

2011-2012

Mt. Bachelor Sports Education Foundation



MBSEF Parent/Athlete Program Manual

MBSEF Staff Directory

Name	Title	Contact	Office Hours	Schedule
Billy Farwig	Executive Director	541-388-0002 541-490-1906	Mon-Fri 8:00am - 5:00pm	Jul-Jun
Molly Cogswell-Kelley	Events Director	541-388-0002 541-480-6975	Mon-Fri 9:00am - 5:00pm	Jul-Jun
Kathy Kurtz	Membership Coordinator	541-388-0002	Mon-Fri 7:30am - 3:30pm	Jul-Jun
Carol Nelson Kristie Wilde	Accounting Dept. Payroll	541-388-0002	Mon/Wed/Thu/Fri 10:00am - 5:00pm	Jul-Jun

Alpine Staff

Name	Title	Contact	Office Hours	Schedule
Nils Eriksson	Alpine Director	541-388-0002 541-480-6971	Tue-Fri 9:00am - 11:30am	Jul-Jun
Pat Robson	FIS Coach	541-388-0002 541-410-4865	Tue-Fri 9:00am - 11:30am	Seasonal
Fred Shick	Race Director/ Alpine Coach	541-480-6972	None	Seasonal
	Assistant Coach	541-388-0002	None	Seasonal
Mike Evans	MWC Head Coach	541-948-9444	None	Seasonal
Cheryl Puddy	Race Administrator	541-480-6974	None	Seasonal

Nordic Staff

Name	Title	Contact	Office Hours	Schedule
Dan Simoneau	Nordic Director	541-388-0002 541-350-9126	Tue-Fri 9:00am - 1:30am	Jul-Jun
Anna Schulz Jason Albert	Assistant Coach Assistant SYP Coach	802-760-0569 541-639-1183	Varies	Seasonal
Matt Plummer	Race Director	541-385-7413	None	Seasonal
Kelly Simoneau	Race Administrator	541-388-0002	None	Seasonal

Freeride Ski and Snowboard Staff

Name	Title	Contact	Office Hours	Schedule
Coggin Hill	Freeride Director	541-610-2556	Varies	Jul-Jun
Chris Smith Chris Jordan	Freeride Ski Dev Coach Freeride Ski Comp Coach	541-317-0785 541-390-5079	Varies	Seasonal
Justin Schoonover Adam Sather	Freeride SB Comp Coach Freeride SB Dev Coach	541-740-9885 541-771-3988	Varies	Seasonal

Cycling Staff

Name	Title	Contact	Office Hours	Schedule
Michelle Bazemore	Cycling Director	541-610-8907	Varies	Seasonal

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INTRODUCTION

It is the role of MBSEF to promote amateur athletics and competition as a way to provide positive activities for the community. Our main concern is the development of the athlete as a whole. Winning is secondary to instilling a good work ethic and commitment towards personal achievement. Each athlete is required to participate in their own development and success.

MBSEF supports programs for developing athletes who want to compete in alpine, cross country, snowboard and cycling disciplines. Programs provide professional coaching, training and the competitive experience from athletes just beginning to race on through to those striving to make the US Ski Team. Programs include training sessions both on and off the hill to improve each individual's abilities in skiing/riding and racing. These activities encompass general fitness training and conditioning, on-snow drills, gate training, race rules, sports psychology and teamwork.

MBSEF's success is due to a number of groups and individuals who are directly related to the program:

Athletes: First are the approximate 500 alpine, cross country and snowboard racers enrolled in our various programs. Participants range from first grade to seniors in high school, including some post graduate athletes pursuing Collegiate and National Team participation.

Parents: Without parent support MBSEF could not exist. Not only do the parents support their children morally and financially, but we also ask them to volunteer their time in our various activities and events throughout the season.

Staff: MBSEF relies on a small professional and large volunteer staff. This mix of dedicated personnel provides the energy to coach programs and organize events at Mt. Bachelor and in Bend. All members of the coaching staff are well-qualified and trained in current teaching and racing techniques. It is the staff's responsibility to help guide, motivate and provide opportunities for each athlete to attain their goals.

Mt. Bachelor: The ski area provides us with the necessary training and racing sites for our programs. In addition, Mt. Bachelor provides financial support, hill preparation and much more, which allows MBSEF to be the best winter sports program in the United States.

For up-to-date information on programs, events and schedules, visit mbsef.org

<p>CONTACT INFORMATION</p> <p>MBSEF 563 SW 13th St #201 Bend OR 97702 Phone 541-388-0002 Fax 541-388-7848 Volunteer Hotline 541-385-1999 Web mbsef.org Email mbsef@mbsef.org</p>

<p>EMERGENCY CONTACTS</p> <p>Billy Farwig 541-490-1906 Nils Eriksson 541-480-6971 Dan Simoneau 541-350-9126 Coggin Hill 541-610-2556</p>

MISSION STATEMENT

Vision - Dedicated to the training, development, and support of athletes in competitive Alpine and Nordic Skiing, Snowboarding, and Cycling.

Mission - The mission of the Mt. Bachelor Sports Education Foundation is to be the Northwest's leading youth sports training organization, promoting the positive values of competitive sports including Alpine and Nordic Skiing, Snowboarding, and Cycling.

Philosophy - The guiding philosophy of MBSEF is to help student athletes achieve their individual athletic, academic, and personal goals by promoting these values: sportsmanship, self-discipline, performance goal setting, character building, and the pursuit of healthful lifetime activities.

GOALS AND OBJECTIVES

- Create and execute quality training and sports competition programs and events.
- Teach and instill the positive values of participating in competitive sports.
- Motivate students' scholastic achievement.
- Encourage a lifelong pursuit of physical fitness.
- Inspire the spirit of volunteerism and giving back to the community.
- Promote skiing, riding, racing and cycling at Mt. Bachelor and in Central Oregon.
- Maintain fiscal health.

MBSEF ADMINISTRATIVE OFFICE STAFF

Executive Director: Billy Farwig

MBSEF is excited to announce Bend resident, Billy Farwig as the new Executive Director of the organization. Billy has had a long history in Alpine Skiing having coached with the U.S. Ski Team Men's program, then as a World Cup Service Technician with Salomon International, then as the Race and Promotions Manager for Salomon North America. Last year, Billy was the assistant MBSEF Alpine Coach. MBSEF is looking forward to his leadership in taking MBSEF to the next level.

Events Director: Molly Cogswell-Kelley

Molly came on board as Events Director at the end of November 2005. For the previous four years, she had worked as the Events and Membership Director for the Redmond Chamber of Commerce and CVB. Molly will continue to build new relationships in the Central Oregon community and work with all the great people associated with MBSEF. Molly's responsibilities at MBSEF include securing sponsorships for our programs and races as well as planning and producing all fundraising events.

Membership Director & Office Manager: Kathy Kurtz

This is Kathy's 9th season with MBSEF as Membership Coordinator. She was Chief of Timing and Calculation at the mountain for the MBSEF alpine races from 1992 to 2002. Kathy is responsible for our membership and all program information that concerns any of the programs. She keeps track of over 500 MBSEF athletes and their families. She maintains our website, produces enrollment materials, program manual, "Ski Tracks" newsletter and coordinates distribution of all printed materials. As Office Manager she also can get you the answer to almost any question that you might have in regards to MBSEF.

Accounting Department: Carol Nelson

This is Carol's 9th year with MBSEF in our accounting department. She had been our Alpine Race Administrator since 1987. She is now responsible for the accounts payable and receivable for MBSEF and keeping us on track with our numerous accounts. If you have any questions concerning account statements, please contact Carol. It is Carol's intention to retire in February 2012, after proudly giving MBSEF 25 years of her service. We don't know what it will be like around here without Carol!

Payroll Department: Kristie Wild

Kristie has been helping out MBSEF for a number of years, wearing many different hats. Kristie has produced payroll, worked as volunteer coordinator for Pole Pedal Paddle and Skyliners Sports Swap, helped out at the annual Snowball for many years, and filled in for accounting when Carol is away. Thanks so much, Kristie, for all of your years of service!

HEAD ALPINE COACHES

Alpine Director: Nils Eriksson

Nils is in his 21st year as the Alpine Director. Nils oversees all aspects of the Alpine program. He was the 1995 PNSA Coach of the Year. Nils is an International USSCA certified coach and examiner, Step II certified in Sweden, ASEP certified. He is a former Continental Cup competitor for Sweden, then attended the University of Wyoming as one of the top NCAA Division I racers in the country during his collegiate career. Before retiring, Nils competed on the U.S. Pro Tour. Nils is married to former U.S. Ski Team athlete and fellow University of Wyoming Cowboy, Becky Eriksson.

Alpine FIS Team Coach: Pat Robson

Pat Robson is coaching again for his 15th year for MBSEF, and is our Full Time Program FIS Coach. Pat has coached MBSEF alums and current U.S. Ski Team members Tommy Ford and Laurene Ross. He was awarded the PNSA outstanding alpine coach of the year award in 2006/2007. Pat has also assisted the Alpine Race Department in previous years in putting on our quality races. Pat is originally from Minnesota, and has lived in Bend for the last 16 years. Welcome back Pat! It wouldn't be the same at MBSEF without you.

Alpine Race Director: Fred Shick

Fred, in his 25th season with MBSEF, is a USSCA National level certified coach and a certified French National Ski School Instructor. Fred is in charge of MBSEF's Alpine Race Department and is rated as one of the top race officials in the United States. When he is not involved in race production, he also serves as an alpine team coach.

Alpine Assistant Coach:

Alpine Race Administrator: Cheryl Puddy

This will be Cheryl's 4th year as alpine Race Administrator for MBSEF. Cheryl is responsible for registration of all racers. She produces all final race results for USSA, FIS and the MBSEF website. Cheryl has two daughters that have skied with MBSEF over the past 15 years, one now in college and one currently skiing as a J1. Cheryl also enjoys racing in the MBSEF Alpine Masters program. The Mike Puddy Memorial Ski Race, sponsored by The Bend Ski Club and MBSEF, is in honor of her late husband who served on the MBSEF Board of Directors.

Alpine Mini World Cup Head Coach: Mike Evans

Mike is our head coach for the Mini World Cup program. He started out as a Skyliner Alpine coach during the 1984-1985 ski season and has been coaching with MBSEF ever since. Concurrently, he has also worked for Mt. Bachelor in the Skier Development Program. He is a USSCA National level coach and a level 3 PSIA. Mike is a graduate from Wenatchee Valley College with an AA in Ski Instruction and Ski Area Management. Mike holds a Bachelor's Degree in Outdoor Recreation from Eastern Washington University.

HEAD CROSS COUNTRY COACHES

Cross Country Director: Dan Simoneau

This is Dan's 4th season with MBSEF heading up the Cross Country Department. Dan was on the U.S. Ski Team, and competed in three Winter Olympics: Lake Placid, Sarajevo, and Calgary, and three World Championships. He took the Silver Medal at the Swedish Ski Games in Sweden. Dan is the 2nd American, 1 of 6, to ever podium in a Cross Country World Cup. He is also an inductee in the Maine Sports Hall of Fame, and was PSNSA Coach of the year for the 2010-2011 season. Dan has served on the Board of Directors for the U.S. Ski Association, the U.S. Ski Team, and the U.S. Ski Education Foundation, as well as various national committees. Dan is a long time Bend resident and three time Pole Pedal Paddle champion. MBSEF is very fortunate to have Dan as our Nordic Director.

Cross Country Assistant Coach: Anna Schulz

Joining us this season is Assistant coach Anna Schulz. Anna is a small town Vermonter at heart with great values, a love for young skiers, and a constant smile. Anna was Captain of the Harvard ski team. Besides being able to teach Skyler and Javier to levitate above the trail, she's really good with teaching technique and is a wiz with kick wax. Anna recently wrote, "Coming from so far away, I have had the opportunity to watch MBSEF work from the perspective of an outsider. When you're in one place for awhile, you start to take certain things for granted, I think, or at least assume that what happens around you is normal. I'd like to assure you that whatever is going on in the MBSEF Nordic program, it's not normal at all, and I don't say that because it's quirky and sometimes a little wild. The program here is unusual because it has the best kids, the most supportive families, and the most positive energy that I've seen in a youth athletics program yet. At MBSEF, middle school boys willingly share cookies, kids from a half dozen different schools support each other without question, and everyone who comes to practice shows that they're excited about being there. Alone, those things are rare, but all together, it's just unheard of. As a result, going to practice and training with the Nordic crew is the best part of my day."

Race Director: Matt Plummer

As a racer himself, Matt brings a great deal of knowledge and experience to MBSEF. As owner of Central Oregon Racing, Matt puts on a variety of bike and foot races through the summer. Matt grew up skiing in Maine and Alaska, ran a nordic program in the Sierras, and coached multiple high school teams here in Oregon. Matt also earned his B.S. in Exercise Science and now teaches at COCC. Matt plans to bring a fresh approach and attitude to this year's Nordic race schedule.

