



CONGRATULATIONS... YOUR APPLICATION HAS BEEN ACCEPTED FOR THE EQUESTRIAN ATHLETE TRAINING CAMP AT THE

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UNITED STATES OLYMPIC TRAINING CENTER

LAKE PLACID, NEW YORK

PLEASE READ ALL COMMENTS BELOW BEFORE PAYING YOUR TUITION

UPON ARRIVAL

You'll arrive at the athletes entrance and drive to the reception area of the athletes building to be checked in and shown to your dorm room. The athlete portion of the training center is a secure campus so you must present your ID (and license plate number if parking onsite) in order to receive your credentials and lanyard. The athletes dorms, dining center, meeting rooms, and fitness centers are all within close walking distance. You'll be required to wear your credentials at all times.

TRAVELING TO THE CENTER

The closest airport to the training center is Adirondack Regional airport (LKP). There are only four flights into this airport each day - all from Boston International. While ticket prices are quite reasonable, it is highly recommended that you book your flights well in advance as there are very few seats on these flights. If you cannot fly into LKP you can fly to Albany and rent a car for the two-hour drive to the center.

YOUTH TRAVEL ASSISTANCE

Upon request myself or an assistant coach will meet any young rider (traveling as unaccompanied minor) at the LKP airport and personally escort them to the OTC. Requests for this service must be received no later than four weeks prior to camp.

OUR DAILY SCHEDULE

All camps begin Thursday at 6:00P and continue until Sunday at 4:00P. Tuition includes all meals in the athlete dining center and shared accommodations in the athlete dorms. Our first day runs from 6:00P to 9:00P with a welcome reception, campus tour, team dinner, introductions, and an evening briefing. All other days start at 7:00A with a team workout and breakfast, and run until 9:00P with daily workshops, workouts, and special events (except Sunday which ends at 4:00P).

ARRIVAL AND DEPARTURE

You may pick-up your credentials and receive your room assignment beginning at 4:00P Thursday (you may not enter the training center's secured area until this time). Please take this into consideration when booking your flights. Our camp will end at 4:00P Sunday with an exit briefing, team Q&A and photo opportunity. Please take this into consideration when booking your departing flights.

WHAT TO BRING

Riders should bring a notebook or laptop, fitness clothes, small backpack, two water bottles, clipboard, medications, running shoes, rain gear, toiletry bag, and a small first aid kit. Please remember that you'll have a roommate so pack accordingly.

TUITION PAYMENT

Onsite accommodations at the OTC are extremely limited so riders are required to pay their tuition in advance. Please note that tuition is non-refundable but can be transferred to another rider if you cannot make camp (or a portion may be applied to a future camp). Please take this into consideration before paying your tuition. Your tuition can be paid by credit card at: <https://pressureproofacademy.com/shop/> and must be submitted within two-weeks of applying for camp.

IMPORTANT PARENT INFO

Parents of young riders are welcome to accompany their child to the reception area of the OTC, but there are no onsite accommodations for parents - nor will parents be able to enter the secured athletes-area of the training center to watch or participate (as they won't have the required security credentials). There are many hotels close to the OTC for any parent wishing to stay nearby.

NIGHTLY UPDATES

Parents of young riders will receive an evening recap email from coach Stewart describing the day's events. The recap will also include photos taken during the day so that their parents can see everything their child has experienced that day.

There is a stick code of conduct at the USOTC and payment of your tuition will serve as your agreement to uphold this code.