel rates for early arrival and late departure are available upon request.

*Please note: It is essential that birthplace, date of birth and passport # for all athletes and officials be included on the accommodations application form. No U.S. Olympic Training Center (OTC) space will be assigned without this information. **OTC rooms are double (officials) and triple (athletes) only.***

TRANSPORTATION

Form #3 - Transportation Request

Requests for transportation from Albany, NY, Plattsburgh, NY or Montreal, CAN must be submitted to the organizing committee **no later than December 22, 2009.**

All entry information should be sent to:

Olympic Regional Development Authority, Attention: Elizabeth Moeller
2634 Main Street, Olympic Center, Lake Placid, NY 12946 USA
Phone: (518)523-1655 ext. 231 Fax: (518) 523-9275
E-Mail: emoeller@orda.org www.whitefacelakeplacid.com



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IMPORTANT INFORMATION

ACCOMMODATIONS

FIS World Cup Freestyle lodging & meals (breakfast and dinner) have been arranged at the U.S. Olympic Training Center (OTC), Northwoods Inn, The Marriott and Swiss Acres Inn at the FIS determined rate. The organizers are not responsible for teams staying at any other facility than those noted above. Local fitness facilities offer special rates for athletes staying at local hotels. Rooms are assigned based on availability and will be available for check-in:

AERIALS: Monday, January 18 at 16:00. Departure is on Saturday, January 23 by 10:00.

MOGULS: Monday, January 18 at 16:00. Departure is on Friday, January 22 by 10:00.

SKIER CROSS: Thursday, January 21 at 16:00. Departure is on Monday, January 25 by 10:00.

Accommodations at FIS rate are for the dates of the program only. *Early arrivals and late departures are subject to availability and will be charged at the hotel rate and are not available at the FIS Rate. The rates are available upon request.*

U.S. Olympic Training Center (OTC) Guidelines:

The U.S. Olympic Training Center is designed for world caliber athletes. The facility includes athlete fitness training, specially designed menus for athletes and it will also be the site for the competition office and all team captain meetings. ***If your team requests to stay at the OTC, rooms will be assigned as double (officials) or triple (athletes) occupancy and there are no single rooms.*** Please note that smoking and alcohol consumption are not permitted at the OTC. The OTC requires birth date, birth place and passport information for all athletes, coaches and team support as background security checks are required.

Please complete the attached Accommodation Application Form #2 and return to the organizers **no later than December 22, 2009**. Upon confirmation of your housing application, additional forms will be forwarded to you for completion as required by the organizers.

TRANSPORTATION

AIRPORT SHUTTLE – From Airports: Albany, Plattsburgh & Montreal Only

The organizers will provide round-trip transportation from Albany, NY, Plattsburgh, NY or Montreal, CAN and training/competition transportation at the cost of \$150 (US) per person. Reservations for transportation are required by December 22, 2009.

GROUND TRANSPORTATION

Ground Transportation is provided from Lake Placid to Whiteface Mountain for Moguls and Skier Cross teams via the Placid Xpress Bus Shuttle. For Aerial Teams in need of ground transportation please mark the appropriate box on the Transportation Request Form #3.

RENTAL VEHICLES

For teams arriving at Pierre Trudeau International Airport (YUL) in Montreal, Canada or Albany International Airport in Albany (ALB), 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

Automobile rental is available locally:

Hertz	(518) 891-9044	1-800-654-3131
Enterprise	(518) 891-9216	1-800-325-8007
Priceless	(518) 523-4838	
Ford	(518) 891-5560	highpeaksrental@adelphia.net

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DRIVING DIRECTIONS FROM AIRPORTS

From Albany - Take I87 North to exit 30 (Keene/Lake Placid). Off exit take left on to Route 9. Continue on Route 9 and follow signs for Route 73 and Lake Placid. Continue on Route 73 through Keene Valley and Keene into Lake Placid.

From Montreal - Take Route 15 south to Champlain Crossing, connecting with I-87 south. Take Exit 34 west, following Route 9N, then follow Route 86 to the Whiteface Mountain/Lake Placid area. Continue on Route 86 past Whiteface Mountain to Lake Placid.

DRIVING DIRECTIONS FROM LAKE PLACID TO VENUES

To Whiteface - Follow Route 86 East for 8 miles. Turn left into the entrance to Whiteface Mountain.

To MacKenzie-Intervale Ski Jump Complex - Follow Route 73 South for 3 miles. Turn right into the entrance to MacKenzie-Intervale Ski Jump Complex.

VISA/FOREIGN ATHLETES ENTERING USA

American Visas are required for each person traveling into the United States. At the border crossing each person will be required to pay a fee (\$6.00 US) and complete an I-94 registration card. Please remember that you will need a new visa *each* time you enter the United States.

CURRENCY EXCHANGE

Your team is encouraged to exchange foreign currency to U.S. Dollars prior to your arrival. The best location for currency exchange is at the airport

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 Event Registration Room at the U.S. 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 and skier cross 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 U.S. Olympic Training Center. Mailboxes will be provided for each team and official for daily updates and results.

TEAM CAPTAINS MEETINGS

All Team Captains meetings will be in the U.S. Olympic Training Center Adirondack Room, 196 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.

PRESS CENTER

The main press center will be at the Whiteface Base Lodge. An ancillary center will be at the Ski Jumping Complex on the competition days.