SYP Assistant Coach: Jason Albert

This is Jason's 3rd year with MBSEF. Jason brings with him a love of teaching and seeking adventures in the outdoors. He grew up skiing on the East coast but migrated to the West twenty years ago. He is an avid Nordic and backcountry skier. Jason comes to us from Boulder, Colorado where he was a science teacher and outdoor-trip leader. His teaching experience brought him to Madagascar where he piloted a NASA data collection program for rural schools. Jason is excited to fuse his love of skiing and teaching to foster a dedicated group of young skiers.

Cross Country Race Administrator and Coordinator: Kelly Simoneau

This will be Kelly's 4th year helping MBSEF with the Cross Country Race Administration and Race Volunteer Coordinator. This position requires a person who can wear many different hats, and we are lucky to have Kelly in charge. Kelly created the first junior nordic program at Mt. Bachelor, which eventually evolved into MBSEF. She was a two times masters world cup gold medalist, and a former assistant coach at Montana State University, a Div 1 school. While on the Fischer/Salomon Marathon Team, she competed all over the country on the Great American Ski Chase circuit. Kelly also skied for renowned Coach Roger Gildersleeve at COCC. And somehow in this busy schedule, Kelly found time to raise three children!

HEAD FREERIDE SKI AND SNOWBOARD COACHES

Freeride Program Director: Coggin Hill

Coggin's first encounter on the snow was with a pair of skis. After a life changing ski lesson in a downpour singing Milli Vanilli's "Blame it on the Rain" he quickly learned that snowboarding was his true calling. He honed his skills on the slopes of 49° North and Schweitzer Mountain Resort during his youth in Spokane. When he moved to Bend for a change of pace in 2002 he found his niche coaching kids for Mt. Bachelor. Coggin has coached for all divisions of the snowboard program during the last 10 years and is now the Freeride Program Director. In the spring of 2010, Coggin, along with head coaches Adam Sather, Chris Smith and Chris Jordan, implemented a new coaches training program; the foundation of which was certifying all Freeride Development and Competition coaches with a level 1 AASI/PSIA certification.

Freeride Snowboard Competition Head Coach: Justin Schoonover

Justini received the Level III advanced freestyle accreditation at the AASI 3 day clinic at Stevens Pass, Washington in the spring of 2010. The advanced accreditation is the highest level of certification available in the NW division.

Freeride Snowboard Development Head Coach: Adam Sather

Adam Sather's competition days began in Springfield, Oregon. Competing in organized sports was a big part of his life from 1st grade through high school. He moved to Bend after high school to become a snowboard coach. Adam has placed high in many competitions. After 7 years of coaching at Mt. Bachelor and various resorts in Lake Tahoe, Adam became part of the stellar snowboard program at MBSEF. The kids warmed up to Adam right away and love riding with him. He is now in his 7th year with the Foundation. In the spring of 2010, Adam and all of our Freeride Competition coaches attained the highest level of Freestyle accreditation from AASI.

Freeride Snowboard Assistant Coach:

Freeride Ski Competition Coach: Chris Jordan

Chris received the Level III advanced freestyle accreditation at the PSIA 3 day clinic at Stevens Pass, Washington in the spring of 2010. The advanced accreditation is the highest level of certification available in the NW division.

Freeride Ski Development Head Coach: Chris Smith

Chris has 19 years ski/snowboard industry management experience. His credentials include a PSIA Level III Alpine Certification, Level I Telemark Certification, and an Advanced Freeride credential. He is currently a USASA Technical Supervisor, and an IJC Level C Judge. His background also includes program and curriculum development for all phases of skier improvement.

FACILITIES

MBSEF Office

Contact:

Office: (541) 388-0002

E-mail: mbsef@mbsef.org

Web: mbsef.org

Fax #: (541) 388-7848

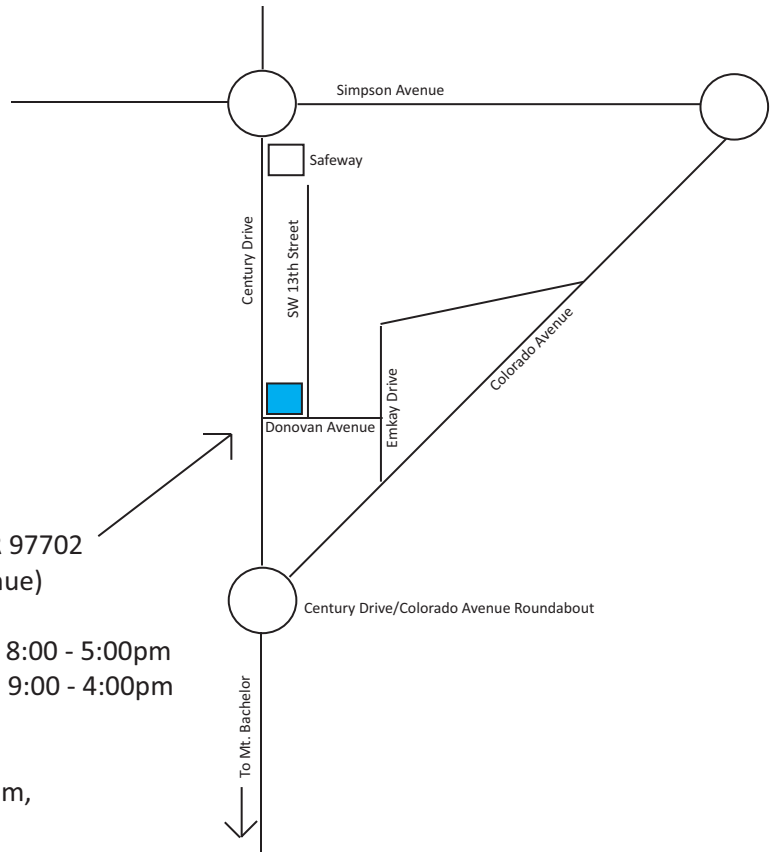
Volunteer Hotline #: (541) 385-1999

Location:

Physical/Mailing: 563 SW 13th Street, Suite 201, Bend, OR 97702
(located on the corner of Century Drive and Donovan Avenue)

Hours: September through May - Monday through Friday; 8:00 - 5:00pm
June through August - Monday through Friday; 9:00 - 4:00pm

Amenities: Staff Headquarters, Foundation Information, Program Registration, Lockers/Waxing Room, Meeting Room, Workout Facilities.



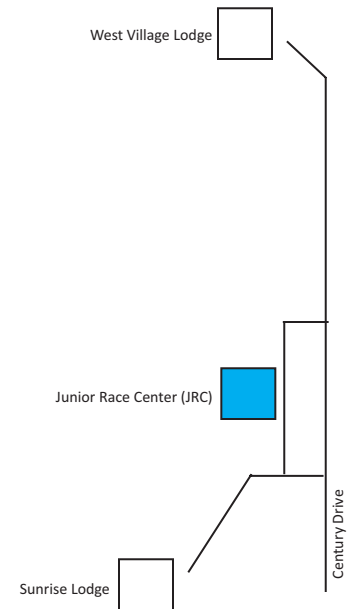
Junior Race Center (Formerly Called Blue Lodge)

Location: Mt. Bachelor Ski Resort

(Century Drive to Sunrise Lodge exit - veer right at fork to JRC)

Hours: (training season) 9:00am - 4:00pm

Amenities: Coaching Staff Office, Information Desk/Board, Food, Tickets.



Nordic Center

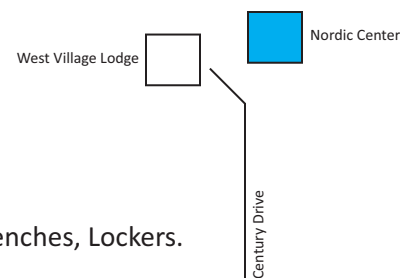
Contact: (541) 382-2607 x 2210

Location: Mt. Bachelor Ski Resort (Century Drive to West Village).

Nordic Center is located on the right when entering the West Village parking lot.

Hours: (training season) 8:00am - 5:00pm

Amenities: MBSEF Information Board (located on lower level), Food, Tickets, Wax Benches, Lockers.



BOARD OF DIRECTORS

Board of Directors Role

The MBSEF Board of Directors is comprised of committed individuals who support the sport of skiing and snowboarding in Central Oregon. Board members contribute a significant amount of time and resources to ensure the continuous operation of MBSEF activities. The make up of the Board reflects a mix of business, educational, professional, ski area and family interests.

Participation Requirements

The MBSEF Board meets 12 times a year and members serve three-year terms. Board members are encouraged to do as much as possible to help support the Executive Director and staff to accomplish the mission of the Foundation.

Current Board Members

Officers:

Chairman: Dennis Oliphant
Vice-Chairman: Howard Friedman
Treasurer: Kirk Schueler
Secretary: Kyle Wuepper

Staff:

Billy Farwig
Nils Eriksson
Dan Simoneau
Coggin Hill
Molly Cogswell Kelley

Emeritus:

Mike Lafferty
Jeff Robberson
Frank Cammack

Board of Directors:

Scott Agnew
Peter Carlson
Laura Cooper
Lea Hart
Don Horton
Dave Rathbun
Christian Schuster
David Stewart
Cara Walther

Legal Counsel:

Andrew Balyeat
Jeff Eager

PROGRAM ADVISORY COMMITTEES

The main function of the Program Advisory committees is to help the staff become aware of challenges or opportunities for MBSEF programs. Each committee is chaired by a current Board Member and include the Executive Director, Program Director/Head Coach, and a Mt. Bachelor representative.

Advisory Committee Role

- 1) Advise MBSEF staff on selected agenda issues
- 2) Act as sounding board to parents for questions and concerns
 - Answer questions or refer to MBSEF staff person
 - Present concerns to Advisory Committee
 - Discuss any challenges or opportunities that exist
- 3) Promote Coach and Executive Director interaction and communication for improvement of the program
- 4) Promote communication between MBSEF and Mt. Bachelor

Participation Requirements

Members of the Advisory Committee commit to attend meetings throughout the training season as needed (usually one per month). Meetings are generally held on a weekday evening. Members are encouraged to do as much as possible to help the staff achieve its mission. Anyone wanting to participate should contact the chairperson of the committee.

Cross Country Advisory Committee

Dennis Oliphant	MBSEF Board of Directors
Billy Farwig	MBSEF Executive Director
Dan Simoneau	MBSEF Nordic Director
Lea Hart	Nordic Parent
Teresa Cravens	Youth Nordic Coach
J.D. Downing	XC Oregon
Bart Bowen	Rebound Sports Performance
Charles Savage	Mt. Bachelor Rep
Peter Miller	Nordic Historian

Freeride Advisory Committee

Howard Friedman	Board Representative
Billy Farwig	Executive Director
Coggin Hill	Freeride Director
Chris Smith	Freeride Ski Head Coach
Justin Schoonover	Freeride SB Comp Coach
Adam Sather	Freeride SB Dev Coach
Chris Jordan	Freeride Comp Ski Coach
Chris Smith	Freeride Dev Ski Coach
Tom Lomax	Mt. Bachelor Rep
Renee Mansour	Freeride Ski Parent

Alpine Advisory Committee

Cara Walther	Chairperson
David Stewart	co-Chairperson
Billy Farwig	Executive Director
Nils Eriksson	Alpine Director
John Schiemer	Alpine Parent
Teresa Cravens	Alpine Parent
Tom Lomax	Mt. Bachelor Rep
Kyle Weiche	

