

FINAL INSTRUCTIONS



SUMMER SESSION

ARRIVAL June 18, 2009 Lake Placid USOTC

AAI Summer Session begins June 19 at noon.

Wrap up on last day at noon Sunday June 21

Casual dress daily (sport clothes are fine...)

Driving time from Albany Airport to LP is 2 Hours

Contact phone numbers are 518-523-2600 at USOTC and 518-796-6337 for JU

Don't forget to bring a check or money order for \$400 /\$350 for conference per person.

If you want to go out to dinner Saturday night check out www.thewhitefacelodge.com a once in a lifetime experience... Dress up... JU

Don't forget to plan for some activity in the Olympic Region... Golf, Fly Fishing, Trail Running, Walks , Hiking, Mt. Biking , Canoe- Kayak , Tour Olympic Venues, Shopping John Brown's Farm /Robert Louis Stevenson's Cottage and more.

The Life of an ATHLETE 2009



Lake Placid is a scenic 2 hour drive north of Albany, the NY capital.

Driving Directions:

Take Rt. 87N to exit 30, turn left onto Rt. 9N follow to Rt. 73N through mountain pass toward Keene, Keene Valley to Lake Placid. Pass the Ski Jumps, cross bridge, top of hill take left fork, Old Military Rd. USOTC is one mile on right.