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SCHEDULE

FIS FREESTYLE WORLD CUP LAKE PLACID / WHITEFACE, NY January 18 – January 24, 2010 As of 11/2/09 – Subject to Change

MONDAY, JANUARY 18TH, 2010 -ARRIVAL

4:00 p.m. - 8:00 p.m. Mogul and Aerial Team Arrival / Registration / Information Olympic Training Center

TUESDAY, JANUARY 19TH, 2010 – ARRIVAL + TRAINING

8:00 a.m. - 11:00 a.m. Registration / Information Olympic Training Center
9:00 a.m. - 11:00 a.m. Aerials Jump Shaping Intervale Jump Center
10:30 a.m. - 2:00 p.m. Mogul Open Session/Inspect/Train Wilderness
12:00 p.m. - 3:00 p.m. Aerials Open Training Intervale Jump Center
5:00 p.m. Team Captains Welcome Meeting Olympic Training Center
5:30 p.m. Doctors Meeting Olympic Training Center

WEDNESDAY, JANUARY 20TH, 2010 – ARRIVAL + TRAINING

10:00 a.m. - 10:15 a.m. Aerials Group 1 Speed Check Intervale Jump Center
10:15 a.m. - 12:15 p.m. Aerials Group 1 Official Training Intervale Jump Center
10:30 a.m. - 2:00 p.m. Mogul Open Session/Inspect/Train Wilderness
12:30 p.m. - 12:45 p.m. Aerials Group 2 Speed Check Intervale Jump Center
12:45 p.m. - 2:45 p.m. Aerials Group 2 Official Training Intervale Jump Center
5:00 p.m. Mogul Draw Olympic Training Center

THURSDAY, JANUARY 21ST, 2010 – ARRIVAL + TRAINING + MOGUL COMPETITION

4:00 p.m. - 8:00 p.m. Ski Cross Team Arrival/Registration / Information Olympic Training Center
8:30 a.m. - 9:15 a.m. Ladies' Mogul Qualifications Training Wilderness
9:30 a.m. -10:15 a.m. Ladies' Mogul Qualifications Wilderness
10:30 a.m. - 11:15 a.m. Men's Mogul Qualifications Training Wilderness
10:45 a.m. - 11:00 a.m. Aerials Group 2 Speed Check Intervale Jump Center
11:00 a.m. - 1:00 p.m. Aerials Group 2 Official Training Intervale Jump Center
11:30 a.m.- 12:15 p.m. Men's Mogul Qualifications Wilderness
12:30 p.m. - 1:00 p.m. Ladies' and Men's Mogul Finalist Training (16/16) Wilderness
1:15 p.m. -2:15 p.m. Ladies' and Men's Mogul Finals (16/16) Wilderness
2:30 p.m. - 2:45 p.m. Awards immediately following competition Finish Area
1:15 p.m. - 1:30 p.m. Aerials Group 1 Speed Check Intervale Jump Center
1:30 p.m. - 3:30 p.m. Aerials Group 1 Official Training Intervale Jump Center
5:00 p.m. Aerial Draw Olympic Training Center
6:00 p.m. - 7:00 p.m. Aerials Open Training (L/M) Intervale Jump Center

SCHEDULE CONTINUED

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FRIDAY, JANUARY 22ND, 2010 – TRAINING + AERIAL COMPETITION

8:00 a.m. - 11:00 a.m.	Registration / Information	Olympic Training Center
9:30 a.m. - 11:00 a.m.	Ski Cross Training – Group 1	Whiteface Ski Cross
11:15 a.m. - 12:45 p.m.	Ski Cross Training – Group 2	Whiteface Ski Cross
11:15 a.m. - 11:30 a.m.	Ladies' Aerials Speed Checks	Intervale Jump Center
11:30 a.m. - 1:00 p.m.	Ladies' Aerials Official Training	Intervale Jump Center
1:00 p.m. - 1:50 p.m.	Ladies' Aerials Qualifications	Intervale Jump Center
2:30 p.m.	Ski Cross Qualification Draw	Olympic Training Center
3:45 p.m. - 4:00 p.m.	Men's Aerials Speed Checks	Intervale Jump Center
4:00 p.m. - 5:30 p.m.	Men's Aerials Official Training	Intervale Jump Center
5:45 p.m. - 6:45 p.m.	Men's Aerials Qualifications	Intervale Jump Center
6:30 p.m. - 8:30 p.m.	VIP Tent Hospitality - Dinner served	Competition Venue
7:50 p.m. - 8:00 p.m.	Aerial Finalist Showcase	Intervale Jump Center
8:00 p.m. - 8:20 p.m.	Ladies' Aerials Finals (12)	Intervale Jump Center
8:25 p.m. - 8:45 p.m.	Men's Aerials Finals (12)	Intervale Jump Center
8:55 p.m. - 9:00 p.m.	Awards immediately following competition	Finish Area
9:00 p.m. - 9:10 p.m.	Fireworks	

SATURDAY, JANUARY 23RD, 2010 – SKI CROSS QUALIFICATIONS

9:30 a.m. - 10:00 a.m.	Ladies' Ski Cross Qualifications Training	Whiteface Ski Cross
10:15 a.m. -10:45 a.m.	Ladies' Ski Cross Qualifications	Whiteface Ski Cross
11:30 a.m. - 12:00 p.m.	Men's Ski Cross Qualifications Training	Whiteface Ski Cross
12:30 p.m. -1:15 p.m.	Men's Ski Cross Qualifications	Whiteface Ski Cross

SUNDAY, JANUARY 24TH, 2010 – SKI CROSS FINALS

10:00 a.m. - 11:00 a.m.	Ladies' and Men's Ski Cross Finalist Training	Whiteface Ski Cross
11:30 a.m. -12:45 p.m.	Ladies' and Men's Ski Cross Finals	Whiteface Ski Cross
1:00 p.m.	Awards	Whiteface Base Area