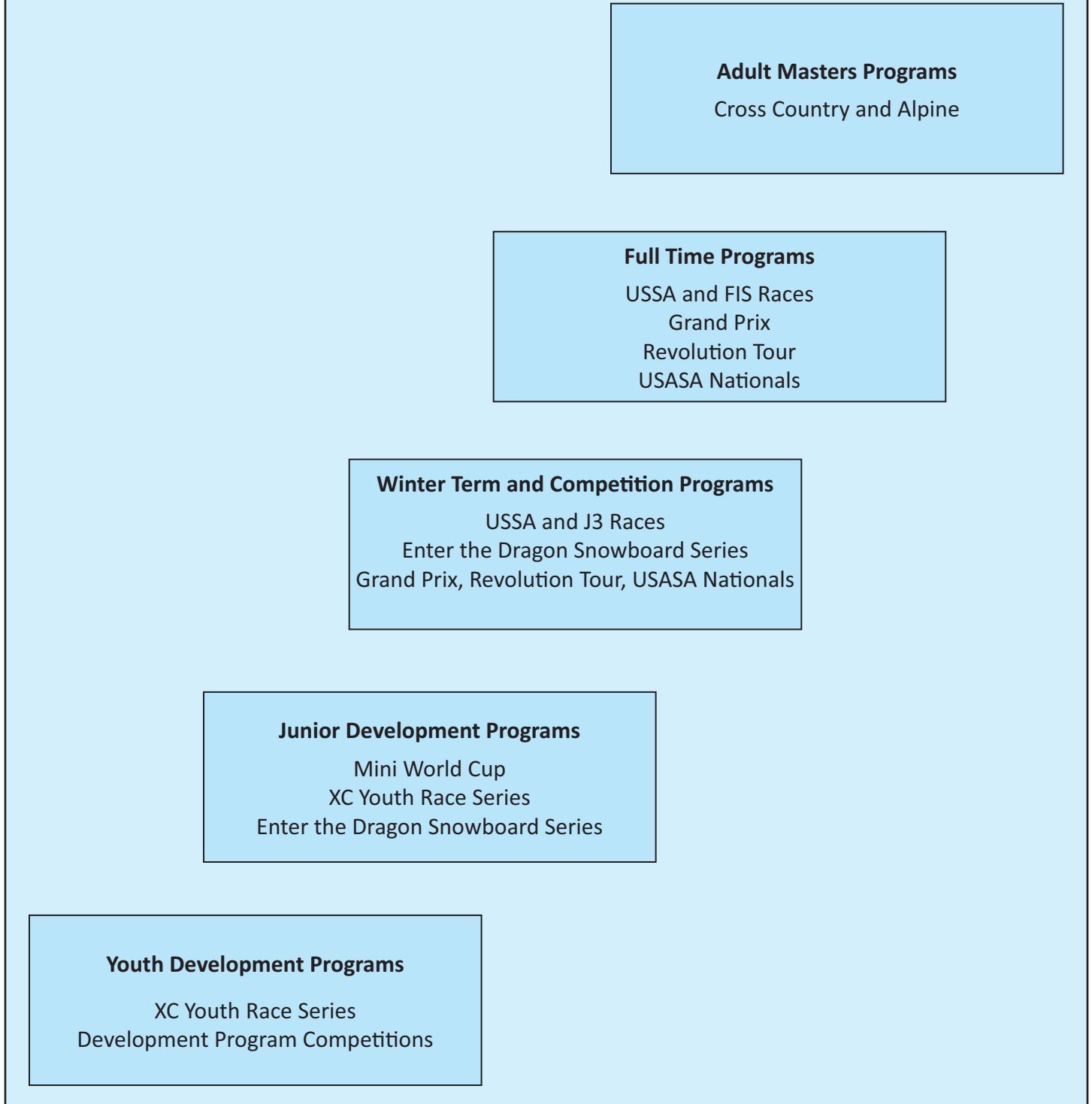
Cycling Advisory Committee

Kyle Wuepper	Chairperson
Bart Bowen	co-Chairperson
Billy Farwig	Executive Director
Michelle Bazemore	Cycling Director
Scott Agnew	Board
Howard Friedman	Board

2011-2012 JUNIOR PROGRAMS

Our nationally recognized Alpine, Cross Country and Freeride Ski and Snowboard Programs are designed for athlete participation in US Ski and Snowboard Association sanctioned events. Younger racers start out in the Development Programs and receive most of their competition experience through the Mini World Cup, XC Youth Race Series and the Enter the Dragon Snowboard Series, presented by High Cascade Snowboard Camp. Alpine Competition Program participants train up to 6 days per week and compete in the Northwest Cup series, many of which qualify for Junior Olympic competition and Western Region FIS events. Snowboard athletes compete in USASA sanctioned and USSA events.

MBSEF PROGRAM LADDER



MBSEF DEVELOPMENT PROGRAM SUMMARY

Our Development Programs are designed to teach young skiers and riders the skills that they need to become proficient at their sport. Our goal is to teach them how to compete safely and have fun as they progress through the various skill levels. Safety is always an important consideration when working with young skiers and riders; therefore, training sessions may be cancelled due to inclement weather and snow conditions. The following is a summary only. More specific details can be found in the MWC, Freeride & XC Youth Handbooks provided prior to the program start.

Racing

Athletes in the Development Programs compete in local Mini World Cup, XC Youth Race Series, Freeride ski and snowboard devo competition, and the Enter the Dragon Snowboard Series. Alpine racers are also eligible for the Buddy Werner Championship race held in March. The May Day races are held the last part of April at Mt. Bachelor and hosts Alpine and Cross Country racers from all over the Northwest.

Travel

All out of town travel will require parents to arrange for their child's transportation. Coaches will meet racers at the ski area on the morning of the race. You will be notified of the particular details of out of town races prior to the event. For the Buddy Werner Championships, a hotel will be designated as team lodging (lodging is optional).

Lift Tickets

All participants will be responsible for their own pass or tickets. Mt. Bachelor Inc. offers substantial savings to children 18 years and younger. If discounted passes were not purchased early, the MBSEF racer pass is available to purchase. (Page 45 for details on Racer Pass)

Equipment

All programs require that athletes have their own equipment (skis, snowboard, boots and poles). All Alpine racers must have an approved helmet for all races, and all Freeride Ski and Snowboard competitors must have an approved helmet for all competitions. Equipment can be obtained at considerable savings by attending the annual MBSEF Skyliners Winter Sports Swap in October. Local Central Oregon ski shops also offer a variety of lease programs for needed equipment.

Transportation

MBSEF does not have the capacity to provide transportation for skiers participating in any of the Development Programs. It is the responsibility of the participant and their family to provide transportation to and from Mt. Bachelor. Participants needing transportation can ride the Super Shuttle buses departing from the Mt. Bachelor Park & Ride lot. Check with Mt. Bachelor, Inc. for current schedule. Families are also encouraged to establish car pools to help with transportation.

MBSEF COMPETITION PROGRAM SUMMARY

Our Competition Programs are designed for athletes who are interested in testing their skills by pursuing Regional, National and International competition. These programs are set up to take young skiers and riders from participating in the local USSA races or Enter the Dragon competitions to contests on a Regional and National level through FIS and US Nationals. Many athletes that have been part of this program have gone on to receive NCAA Scholarships at major universities and have been selected to the US Ski & Snowboard Teams. The following is a summary only. More specific details can be found within this manual under each discipline: alpine, cross country and freeride ski and snowboard.

Racing

Athletes have the opportunity to compete in the PNSA scheduled races with the Northwest Cup races and Junior Olympic Qualifiers. Each athlete has a race schedule designed to help the racer attain his or her optimal skiing goals. There is a significant amount of time spent working with athlete management to ensure each competitor's success.

Licensing

All alpine competition athletes planning to compete in USSA/PNSA races must be members of USSA and hold a valid competitor's license. All freeride ski and snowboard athletes competing in USASA competitions must hold a USASA license.

Travel

Traveling to races is a coordinated effort. MBSEF travels to selected PNSA races and freeride ski and snowboard competitions as a group. Entries, lodging and transportation are coordinated through the Head Coach. All out of town trips are supervised by the coaching staff. We encourage all athletes to travel with and stay with the team at out of town races.

Lift Tickets

All participants will be responsible for their own pass or tickets. Mt. Bachelor Inc. offers discounts to children 18 years and younger. If discounted passes were not purchased early, the MBSEF racer pass is available to purchase. (see Page 45 for details on Racer Pass)

Equipment

All programs require that athletes have their own equipment (skis, snowboard, boots, poles and helmet). Equipment can be obtained at considerable savings by attending the annual MBSEF Skyliners Winter Sports Swap in October. Local Central Oregon ski shops also offer a variety of lease programs for needed equipment.

Transportation

MBSEF van transportation can be provided for competition and full time athletes for the season on a first-come first-serve basis, for a fee which is outlined on the Transportation Form. In order to reserve your space, you must complete the transportation form with your enrollment. Midweek middle school and high school athletes can be picked up from school. The vans return to the MBSEF office after training. On weekends, the vans depart from MBSEF and return to MBSEF after training.

ALPINE COMPETITION PROGRAMS

PROGRAM	AGE	ON-SNOW TRAINING	COMPETITION	DAYS	DATES	FEES
Full Time 5-6 Day	14-21	9:00-2:30 (Sat/Sun) 12:30-2:00 (Tue) 12:30-4:00 (Wed-Fri) Junior Race Center	USSA & FIS Races	Tue-Sun	Dryland Sep 13 On-Snow Nov 9	\$3,700
Winter Term 1 Day	13-19	9:00-2:30 Junior Race Center	USSA & J3 Races	Sat	Nov 26-Apr 1	\$980
Winter Term 2 Day	13-19	9:00-2:30 Junior Race Center	USSA & J3 Races	Sat and Sun	Nov 26-Apr 1	\$1,285
Winter Term 3 Day	13-19	9:00-2:30 (Sat/Sun) 12:30-4:00 (Thu) Junior Race Center	USSA & J3 Races	Sat, Sun, Wed orThu	Nov 26-Apr 1	\$1,495
Fall Dryland Conditioning	13-21	3:30-5:30 Mon-Fri	None	Tue-Sun	Sep 13-Nov 1	Included
Summer Training	13-21	9:30-11:30 Tue-Thu	None	Tue-Thu	Jun 15-Aug 30	\$115 COCC

Alpine Full Time

The Alpine Full Time program is designed for athlete participation in USSA and FIS events. Full Time athletes benefit from the expertise of MBSEF's USSCA certified staff. Coaches coordinate five to six days per week of on-snow and dryland training aimed at developing each athlete to their fullest potential. Our staff aids in the selection and maintenance of equipment and help athletes manage their race starts and travel schedules. MBSEF staff travel to divisional, regional and national races providing race support to ensure top performance. Many of our athletes have enjoyed success at the regional and national levels.

Alpine Winter Term

This program is designed for USSA members age 13-19 who want more training and competition options. One, two and three day training is offered and scheduled on Saturdays, Sundays and either Wednesday or Thursday afternoons for the three day option. Release from your school must be coordinated by you through your school. Athletes and coaches travel to select PNSA Open, Junior Olympic Qualifiers and Northwest Cup events. Winter and Spring Break Camps are included in the program at no extra cost.

Alpine Fall Dryland and Summer Training

These programs are designed for alpine members age 13-21 who want more training and the opportunity to stay active during the off season. Physical fitness is the foundation of elite skiing performance. Fatigue plays a major role in not only performance, but in causing injury. Off season training will keep you strong and fit, and ready for the upcoming ski season. Using diverse training tools and varied terrain, the program strives to provide a well-rounded approach to ski-specific fitness. Training will encompass gym workouts, aerobic training, swimming, interval training, core stability and postural control, strength training, mountain biking, hiking and ski-specific fitness training.

ALPINE YOUTH/DEVELOPMENT PROGRAMS

PROGRAM	AGE	ON-SNOW TRAINING	COMPETITION	DAYS	DATES	FEEES
Youth Mini World Cup 1 Day	7-14	9:00-2:30 Junior Race Center	Mini World Cup Races	Sat	Dec 3-Mar 30	\$715 (Plus \$150 refundable work deposit)
Youth Mini World Cup 1.5 Day	7-14	9:00-2:30 (Sat) 9:00-11:30 (Sun) Junior Race Center	Mini World Cup Races	Sat and Sun a.m.	Dec 3-Mar 30	\$915 (Plus \$150 refundable work deposit)
Youth Mini World Cup 3 Day	7-14	9:00-2:30 (Sat) 9:00-11:00 (Sun) 12:30-4:00 (Wed) Junior Race Center	Mini World Cup Races	Sat, Sun a.m., Wed p.m.	Dec 3-Mar 30	\$1,170 (Plus \$150 refundable work deposit)

Alpine Mini World Cup (MWC)

This program offers fun and excitement for junior skiers with training scheduled on Saturdays, Sunday mornings and Wednesday afternoons for the three day option. Wednesday athletes should be J4 or older, younger athletes must have coach approval for Wednesday training. The MWC program is recommended for young skiers who are comfortable skiing intermediate and/or advanced terrain. Athletes are grouped by age and ability to ensure a challenging, yet positive experience. They compete without the distraction of travel or incurring additional race expense. With the focus on fun and camaraderie, athletes share in the excitement of competition. Racers compete on teams in six competitions using a handicap system. Ski camps scheduled during the Winter break and Spring break are included in the program at no extra cost.

Alpine Equipment

An essential part of any sport is the equipment that an athlete uses. MBSEF coaches work with equipment manufacturers and shops to find the best possible price for full-time athletes. Many local shops offer MBSEF members a discount upon showing your MBSEF I.D. Card.. Most athletes can also find good equipment at low prices by buying equipment at the annual MBSEF Skyliners Winter Sports Swap. MBSEF coaching staff can assist you with equipment information and selection. Here are a few things to keep in mind when looking for equipment.

Skis

For J4's and younger, MBSEF recommends only 1 pair of skis. Once you become a J3, it is helpful, but not necessary, to have both SL and GS skis. Special skis for DH and Super-G are not essential, except for J1's and J2's who are actively competing in these events.

Boots

The properly fitted boot is critical to both comfort and performance. Avoid purchasing boots with the intent to grow into them. Boots should fit snugly with only one pair of socks. Beware of boots that are too stiff! Look for junior boots if you can fit in the sizing.

Bindings

Bindings should be selected according to the manufacturers and supplier's recommendations as to weight and ability. Please have a ski shop professional set the bindings. Coaches will avoid adjusting bindings.

Poles

Poles can be sized by holding the pole upside down with the top of the fist just under the basket. In a standing position the arm should create a 90 degree angle.

Clothing

Clothing should be purchased with Mt. Bachelor weather in mind. Each racer should have a parka, sweater, long underwear, turtleneck, hat, neck gaiter, ski pants, warm-ups, waterproof shell and gloves. One-piece downhill suits are great for the older competitors but are a luxury for the younger athletes. Bring a spare pair of dry gloves to the mountain.

Helmets

All racers must wear helmets while training or racing in Downhill, Super-G, Giant Slalom and Slalom. Therefore, it is recommended that careful consideration be given to the purchase of a helmet for all events. They should be of the hard shell design and made of durable materials and designed for alpine ski use. Helmets should fit snugly for optimum protection. Be aware that a helmet that has received a strong blow may fail with subsequent use. Younger athletes are required to wear helmets at all times while skiing.

Miscellaneous

Goggles will be required during training. You may not participate if wearing sunglasses. Please have two different lenses for your goggles: one pair of clear or amber lenses for poor visibility days and one pair of dark lenses for sunny days. Skin and lip care products should be used regularly while up at Mt. Bachelor. Wear a watch so you will not miss any of the fun!

Alpine Ski Tuning Supplies

It is recommended that Full Time athletes have an adequately equipped ski tuning kit. The importance of properly prepared skis cannot be over-emphasized.

Locked Tool Box	Jiffy Pad
Plastic Scraper(s)	Scotch Brite Pad
Cotton Tuning Gloves	Sandpaper (220 wet)
8 or 10 inch Files	File Card
Side Filing Tool	Boot Buckles
Spare Pole Baskets	Edge Stone
Waxes	Pair of Ski Vices
Paper Towels	Waxing Iron
Small Spring Clamp	Band-Aids

ALL PERSONAL EQUIPMENT SHOULD BE CLEARLY MARKED WITH THE ATHLETE'S NAME

We also recommend that every racer keep a record of the serial number of all skis.

Ski Equipment Maintenance

Regular maintenance of your equipment, from your clothing to your skis is in your best interest. The MBSEF coaches will be happy to assist you. Attend fall ski tuning clinics that are offered through our local ski shops.

Wax Room Access

Full Time athletes have use of the MBSEF wax room. Wax room will also be used on occasion for race team activities.

Alpine Race Series

MINI WORLD CUP

Athletes compete in a series of 5-6 races on teams that are selected at the beginning of the season. These races are run by parent volunteers of the athletes that compete in them. The goal of these races is to learn teamwork and to have fun.

BUDDY WERNER CHAMPIONSHIPS

A divisional championship series that is held in our PNSA division. Athletes must be J4 or J5 to be eligible. MBSEF will name a team of seven boys and seven girls from the results of the Mini World Cup series. (USSA YOUTH LICENSE REQUIRED)

PNSA J3 SERIES

All J3 athletes within the PNSA Division are eligible for these events. J3's go head to head in Slalom, GS and SG to determine who is the fastest. Athletes earn place points in each race they finish. Skiers with the most place points will be selected to compete at the Junior Olympics for PNSA. (USSA COMPETITORS LICENSE REQUIRED)

PNSA OPEN RACES

These races are open to all athletes J3 and older who have valid USSA licenses. Skiers from all over the division will compete for USSA points. Younger skiers will use this series as a stepping stone for the Northwest Cup races. (USSA COMPETITORS LICENSE REQUIRED)

NORTHWEST CUP

All athletes J3 and older who meet the qualifying criteria are eligible. This is a season long series where athletes compete for USSA points and for NWC titles attained through the accumulation of place points. Only the NWC Finals have a point criteria that athletes need to meet. If a NWC race is a FIS race, athletes must be FIS eligible to compete. (USSA COMPETITORS LICENSE REQUIRED or PROVISIONAL FIS NUMBER or FIS COMPETITORS LICENSE REQUIRED if the NWC is a FIS race)

JUNIOR OLYMPICS

This is the age specific championships for our region. There are Junior Olympics for J3, J2 and J1's. Each group will qualify through the PNSA races. J1's & J2's are combined and qualify through the Northwest Cup series. J3's qualify through the PNSA J3 series. The goal of the Junior Olympic races is to provide head to head competition for athletes at the J3 level from all across the Western Region, and for J2 and J1 competitors at National competition. (USSA COMPETITORS LICENSE REQUIRED)

REGIONAL FIS RACES

Athletes must qualify for this series either by being a regional automatic or through the PNSA divisional quota. Athletes accumulate series points that make them eligible to compete at National FIS races and the US Nationals. (PROVISIONAL FIS NUMBER or FIS COMPETITORS LICENSE REQUIRED)

Sign Up Process for Team Races (Competition Programs)

MBSEF coordinates most races that athletes will be involved in. This makes it easier for coaches to know which athletes are going where. Coaches will distribute or post a "Team Travel Competition Information" sheet approximately two weeks prior to the event. This information sheet lets the athletes know that the coaches are ready for them to sign-up for the event. Located in the MBSEF office is the "Trip Book". To sign up for the race, place your name on the specific race sheet indicating you want to be included on the team entry and mark if you need transportation and lodging. Exact costs for each item will be indicated on the race sheet. All races will have a sign-up deadline. All fees are due to the MBSEF office at least 24 hours prior to van departure.

Race Expenses

Entry Fee - This will vary from race to race.

Alpine - Usually varies from \$20 to \$35 per race (there are usually two races per weekend). Downhill and Super-G's tend to be more expensive because of preparation time of the race course.

Transportation - MBSEF owns six 15-passenger vans. The cost to the athlete is approximately 7 cents per mile to ride in the van.

Lift tickets

Alpine - Athletes will have to purchase a lift ticket for the area where they are racing. Ski areas usually sell racer passes for 2/3 of the normal rate.

Food - Athletes need to eat well while competing. It should cost about \$25 per day if an athlete is thrifty.

Hotel - The more athletes that can share a room the less expensive it becomes. Most hotel situations have two queen size beds. Each bed can sleep two athletes. MBSEF coaches will arrange the rooming lists to pair compatible roommates. All athletes are responsible to pay for any incidental or damage charges upon checkout.

You should budget an average \$100-125 per race (\$200-250 per weekend) for out-of-town Alpine races.

Cross Country Competition Programs

PROGRAM	AGE	ON-SNOW TRAINING	COMPETITION	DAYS	DATES	FEES
Full Time 5-6 Day	14-19	3:15-5:30 Sep 6-Nov 11 3:30 Nov 15-Mar 31 9:45-12:00 Sat/Sun Nordic Center	Local, Regional and National USSA Races	Tue-Sun (Off Mon)	Sep 6-Mar 31	\$1,750
High School Winter Term 1,2,3, or 4 Day	14-19	3:30 on snow Nov 15- Mar Tu/Th/Fr 2:00 on snow Wed 9:45 on snow Sat/Sun Nordic Center	Local & Regional USSA Races	Tue-Sun (Off Mon)	Nov 15-Mar 31	\$435 1 Day \$625 2 Day \$795 3 Day \$895 4 Day
Fall Training (Dryland)	13-19	3:15-5:30 Tue-Fri 10:00 Sat/Sun MBSEF	N/A	Tue-Sun	Sep 6- Nov 11	\$300
Middle School 1,2,3, or 4 Day	11-14	3:15-6:00 Tue/Thu 9:45-11:45 Sat/Sun Nordic Center	Local & Regional USSA Races	Tue, Thu, Sat, Sun	Nov 15-Mar 13	\$435 1 Day \$625 2 Day \$795 3 Day \$895 4 Day
MS Fall Conditioning (Dryland)	11-14	3:15-5:30 Mon/Wed MBSEF	N/A	Mon and/ or Wed	Sep 7-Nov 14	\$130 1 Day \$200 2 Day

Nordic Full Time

This program is designed to help skiers between the ages of 14 and 19 grow athletically, academically and personally through their pursuit of excellence in cross country skiing. Through goal setting, open communication, and personalization, and interaction with the community the MBSEF staff will create a program that will continuously help skiers grow, mature, and find success. Full Time skiers will be part of seven months of organized ski training with 5-6 days of organized, supported, and monitored dryland and on-snow coaching. In addition the coaches will assist skiers in the selection and maintenance of equipment, planning an appropriate race schedule, and balancing social, academic, and personal demands with their athletic pursuit. MBSEF coaches will coordinate with a skiers high school program to maximize the skiers development physically, technically, and competitively.

Nordic High School Winter Term

High School skiing is an important part of most skier's development. The High School Winter Term Program is specifically designed to bring motivated skiers together to supplement their high school program, to train with other highly motivated skiers, and accelerate their development. The program has flexibility of schedule and a training plan which allows skiers to maximize their progress in the sport while competing as part of their high school team. J2 skiers preparing for Junior Olympic Qualifiers who are still in Middle School are eligible for this program. This program focuses on a systematic improvement of all techniques, developing a well-rounded education of the sport, developing an understanding of training planning and training principles, developing an understanding and learning to practice proper equipment care, and coordination of training with the skiers other sports activities. Skiers will generally train with the Full Time skiers on a workout designed for their specific needs. Skiers can choose a 1, 2, 3, or 4 day/week program. You may choose a 2-day program, and go Tuesday/Thursday one week, and Wednesday/Saturday the next week, etc. Skiers can choose the days of the week that best compliment their other activities.

Full Time/High School Winter Term Fall Training (Dryland)

The Cross Country Fall Training program is designed to prepare Nordic skiers age 13 to 19 (J3 and above) for the upcoming ski season. Whether skiers want improve on last year's results or continue building a base from a summer of training, or prepare for the upcoming High School season, the fall training program will most certainly pave a smooth transition onto the snowy trails. Using diverse training tools and varied terrain, the program strives to provide a well-rounded approach to ski specific fitness. This program is the perfect preparation for skiers enrolling in the High School/Winter Term Cross Country program. Highly motivated Middle School Skiers can participate in this program with coach's approval. For skiers in fall sports, MBSEF coaches will work with the skier to create a custom fall program to supplement their fall sports activity.

Nordic Middle School

The MBSEF Cross Country Middle School Program is designed for young people ages 11-14 in the 6th, 7th or 8th grade. A limited number of younger experienced skiers will be accepted into the program. The program is for competitive and non-competitive skiers. The program offers an accommodating schedule where skiers can choose 1-4 sessions per week with session options on Tuesday, Thursday, Saturday, and Sunday. Over the course of the season, skiers will follow a progressive program designed to develop their physical fitness, knowledge of the sport, and classic and skating technique.

Flexible classic and skating sessions. The schedule and locations of classic and skating days will be continuously adjusted to ensure skiers have the most successful skiing experience possible while also learning both classic and skating technique. Skiers do need to learn to ski classic and skating in any weather situation, but they also need to have successful skiing experiences. To accomplish both goals, the schedule of classic and skating sessions will be continuously updated according to weather and skiing conditions.

Nordic MS Fall Conditioning (Dryland)

The Nordic Middle School Fall Conditioning Program is for motivated athletes ages 11-14 preparing for the Nordic season. MBSEF will also welcome non-skiers who are looking for improved fitness and outdoor experiences. Participants are picked up from their schools by MBSEF coaches and returned to the MBSEF office after training. Individuals who are focused on Nordic skiing and looking for more advanced training from Tuesdays through Saturdays, consider signing up for the MBSEF Fall Training Program. Full details are available at www.mbsef.org for all programs. Participants can chose one or two day options, Mondays and/or Wednesdays. For flexibility purposes, Monday athletes can switch to Wednesday with advance notice to MBSEF. Participants will be picked up from their schools at starting at 2:45pm and returned to MBSEF at 5:30pm. Activities will include strength training, core training, hiking, running, ski bounding, games, and roller skiing. Visit www.mbsef.org Nordic home page for a complete training schedule.

Cross Country Youth Development Program

PROGRAM	AGE	ON-SNOW TRAINING	COMPETITION	DAYS	DATES	FEES
Stevenson Youth Development Program	7-11	9:15-11:00 Cl 9:30-11:00 Sk Nordic Center	Optional	Sat and/or Sun and/or Wed	Dec 27-29 Camp thru Mar 11	\$185 1 Day \$295 2 Day \$395 3 Day

Stevenson Youth Program (SYP)

This program (SYP) is designed to foster a lifelong appreciation for the sport of cross country skiing, a love for the outdoors, and a basic understanding of our amazing winter environment. In the SYP skiers in 2nd through 5th grade, (ages 7-11) will participate in a 3 day Winter Camp followed by 10 Wednesdays, 10 Saturdays, and/or 10 Sundays, of progressive, age appropriate activities that will develop their XC skiing skills, fitness, environmental awareness, and love for the outdoors in a safe, fun, and challenging environment. SYP participants play group games, embark on trail adventures, experiment with racing, learn how to take care of their equipment and ski in small groups based on age, focus and ability.

Again This Year: Flexible Classic and Skating Sessions. It is critical that these young skiers have successful skiing experiences and at times the weather in the Cascades can make that a challenge. To accomplish this, MBSEF will announce the schedule of classic and skating sessions by email and on the MBSEF Nordic Calendar (based on weather reports, grooming, etc.) before each weekend. There does come a point where skiers need

Cross Country Equipment

Boots

Needs: For older Juniors, it is nice to have separate skating and classic boots for increased performance. Younger skiers with growing feet should purchase a pair of combination (combi) boots that can be used for both skate and classic techniques.

Fitting: Ski boots should fit like a running or tennis shoe. Make sure they fit well, but are not too tight. If you like to wear thicker socks in the winter, take your socks with you when you are looking for boots.

Skis

Needs: Older Juniors should have separate skating and classic skis. Having two pair of skis allows for better performance and easier ski maintenance. Younger athletes who are still growing can get by with a pair of combi skis that can be used for both techniques. If you have a chance, pick waxable skis over waxless (or fish scale skis). It is very hard to skate on waxless skis. Coaches will assist program members to wax their skis on training days.

Fitting: Ski length is directly related to the flex of the ski. For example, a longer ski has to have a softer flex in order for the skiers weight to be distributed evenly. Skating skis are usually just taller than an athlete and classic skis another 10-15 cm taller than the skating skis. FLEX IS MUCH MORE IMPORTANT THAN LENGTH. One way to decide whether a ski flex for classic skis is right for you is to place the two bases together and see if you can fully compress the camber of the skis using both hands. If you can just close the camber, then the flex is probably right for you. If you can't close the camber, the ski is too stiff. If it closes without maximum effort, the ski may be too soft. Skating skis are generally stiffer than classic skis (usually about 90 - 100% of skiers total weight).

Poles

Needs: It is important to have both skating and classic poles. The different lengths are crucial for developing good technique in the two techniques. The most important part of the pole is a quality strap.

Fitting: Classic poles are fit best between top of shoulder and armpit (feel for the bone). Skating poles are around 10 cm taller than that; somewhere between chin and mouth. If your child is growing quickly, they can be a few centimeters longer. Remember skate poles will eventually be converted to your child's classic poles.

Clothing

This sport requires some specialized or winter athletic wear. Cotton should never be worn for winter workouts! Layering is key!

- Polypropylene, or other synthetic, under layers - preferably at least two pairs in order to alternate days and to be able to put on a dry layer for warm-downs/spectating after races. Wind-briefs, jog-bras, pants and tops are all required.
- Lycra or thin synthetic second layer
- Wind and rain resistant third layer (not always worn, but should always be available)
- Dry shirt for after skiing
- Two hats - a thinner synthetic hat for workouts; a thicker wool or synthetic hat that is worn before and after the workout.
- Gloves - fabric-backed, leather palmed gloves are best with just enough room for polypropylene liner gloves underneath on colder days.

Cross Country Ski Waxing Supplies

Full-time athletes should begin to put together their own wax box. (A fishing tackle box or tool box works great for this purpose). The box should contain the following items:

1. Plastic scraper
2. Plastic groove scraper (klisters spreaders work best)
3. Several sheets of Fibertex
4. A small roll of Fiberlene
5. Nylon brush
6. Synthetic cork
7. Putty Knife (from hardware or paint store, soft blade)
8. Small bottle of wax remover (preferably citrus)
9. Assorted hard kick waxes (pick a brand and get to know it - Swix is an easy one)
10. Assorted klisters (same as above)
11. Assorted parafin glide waxes to use for everyday ski maintenance (don't mess with flouorocarbons)

Competition athletes and younger should begin to acquire items 1,2,6,9,10 and 11 from this list. Don't rush out and buy all of these items for a new skier. You can gradually accumulate these items over several seasons.

Ski Preparation

Skis should be waxed every two to three times that they are skied on, depending on abrasiveness of the snow. Modern waxes are very durable under normal conditions. The most common mistake in waxing is using TOO MUCH HEAT on the skis. Make sure that your iron is just hot enough to melt the wax. The white surfaces that show up on carbon ski bases after limited skiing are due to the fusing of the base by an iron that is too hot, and not due to a lack of waxing. Older juniors that ski more need to wax more often in order to keep racing skis performing as they should. New racing skis need multiple waxings before they can be skied on.

Kick wax should always be removed before glide waxing. For most removal needs, use a low level heat source (like a heat gun) and a soft putty knife to remove kick wax. Both a heat gun and a putty knife can damage a ski's base so keep heat settings low and be careful not to gouge the ski base with the putty knife. Use wax remover sparingly as it does eventually weaken the wax pockets ability to hold kick wax.

Wax Room Access

Full-time athletes have use of the MBSEF wax room and other athletes, space permitting. The wax room will also be used on occasion for race preparation.

Cross Country Race Series

STEVENSON YOUTH EVENTS

These are local events put on by MBSEF at the Mt. Bachelor Nordic Center for elementary and middle school-aged skiers. The focus of these events is team-oriented, competitive and non-competitive skill development and testing within an exciting and challenging atmosphere.

LOCAL CITIZEN RACES

These are local races put on by MBSEF at the Mt. Bachelor Nordic Center and are designed for J3's, J2's, J1's, OJ's, Seniors and Masters. These races are an excellent opportunity to get lots of race starts at a low cost. Our premier citizen's race is the Cascade Crest Tour and the US Bank Great Nordeen.

JUNIOR NATIONAL QUALIFIERS

These races are for middle school and high school-aged skiers and are typically held over four weekends spaced evenly throughout the winter. These races are held in Washington, Oregon, and Idaho and are used to select a Pacific Northwest Team to attend the Junior National Championships. (USSA COMPETITORS LICENSE REQUIRED for racers J2 and above)

JUNIOR NATIONAL CHAMPIONSHIPS

These races represent the highest level of junior competition in the country. Individual athletes compete for themselves, their club, and their division against the best cross country skiers in the country. A top goal of the MBSEF program is to prepare young skiers to be competitive at this event. (USSA COMPETITORS LICENSE REQUIRED)

FIS RACING

These races are top national-caliber races which are held throughout the winter. Competitors at the events often include top racers from USA and abroad. These races are appropriate for upper level high school-aged athletes and are excellent preparation for JOQs, Junior Nationals, and World Junior Trials due to the higher level of racing at these competitions. (USSA COMPETITORS LICENSE REQUIRED)

JUNIOR WORLD TRIALS / CHAMPIONSHIPS

Occasionally, an athlete will develop the skills, talent and dedication to be one of the top juniors in the country and possibly in the world. These athletes will attend the World Junior Tryouts, usually held in conjunction with the US Ski Team Trials, and hopefully qualify to represent USA at the World Junior Championships. The Championships are held in a different location in the world every year. (USSA COMPETITORS LICENSE REQUIRED)

SENIOR NATIONAL CHAMPIONSHIPS

These races represent the highest level of senior competition in the country and are an excellent racing opportunity for the advanced high school-aged athlete. They are held in a different location each year. (USSA COMPETITORS LICENSE REQUIRED)

Sign Up Process for Team Races (Competition Programs)

MBSEF coordinates most races that athletes will be involved in. This makes it easier for coaches to know which athletes are going where. Coaches will distribute or post a "Team Travel Competition Information" sheet approximately two weeks prior to the event. This information sheet lets the athletes know that the coaches are ready for them to sign-up for the event. Located in the MBSEF office is the "Trip Book". To sign up for the race, place your name on the specific race sheet indicating you want to be included on the team entry and mark if you need transportation and lodging. Exact costs for each item will be indicated on the race sheet. All races will have a sign-up deadline. All fees are due to the MBSEF office at least 24 hours prior to van departure.

Race Expenses

- Entry Fee: This will vary from race to race. Cross Country usually varies from \$5 to \$25 per race.
- Transportation: MBSEF owns seven 15-passenger vans. The cost to the athlete is approximately 7 cents per mile to ride in the van.
- Trail passes: Trail passes are usually included in the event entry fee.
- Food: Athletes need to eat well while competing. It should cost about \$25 per day if an athlete is thrifty.
- Hotel: The more athletes that can share a room the less expensive it becomes. Most hotel situations have two queen size beds. Each bed can sleep two athletes. MBSEF coaches will arrange the rooming lists to pair compatible roommates. All athletes are responsible to pay for any incidental or damage charges upon checkout.

You should budget an average of (\$120-140) for an out-of-town weekend for Cross Country.

Freeride Ski Competition Programs

PROGRAM	AGE	ON-SNOW TRAINING	COMPETITION	DAYS	DATES	FEES
Freeride Ski Competition Program 1,2,3 Day	10-19	10:00-3:00 Sat/Sun 12:30-4:00 We/Th/Fr Junior Race Center	Local, Regional and National USASA	Wed/Thu/ Fri/Sat/Sun	Dec 3-Mar27	\$ 980 1 Day \$1,235 2 Day \$1,440 3 Day
Fall Conditioning	11+	MBSEF	N/A	Mon/Tue/ Wed/Fri	Oct 10-Nov 18	\$90 1 Day \$140 2 Day \$180 3 Day \$250 5 Day

Freeride Competition Ski Team

Freeride Competition Ski Team Riders train with professional coaches to improve their freestyle riding while learning the fundamentals of freeride competition. MBSEF provides a coaching staff with the highest level of freestyle accreditation from the Professional Ski Instructors of America (PSIA).

On-snow training focuses on all aspects of freeriding including slopestyle, halfpipe, and all-mountain freeriding skills. Riders are taught contest run design, competition strategies, and sportsmanship. Riders are encouraged to compete. Coaching will be provided at competitions. Riders are grouped with others of similar ability and age.

One, two, and three day options are available, Wednesday, Thursday, Saturday, and Sunday. Weekend training times are 10:00-3:00. Midweek training times are 12:30-4:00. Midweek riders need to arrange early release with their school. Training will skip Christmas and New Years weekends. Winter Camp and Spring Camp are included at no charge.

The Freeride Competition Ski Team is a goal-oriented program for motivated riders who want to train for local competitions, and also at the regional and national level. In addition to competing in Enter the Dragon events, the Freeride Competition Team also attends USASA regional events (Hood Series), USASA Nationals at Copper Mountain, Colorado, and other regional non-sanctioned competitions. Enter the Dragon competition fees and all travel fees are not included in the MBSEF enrollment fee.

Freeride Dryland Conditioning

Dryland Conditioning is strongly encouraged (unless you are participating in an organized school or other sport) for Freeride Competition Ski Team riders age 11 and up. Physical fitness is the foundation of elite skiing performance. Fatigue plays a major role in not only performance, but in causing injury. Off season training will keep you strong and fit, and ready for the upcoming season.

Freeride Snowboard Full Time Program

PROGRAM	AGE	ON-SNOW TRAINING	COMPETITION	DAYS	DATES	FEES
Freeride Snowboard Full Time Team	13-21	12:30-4:00 We/Th/Fr 10:00-3:00 Sat/Sun Junior Race Center	Local, Regional and National	Wed/Thu/ Fri/Sat/Sun	Dryland Sep 19 On-Snow Nov 9- Apr 12	\$3,200

Freeride Full Time Snowboard Team

This is our elite team for very motivated riders with the desire to train for and compete in high level competitions. Full Time Team riders train with top-level professional coaches to improve their riding while learning advanced principles of

snowboarding competition. This program is primarily designed for athlete participation in USSA and FIS competitions. Riders focus on qualifying for events such as Grand Prix, Junior Worlds, US Open, USASA Nationals, and other events. Qualification to USASA Nationals via regional series may be attempted if scheduling allows. On-snow training will focus on all aspects of snowboarding including slopestyle, halfpipe, gates, and all-mountain freeriding skills. Riders are coached in contest run design, competition strategies, board tuning/waxing, nutrition, exercise, sports psychology, and sportsmanship. Coaching and athlete support will be provided at scheduled competitions.

On-snow training days are Wednesday through Sunday. Weekend training times are 10:00-3:00. Weekday training times are 12:30-4:00. Training will skip Christmas and New Years weekends. Full Time Program athletes begin dryland conditioning in mid-September and on-snow training begins when Mt. Bachelor opens for the season. Lockers and wax room facilities provided.

Freeride Snowboard Competition Programs

PROGRAM	AGE	ON-SNOW TRAINING	COMPETITION	DAYS	DATES	FEES
Freeride Snowboard Competition Team 1,2,3 Day	10-19	12:30-4:00 We/Th/Fr 10:00-3:00 Sat/Sun Junior Race Center	Local, Regional and National	Wed/Thu/ Fri/Sat/Sun	Dryland Oct 16 On-Snow Dec 11- Mar 22	\$ 980 1 Day \$1,235 2 Day \$1,440 3 Day
Fall Conditioning	11+	MBSEF	N/A	Mon/Tue/ Wed/Fri	Oct 10-Nov 18	\$90 1 Day \$140 2 Day \$180 3 Day \$250 5 Day

Freeride Competition Snowboard Team

Freeride Competition Snowboard Team riders train with professional coaches to improve their freestyle riding while learning the fundamentals of snowboarding competition. MBSEF provides a coaching staff with the highest level of freestyle accreditation from the American Association of Snowboard Instructors (AASI).

On-snow training focuses on all aspects of snowboarding including slopestyle, halfpipe, gates, boardercross, and all-mountain freeriding skills. Riders are taught contest run design, competition strategies, and sportsmanship. Riders are encouraged to compete. Coaching will be provided at competitions. Riders are grouped with others of similar ability and age.

One, two, and three day options are available, Wednesday, Thursday, Saturday, and Sunday. Weekend training times are 10:00-3:00. Midweek training times are 12:30-4:00. Midweek riders need to arrange early release with their school. Winter camp and spring camps are included at no charge. A competition and training schedule will be provided on-line at www.mbsef.org.

The Freeride Competition Snowboard Team is a goal-oriented program for motivated riders who want to train for local competitions, and also at the regional and national level. In addition to competing in Enter the Dragon events, the Competition Team also attends USASA regional events (Hood Series), USASA Nationals at Copper Mountain, Colorado, and other regional non-sanctioned competitions. Some riders will be encouraged to compete in the regional USSA Revolution Tour competition. Enter the Dragon competition fees and all travel fees are not included in the MBSEF enrollment fee.

Freeride Dryland Conditioning

Dryland Conditioning is strongly encouraged (unless you are participating in an organized school or other sport) for Freeride Competition Snowboard Team riders age 11 and up. Physical fitness is the foundation of elite skiing performance. Fatigue plays a major role in not only performance, but in causing injury. Off season training will keep you strong and fit, and ready for the upcoming season.

Freeride Ski Development Programs

PROGRAM	AGE	ON-SNOW TRAINING	COMPETITION	DAYS	DATES	FEES
Freeride Ski Development Program 10 Week	8-14	10:00-3:00 Sat/Sun Junior Race Center	2 Fun, Program Contests	Sat and/or Sun	Jan 7-Mar 11	\$475 1 Day \$850 2 Day

Freeride Development Ski Team

This is the foundation of the MBSEF Freeride Ski Team. Skiers develop their freeriding skills and are introduced to the fun of competition. The focus of this program is to have fun in a safe environment while taking your skiing to the next level. MBSEF provides a coaching staff certified by the Professional Ski Instructors of America (PSIA).

The Freeride Development Ski Team is designed to progress and develop skills and to produce well-rounded all-mountain skiers. Training focuses on terrain park, halfpipe, rails, and freeriding skills. Skiers are grouped with others of similar age and ability. This is a ten week program held on Saturday and/or Sunday.

There will be two contests during the season for all Freeride Development Ski Team members. The competitions focus on fun and camaraderie. Skiers are encouraged to participate in these competitions. Contest dates and schedules will be announced during the program.

Freeride Snowboard Development Programs

PROGRAM	AGE	ON-SNOW TRAINING	COMPETITION	DAYS	DATES	FEES
Freeride Snowboard Development 10 Week	8-14	10:00-3:00 Sat/Sun Junior Race Center	2 Fun Program Competitions	Sat and/or Sun	Jan 7-Mar 11	\$475 1 Day \$850 2 Day

Freeride Development Snowboard Team

This is the foundation of MBSEF Snowboarding. Riders ages 8 - 14 develop their freestyle riding skills and are introduced to the fun of snowboard competition. The focus of this program is to have fun in a safe environment while taking your riding to the next level. MBSEF provides a coaching staff certified by the American Association of Snowboard Instructors (AASI).

The Freeride Development Snowboard Team is designed to progress and develop freestyle skills and to produce well-rounded all-mountain riders. Training focuses on terrain park, halfpipe, rails, and freeriding skills. Riders are grouped with others of similar age and ability. This is a ten week program held on Saturday and/or Sunday. On-snow times are 10:00-3:00 for all days.

There will be two contests during the season for all Freeride Development Snowboard Team riders. The competitions focus on fun and camaraderie. Riders are encouraged to participate in the competitions. Contest dates and schedules will be announced during the program.

Freeride Equipment

Freeride Equipment

An essential part of any sport is the equipment that an athlete uses. Regular maintenance of your equipment, from your clothing to your skis and snowboard is in your best interest. Please attend any fall tuning clinics that are offered through our local shops. Most athletes can find good equipment at low prices by buying equipment at the annual MBSEF Skyliners Winter Sports Swap or by knowledgeable staff at Central Oregon's local ski and snowboard shops. Following are a few things to keep in mind when looking for equipment.

Skis and Snowboards

MBSEF coaching staff can assist you with equipment information and selection to ensure the athlete has the proper type of equipment for their specific program.

Boots & Bindings

The properly fitted boot is critical to both comfort and performance. Avoid purchasing boots with the intent to grow into them. Boots should fit snugly with only one pair of socks. The boot may be specific to a binding system or type of ski and snowboard.

Clothing

Clothing should be purchased with Mt. Bachelor weather in mind. Each athlete should have a parka, sweater, long underwear, turtlenecks, hat, neck gaiter, warm-ups, waterproof shell and gloves. A spare pair of dry gloves is recommended.

Helmets

Athletes are required to wear helmets at all times when riding. Therefore, it is recommended that due care be given to the purchase of a helmet for comfort. They should be of the hard shell design and made of durable materials and designed for snowboard or ski use. Helmets should fit snugly for optimum protection. Be aware that a helmet that has received a strong blow may fail with subsequent use. Helmets are required for all competitions. Goggles to be worn with strap on the OUTSIDE of the helmet.

Miscellaneous

Goggles are an essential part of equipment needed on Mt. Bachelor. It is a good idea to have two different lenses for your goggles. Skin and lip care products should be used regularly while up at Mt. Bachelor. Wear a watch so you will not miss any of the fun! Mark personal equipment clearly with the athlete's name.

Freeride Competition Series

Enter The Dragon

All Competition Program athletes are encouraged to compete in Enter The Dragon at Mt. Bachelor, consisting of slopestyle, giant slalom, SBX, and halfpipe contests. These competitions are open to all age groups and all ability levels. Points earned in these local competitions are used to qualify for Nationals. Coaches will be at the competitions for support and advice.

Contest Sign Up Process for Enter the Dragon:

Athletes should preregister for all six competitions. Registration forms are available through High Cascade Snowboard Camp and can be picked up and dropped off at Side Effect Board Shop. Registration can also be done the morning of an event, however, a parent or guardian must be present to sign the liability release. Athletes will meet at the designated check in area between 8:00 - 8:15 a.m. the morning of each competition.

Hood Series

Competition Program athletes who want to compete at the Hood Series travel as a group to Timberline for competitions in giant slalom, halfpipe, slopestyle, and SBX. Coaches will be at the competitions for support and advice. Remember, the more competitions you enter, the better your chance of qualifying to go to Nationals!

USSA Revolution Tour

MBSEF Competition Program athletes will have a chance to travel as a group to selected Rev Tours. For age 13/15+ athletes. Coaches will be at the competitions for support and advice.

USASA Nationals

USASA Nationals is open to all qualifying competitors. Coaching and travel arrangements for riders will be made through MBSEF. Coaches will be at the competitions for support and advice. The 2011 USASA Nationals will be held at Copper Mountain April 1-8, 2011.

COMMUNICATIONS

Website: mbsef.org

Our website is kept up-to-date with program information, current events, training calendars, race information and results.

Email: mbsef@mbsef.org

We use email for most information. Email us anytime with any questions or concerns. We will utilize our email system to let you know when newsletters are available on the MBSEF website and with last minute training changes.

Voice Mail:

A Voice Mail Directory for staff is located on the first page of this Manual with office hours included.

Handouts:

Often coaches will distribute program or race related information at training sessions.

U.S. Postal Service Mailings:

We produce several mailings throughout the season to send you pertinent program-related information.

Training Center Boards:

Information boards are located at the Jr. Race Center (upstairs) and the Nordic Center (downstairs). Please look for current training information posted on these boards. This information may change on a daily basis so check the boards before the training day begins. Information may include training hill changes or meeting times. In the event of a training day cancellation due to inclement weather, this news will be posted here.

Meetings:

Coaches will notify athletes and parents of occasional program-related meetings.

Ski Tracks Newsletter:

“Ski Tracks” is the official newsletter publication of MBSEF and it is published four times per season. Publications are mailed to members or an email notice will be sent when it’s available on the MBSEF website.

Publisher: Billy Farwig

Editor: Kathy Kurtz

Newsletter contributions are always welcome. Please have articles and photos in by the last week of the month for publication the following month. We prefer articles sent via email to mbsef@mbsef.org.

Program-related information is always available in the newsletters - stay informed, keep current!

RULES & REGULATIONS (Code of Conduct)

Parent Requirements and Responsibilities

In order to participate in the MBSEF alpine, cross country and freeride programs, parents of each athlete must meet the following requirements.

- Complete and return your MBSEF enrollment application, Medical Release, and MBSEF/Mt. Bachelor Liability Release. Your child may not participate without these forms completed and turned into the MBSEF office.
- Review the Parent/Athlete Program Manual with your child(ren). Sign and turn in the form at the end of this manual stating that you understand all of the rules and regulations. (Page 53)
- Be responsible for all related costs of training, competing and travel.
- The MWC Program requires a family work deposit that is fully refundable at the end of the season, if you volunteer 5 days out of the season helping with MBSEF functions. (See Page 48)
- Have your child prepared for each training session (Be prepared for cancelled sessions due to inclement weather periods and unsafe snow conditions).
- Parents should not ski or ride with groups unless you are invited to do so by the coach. If you are concerned about the instruction or coaching method, please contact the head coach or program director.
- Sign your child up to be a current member of USSA (Competition Programs).
- Return grade reports and meet the athlete GPA requirements (Competition Programs). (Page 39)

Athlete Requirements and Responsibilities

Every participating member of MBSEF agrees to:

- Represent him or herself, the sport of alpine, cross country, snowboarding and MBSEF with the highest level of integrity. This reflects the professional attitude that our program and all enrolled athletes will work to achieve.
- Represent him or herself in a respectful manner at all times. This includes, but is not limited to, all team activities, training on and off the hill, at home and away-races, camps and all other related activities.
- Maintain a high level of personal responsibility for him or herself.
- Be courteous to and respect the decisions of the coaching staff, race officials and all ski area employees and personnel.
- Follow and uphold the rules and code of conduct set forth by MBSEF, Mt. Bachelor Inc., USSA and PNSA.
- Understand that participation with MBSEF is a privilege and it can be revoked. Each athlete will know and respect all rules, and will understand that violations of rules and policies will result in disciplinary action imposed by the MBSEF Executive Director and the Head Coaches. (Page 41)

Sportsmanship and General Training Rules

Each athlete is expected to conduct him or herself in a sportsmanlike manner. Each participant is responsible for his or her own actions while training, racing at home or away, traveling and while involved in any team activity. Athletes will:

- Not use alcohol or illegal drugs while participating with the team.
- Refrain from the use of any tobacco products.
- Refrain from profane or abusive language.
- Conduct themselves with honesty without stealing or misrepresentation whatsoever.
- Show self-control and consideration for others without injuring or bullying others.
- Respect other peoples' belongings without tampering with other athletes' equipment and personal belongings.
- Have the inherent desire to learn and never interfere with or prevent others from learning.

Daily Training Rules

Every participating athlete of the MBSEF Ski Team will:

- Be on time for designated training sessions and team activities.
- Notify your coach or call the Training Center if unable to attend practice or any scheduled team activity.
- Dress in a responsible manner for the day's weather.
- Always carry and show the ski area's season pass, lift ticket or trail pass.
- Maintain personal ski/board equipment on a regular basis to ensure personal safety and optimum performance.
- Wear goggles while training. Sunglasses are not allowed (exception- Cross Country program).
- Assist in keeping training courses clear for other athletes.
- Refrain from the use of "I-Pods" during training and races.
- Inspect all training and racing courses, unless otherwise instructed.
- Slip all training courses before and after use, unless otherwise instructed.
- Assist with set-up and tear-down of training and race courses, unless otherwise instructed.
- NEVER, never yell or scream at a public skier who might cut in front of you or happen to ski on a team training course.
- Put equipment back in the same order it was found. If something is broken, please notify your coach so that it can be fixed.
- Be prepared for contingencies and changes of schedule.
- Bring your best attitude and behavior.

MBSEF Office Rules

- Use the wax/locker room door of MBSEF office when bringing in equipment.
- Conduct yourselves quietly while in the MBSEF office.
- Use the phone in the wax/locker room instead of the office, when available.
- Clean up after yourselves and place trash in garbage containers.
- Drive slowly and carefully in the parking lot.
- MBSEF is allotted 9 parking spaces directly in front of the office which includes 1 disabled parking space. Spaces across the parking lot facing Century Drive are available to anyone. Do not park in the upstairs parking lot. Carpool for training sessions, if possible. Athletes leaving on extended trips may not leave their car in the parking lot. Use surrounding side streets or Mt. Bachelor Park and Ride. Check with your Coach.

Junior Race Center Rules

- Coach offices and race headquarters are off-limits unless invited by a coach.
- All personal equipment must be kept in the team wax rooms. Skis must be placed in the lockers (full-time only).
- Stay out of other people's belongings.
- No stickers, writing on or defacing the walls of the JRC.
- Tuning benches and floors must be swept after personal use.
- Clean up after yourselves and place all trash in the garbage containers.
- The phone in the Coach's office is off limits except with the Coach's permission.
- No fighting, swearing or throwing anything.
- Only coaching staff may operate video equipment, radios and drills.
- Assist in the cleaning of the cafeteria, if asked.
- Never store your bags where they block access for others.

Mt. Bachelor Ski Area Rules and Policies

Without the generous support of the Mt. Bachelor Ski area we would not have a place to ski or train. Please become familiar with and abide by these guidelines:

- Carry your season pass with you at all times when skiing and training. No pass, no skiing.
- Have your pass ready to show to the lift attendant or Nordic Ski Patrol, EVERY TIME! Remember, your photo must be clearly visible to the attendant. It is their job to check passes. Show your pass in a courteous manner.
- Be cordial and respectful of all area employees and other skiers.
- MBSEF members are highly visible. Bring attention to yourselves by the way you ski or ride, not by acting obnoxious, loud or disrespectful. Be on your best behavior on and off the ski hill, in the lift lines, etc.
- Cutting lift lines is not allowed. You do not have any special privileges at the ski area.
- Observe all ski area signs.
- No tucking on any slopes, unless designated by the coach. Racing each other in a group is dangerous, and it scares the general public.
- Use a “spotter” when jumping. Do not jump blindly.
- Avoid crowded trails and intersections. SLOW DOWN in crowds, at intersections, and before getting to the lift loading area.
- If stopped on a slope, always go to the side. Don’t stop and stand in the middle of the trail.
- Do not use foul language.
- In case of an emergency or accident, contact a Ski Patrol, or go to the lift attendant at the bottom or top of any lift.
- Do as much positive promotion of Mt. Bachelor Ski Area as you can.
- YOU ARE A REPRESENTATIVE OF THE MT. BACHELOR SPORTS EDUCATION FOUNDATION. Through your positive actions, the ski area and all skiers will be proud to support ski racing.

Skier’s/Rider’s Responsibility Code (partial list)

- Always stay in control and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.
- Please be safety conscious!

KNOW THE CODE. IT’S YOUR RESPONSIBILITY. BE AWARE! SKI WITH CARE!

Officially endorsed by: NATIONAL SKI AREAS ASSOCIATION, NATIONAL SKI PATROL, PROFESSIONAL SKI INSTRUCTORS OF AMERICA, and US SKI COACHES ASSOCIATION.

Academic Policy

Competition Programs

MBSEF athlete academic achievement is very important to us. MBSEF will help each athlete in any way we can to achieve their academic goals.

Each student must maintain a minimum GPA of 2.25 grade point average for training and racing with MBSEF. In the event that the student's grades fall below 2.25 or has a failing grade, the student will be placed on probation and denied training until his/her grades improve. Once on probation, each student will be required to submit a weekly progress report signed by his or her teachers. The progress report lists an estimated grade and missing assignments. Failure to submit two or more progress reports will be considered a minor offense under the MBSEF code of conduct.

Post graduate athletes are encouraged to attend classes at COCC.

Violations of the Academic Policy will constitute a minor offense of the MBSEF code of conduct.

Academic Requirements for (J3 and up Competition Athletes)

- * Maintain 2.25 GPA cumulative
- * Maintain 2.25 GPA per quarter
- * Submit weekly progress reports if on academic probation.

Drug and Alcohol Policy and Requirements

The physical and mental demands of competitive skiing and snowboarding are not compatible with the use of illegal drugs, alcohol, and tobacco. Substance abuse not only affects performance but also jeopardizes the safety and well being of others.

Mt. Bachelor Sports Education Foundation endorses a firm policy against the illegal use of drugs, alcohol and tobacco. As a condition of participation in any MBSEF program, all athletes must agree to alcohol or drug testing if requested by MBSEF coaches or administrators. MBSEF will administer random drug tests. The test consists of an evaluation of a urine sample.

If you are randomly selected to take a drug test, you must report to Mountain Medical Group, 1302 NE 3rd Street, Bend (or the nearest facility if you are at an away-race) within 24 hours of the request. MBSEF will pay for the test.

Any samples which test positively for illegal drugs will be treated as a major offense. Failure to comply with the request to take a drug test will also be treated as a major offense. Refer to Page 41 of this Manual for offense consequences.

While our coaches are not trained as medical personnel or counselors, MBSEF will assist any athlete in finding the necessary professional help for substance abuse problems.

MBSEF Policy Regarding Sponsorship of Athletes

Due to the increase in the costs of participating in the programs that MBSEF offers, many athletes are seeking outside financial assistance to help offset these costs. This assistance can come in the form of scholarships, private donations, and sponsorships from companies in and out of the ski/snowboard industry.

Because of the rise in snowboard enrollments and the relationships that some of our athletes are starting to have with these companies, MBSEF has implemented a policy that is consistent for all of MBSEF's athletes (Alpine, Cross Country, Freeride, Cycling). The aim of this policy is to maintain our dedication to the mission and vision of MBSEF while remaining sensitive to the financial burden to the families of our athletes. We also aim to be sensitive to the cultural differences between the industries of our programs. MBSEF recognizes that situations may arise that are not dealt with in the following policy. They will be looked at on a case by case basis.

Athletes receiving financial assistance through grants, donations or sponsorship are eligible to participate in MBSEF programs and are eligible for tuition and travel grants according to the MBSEF scholarship policy with the following exception: If an athlete receives funding covering the entire cost of a trip to a competition/race, they may not be eligible for a travel grant for that competition/race. Athletes are required to report any monetary support from companies and granting institutions. All MBSEF grants and awards are made at the discretion of the MBSEF scholarship committee.

If an athlete receives products or money from a company, MBSEF is under no obligation to promote that company. However, if the company gives money or products that benefit all of our athletes, we will treat that company like any other MBSEF sponsor and give them the benefits stated in a contract.

Because of the financial subsidy that all the MBSEF athletes receive through our fundraising efforts, athletes are expected to list MBSEF as a sponsor on any entry form that asks for sponsors.

MBSEF will encourage athletes to receive counseling prior to accepting sponsorships/financial assistance due to the potential effect it may have on their eligibility/amateur status to compete at the high school (OSAA & OISRA) and college level.

MBSEF program directors and coaches will make the decisions as to which events and races will be supported with a coach and other resources from MBSEF.

Discipline For Rule Violations

MAJOR OFFENSES ARE:

- Breaking the law while participating with MBSEF
- Use of illegal drugs
- Use of alcohol
- Use of tobacco

Punishment for a Major Offense:

1st Offense- Two week suspension from all team activities

2nd Offense- Indefinite suspension from team and team privileges, and return of any loaned equipment.

Any rule infractions endangering yourself or others may result in a one year suspension.

MINOR OFFENSES ARE:

- Misbehavior
- Breaking curfew at an away-race
- Lying
- Violation of ski area rules
- Violation of Training Center rules or daily training rules

Punishment for a Minor Offense:

1st Offense- One week suspension from all team activities

2nd Offense- Two week suspension

3rd Offense- Indefinite suspension

APPEALS:

All punishments imposed by the rules and policies of the Mt. Bachelor Sports Education Foundation are subject to appeal by the athlete. An MBSEF Board of Directors approved Appeals Committee will review, evaluate and recommend action to be taken by the Board, based on a case presentation by the athlete through a formal hearing.

Program Refund Policy

Training programs run, generally, from mid-November through April. Some have earlier starting dates or later finishing dates. Specific program descriptions can be obtained from the MBSEF office or your Coach.

Refunds will be granted for:

1. Illness or injury that will prevent a competitor from training for the remainder of the season, or a significant portion thereof. A doctor's statement is necessary for a refund to be granted.
2. Moving from the region that prevents participation in the program. A refund is granted only if the move is beyond the athletes control.

All refund requests must be made in writing to the MBSEF Executive Director.

Refunds will be made on a prorated basis based on available weeks elapsed and available weeks remaining.

An administration fee will be deducted from the refund, from a minimum of \$25 up to but not exceeding 10% of enrollment and transportation fees.

New racers will receive a full refund if their skiing ability limits their participation in the program. Coaches will make every effort possible to fit the child into the appropriate group.

No refunds are granted for athletes that receive suspensions or program dismissals.

Division Program Ladder

This much-condensed summary of ski competition is provided for parents and athletes who are relatively new to, or simply confused by, the complexity of ski competition. The following is not meant to be construed as official in any manner.

Governing Organizations

There are three levels of governance of alpine, snowboard and cross country competition:

FIS

International competition is governed by “FIS” which stands for Federation Internationale de Ski. Even though it is a French name they are headquartered in Bern, Switzerland. They are responsible for all international racing, and all FIS races that take place in the United States must abide by FIS rules that can be found in the ICR or “Blue Book”.

USSA

Alpine, snowboard and cross country competition in the United States is governed by the United States Ski and Snowboard Association (USSA) headquartered in Park City, Utah. The “USSA Competition Guide” is a complete reference to the USSA rules and procedures and is furnished to all members of USSA. Any athlete that buys a competitors license from USSA will receive this book in the mail. For the most part USSA follows FIS rules. All USSA sanctioned races follow USSA rules.

USASA

USASA is the first governing body exclusively for competitive grassroots snowboarding. The organizers believed that by forming a national association for snowboard competitors, rules of competition could be standardized, an annual national championship event could be established, and the recreation and fun of this rapidly growing sport could be preserved and flourish.

PNSA

Local and regional competition is governed by divisions within USSA, in our case the Pacific Northwest Ski Association (PNSA). The “PNSA Competition Manual” is available to all members of PNSA and is an invaluable source of information. Please familiarize yourself with the information provided in the “Comp Manual”. If you have any further questions, please feel free to ask your coach.

Competition Ranking

It is necessary to provide a ranking and seeding order for all competitors. The highest ranking level is the international FIS point rankings. These points are achieved only in FIS sanctioned races. Following similar methodology, ranking lists are compiled and revised periodically. These periodic revisions are of great importance to competitors as the rankings determine: (a) seeding/run order in all PNSA Open races and above, and (b) entry eligibility in certain races that have either a limited quota or point level restrictions.

In a race, an individual’s points are a handicap number, based on a competitor’s run time relative to the winner. The race winner receives zero points. Every other finisher receives increasing points based on the ratio of his/her run times to the winner. Therefore, competitors are always seeking to “lower” their point standings.

In order to maintain a national and international system of points, all races must be ranked according to the quality of the competition present. This is accomplished by a somewhat complex, but logical, computation known as the “race penalty”. This system makes it desirable to enter some races where top-level competitors are present. You may hear phrases such as, “a good point race” to describe such a race.

The MBSEF coaching staff does not encourage over-emphasis on points. While points are a broad reflection of ability, and each competitor should be aware of what his or her points are for entry purposes, they should not over shadow other factors for measuring success. Athletes need to ski their best and concentrate on the short term goals that will allow them to do so. The points will come as a result of working hard. Points are a measure, not an ultimate goal. Please keep points in perspective.

USSA Age Classification

Athletes licensed in the PNSA Division, who have paid their dues to the USSA, are defined within the following age groups. Ages are as of December 31.

Age	7	8	9	10	11	12	13	14	15	16	17	18	19	20+
Alpine	J6	J6	J5	J5	J4	J4	J3	J3	J2	J2	J1	J1	J1	A
Nordic	J6	J5	J5	J4	J4	J3	J3	J2	J2	J1	J1	OJ	OJ	SR

USASA Age Classification

All competitors who compete in a USASA sanctioned event must be registered members or Temporary Members of the USASA. Ages are as of December 31.

Ruggie (7 under)	Grommet (8-9)	Menehune (10-11)	Breakers (12-13)
Youth (14-15)	Juniors (16-17)	Jams (18-22)	Senior (23-29)
Master (30-39)	Legend (40-49)	Kahuna (50-59)	Methuselah (60 over)
Open Class	Adaptive	Skiers 15 under	Skiers 16 over

MBSEF/Mt. Bachelor Racer Pass Program

The Alpine or Cross Country Racer Pass, issued by Mt. Bachelor, Inc., is available to athletes ages 13 - 21 who are currently enrolled in an MBSEF program. You must have your program fees paid in full and all enrollment paperwork on file at MBSEF before we can release the racer pass paperwork. This season the price for the Alpine Racer Pass is \$TBA and the Cross Country Racer Pass is \$TBA. The Racer Pass price will not increase throughout the season. (Note that in recent years, the teen price for a season pass has been lower than the racer pass price.) The Racer Pass final processing takes place at the Mt. Bachelor Season Pass office in Bend. After the mountain opens for the season, final processing of the Racer Pass will take place in the West Village Guest Services Building. Bring your payment, photo ID, and have confirmation from the MBSEF office that you have been approved to purchase and pick up your pass.

Business Sponsor Membership

Local businesses support MBSEF by offering program members discounts at their business.

Business Sponsor Benefits:

- Business name, address and phone number placed in the MBSEF "Ski Tracks" newsletter.
- Free ads in "Ski Tracks" newsletter.
- Business listing in program membership benefit flyer.
- Placement of flyers in MBSEF office.

Please contact Kathy Kurtz, mbsef@mbsef.org if you are interested in joining MBSEF as a Business Sponsor.

Program Membership Benefits

Membership discounts, or specials at Member Businesses, currently include Scanlons in The Athletic Club of Bend, Caldera Grille, Cloud 9 Photos, Tamara Crawford CPA, Discover Sunriver Vacation Rentals, Emerald City Smoothie, Fireside Motel and Overleaf Lodge & Spa in Yachats, FootZone, Helly Hansen, Hutch's Bicycle Store, Longboard Louie's, Mountain Supply of Oregon, New York City Sub Shop, Pocketweez, Race Place, Seventh Mountain Resort, Skyline Dental, Summers Place Hair Salon, Sugar Sports, Sunnyside Sports, Tabletops Event Rentals, and Webcycclery/Webskis.

All athletes enrolled in an MBSEF program are automatically members and eligible to receive current member business discounts. All members receive a membership card, member business discount information, and the MBSEF "Ski Tracks" newsletter with up-to-date information on events and races. To receive your membership discounts, simply show your card at the participating businesses, and remember to tell them **THANK YOU!**



2011-2012 MBSEF Membership Benefit Program Retailer Discounts

MBSEF Card Members - Show your MBSEF Membership Card at these businesses to get great deals! Remember to tell the stores thank you! And, at most stores the discount is for the card carrying athlete only, not for family and friends. New Retailers Discounts Are Added Monthly. Watch For 2011-2012 Additional Member Benefits Listed In "Ski Tracks" Newsletters Published Dec 1, Feb 1, Mar 1 and Apr 1, and visit

Caldera Grille

Show your membership card, and buy one appetizer, get one at 1/2 off. Check out our slider menu! Yummmm
932 NW Bond Street.

New York City Sub Shop

Two locations, 1043 NW Bond Street downtown, 1375 SE Wilson Avenue. MBSEF members show your card, 1/2 sandwich, chips, cookie, small drink \$7.20. Expires 8/31/2012.

Sugar Sports

15% discount to card carrying athletes on regular priced merchandise, skis, boards, etc. Good through 08/31/12 on summer gear also (swim wear, gym clothes, shoes, etc.) because training is a year-round thing! Sugar Sports is gear for girls and women.

Emerald City Smoothie

10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/12.

FootZone

10% discount, excludes sales merchandise. Expires 08/31/12.

Hutch's Bicycle Store

10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/12.

Cloud 9 Photos

10% off all prints for MBSEF families. Expires 08/31/12.

Longboard Louie's

10% off any order. Expires 08/31/12.

Mountain Supply of Oregon

10% off any regular priced item. Expires 08/31/12.

Discover Sunriver Vacation Rentals

MBSEF members receive 15% off a Sunriver vacation!

Summers Place - 738 NW Columbia

20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/12.

Race Place

5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.

Tamara M. Crawford, CPA

15% discount on Individual and Business tax return preparation to MBSEF members.. Expires June 30, 2012.

Tabletops Event Rentals

MBSEF is given free use of Teresa and Rob Cravens commercial grill at N/C for functions. Thank you so much!

Webcyclery/Webskis

15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor.. Expires 05/31/12.

Fireside Motel & Overleaf Lodge

15% off lodging to MBSEF members, excludes holidays, school vacations, and use during special events. Expires June 30, 2012.

Athletic Club of Bend - Scanlon's

Show your MBSEF card and receive 10% off your meal ticket. Excludes alcohol and kids menu items. Expires 8/31/2012.

Seventh Mountain Resort

20% off any recreational activities - ice skating, white water rafting trips, kayak tours, and Cascade Kid's Eco-Challenge Camp.

Helly Hansen

15% off any non sale merchandise. Expires May 31, 2012.

This Could Be You!

Advertise Your Business Here!

This Could Be You!

Advertise Your Business Here!

Skyline Dental, LLC

Dr. Zack Porter, DDS, is again offering MBSEF Junior athletes free dental x-ray, exam and cleaning for the 2011-2012 season. Mention MBSEF when you make your appointment. Call 541-389-4807.

Sunnyside Sports

Juniors: 20% off waxes, clothing and accessories. Team gear specials, see your coach. Masters: 10% off clothing and accessories, 5% off skis, boots, poles and bindings. Expires 08/31/12.

Pocketweez

Purchase the revolutionary Pocketweez, the original folding tweezer, right here at MBSEF, and 20% of the purchase goes right into the scholarship fund. Designed and produced by Rick and Bev Francis, Pocketweez will be the last tweezer you will ever have to buy. Don't get stuck without it! Cash/check only.

Scholarship Policy

The objective of MBSEF is to provide the opportunity for youth to develop to their potential as highly skilled racers. The Foundation subsidizes all of its programs through fundraising events. The scholarship program was designed to help assist those athletes who have the desire to pursue racing at the national and international level. The MBSEF Scholarship Program was established to insure that cost would not be a limiting factor to racers committed to racing at this level.

The Scholarship Program is administered by a committee consisting of the Executive Director and three or four Board members. All cases are handled separately based on the information submitted. Award amounts are held confidential and final. The awards will be earmarked mainly to cover program fees, thereby keeping these dollars within the community. MBSEF will also accept grant requests for elite level travel. The amount of scholarship funds will fluctuate from season to season, as does the number of applicants; therefore, scholarship award amounts will vary.

Applicants must be enrolled in an MBSEF program or be an MBSEF Alumni who is a non-funded, officially-named-athlete to the U.S. Ski and Snowboard Team. All participants must pay part of their fees so scholarships will always be a partial covering of expenses. Either during participation in the program or upon completion of their participation, all scholarship recipients must make some type of contribution back to the program. The nature of the contribution should be in the form of volunteer work at selected MBSEF functions, arranged prior to submission of an application.

MBSEF Training Grant

Eligibility Age: Must be enrolled in MBSEF & priority given to Full-time Alpine/Nordic/Snowboard Programs
Grades: Minimum 2.5 GPA
Deadline: July 15, 2011
Notification: by July 31, 2011
Awards: \$100-1850 (general range)

MBSEF Travel Grant

Eligibility Age: Must be enrolled in MBSEF program; for qualified Regional/National Competition
Grades: Minimum 2.5 GPA
Deadline: On-going (allow 2 weeks prior to event)
Awards: \$50-800 (general range per request)

Bill Healy & Emil Nordeen

Eligibility Age: JII & older; enrolled in MBSEF program; permanent Central Oregon resident or 2nd year in MBSEF
Grades: GPA- 3.0 from last two grading periods (not accumulative GPA)
Deadline: April 15, 2012
Winners notified: April 20, 2012 (Annual Awards Banquet)
Awards: \$500 each

PNSEF

Eligibility Age: JII & older; JIII only for Nat'l/Int'l events.
Must be PNSA Member
Deadline: On-going (grant request at least 2 weeks prior to non-PNSA event)
Awards: Up to \$1,000 per application (max. 2 applications per year)

NAASEF

Eligibility Age: JIII & JIV only
Deadline: August 31, 2011
Winners notified: by October 15, 2011
Awards: Varies. Up to \$1500

Far West Ski Association (FWSA)

Eligibility Age: J1/JII/JIII, USSA or PNSA licensed, reside in WA, OR, CA, NV, AZ, NM
Deadline: June 30, 2011
Winners notified: September 20, 2011
Awards: \$250 to \$1500

Mini World Cup Program Family Work Deposit

A \$150 refundable family work deposit is required upon enrollment in the Mini World Cup program. Upon completion of five days of work involving the Mini World Cup program, the deposit will be refunded in full. Our Accounting Department will place a \$150 credit in your child's account for future use unless you request a refund check. A day is considered to be a minimum of four hours. After completion of your five work days, turn in this completed 2011-2012 Family Work Deposit Work Sheet. Forms must be turned in by June 1, 2012 to receive credit. It is encouraged and greatly appreciated if parents donate more time when possible. Parents who work fewer than five days will receive a prorated refund. A list of volunteer opportunities are included in the Mini World Cup Handbook. Please see section under "Volunteer Programs" in this Program Manual for additional volunteer opportunities. (Pages 49-50)

Devoting time toward the training programs enables parents and kids to learn together about race training and competition and most importantly, building self-esteem and a positive parent-child relationship. This important contribution of parent involvement also helps MBSEF keep the program costs down.

Use the form below to keep track of your work days and return it to MBSEF no later than June 1, 2012 or as soon as you have completed your five days of work.

Cut and Send to MBSEF

2011-2012 MWC Family Work Deposit Work Sheet

Your Name: _____ Date: _____

Name(s) of your Athlete(s): _____

Work Date	MBSEF Function	Job Description

Fundraiser Volunteer Program

MBSEF coordinates fundraisers throughout the season to subsidize all programs and the costs to participants. Volunteers are needed at all the events and we appreciate your assistance in making these community events a success. There are all types of jobs available before, during, and after the event. All volunteer hours worked may be applied to the MWC Program Family Work Deposit. (Page 48)

Call the MBSEF office to sign-up to help!

Bend to Bachelor/Sunrise to Summit Duathlon - September 3, 2011

The 11th annual Sunrise to Summit is now a duathlon! We have added a Bend to Bachelor cycling leg to the race, then the usual fun run or trek from Sunrise Lodge to the Summit of Mt. Bachelor. All participants choose their own course from the base to the bottom of the Summit chair, then everyone follows the designated forest service trail to the top! Volunteers needed for: flyer distribution, timing, registration and course control.

Skyliners Winter Sports Swap - October 15, 2011

The Skyliners Winter Sports Swap is at the Mt. Bachelor Bus Barn on Columbia Avenue (across from the Mt. Bachelor shuttle parking lot and next to the Nosler building). On Thursday and Friday you can check in all winter recreational product to sell on Saturday. MBSEF retains 25% of the sale price of your product and you will receive a check for 75% of the sales price within ten days of the Swap. This has been a tradition for over 40 years and is the largest Sports Swap in Central Oregon. Volunteers needed for: poster distribution, construction, check-in, cashier, stocking, bookkeeping, security, admissions, tear-down and various other jobs. Volunteers may attend the Friday night preview shopping hours.

The Snowball - December 3, 2011

A fun and festive evening to “kickoff” the holiday and ski season in Central Oregon. We encourage all of our members to be involved by attending the event, volunteering during the evening, or contributing a service/ item to the auction. The evening at the Great Hall in Sunriver includes a silent auction, raffle for a piece of jewelry designed especially for the Snowball from Saxon’s, gourmet dinner, live auction and dancing! Volunteers needed for: addressing invitations, auction item procurement, setup, decorating, check-in, cashier, coat check, silent auction closeout, and cleanup.

U.S. Bank Pole Pedal Paddle - May 19, 2012

The largest MBSEF fundraiser of the year! A multi-sport event attracting over 2700 competitors who alpine ski, cross country ski, bike, run, paddle and sprint to the finish. They compete from Mt. Bachelor to Les Schwab Amphitheater in Bend. Over 600 volunteers are needed to make it a success!

Volunteers needed for: packet stuffing, poster distribution, registration, course workers, exchange assistants, timing and various other jobs. Volunteers will receive an event T-shirt.

U.S. Bank Kids’ Mini Pole Pedal Paddle - May 20, 2012

A relay race for kids, grades one through six, who participate in rafting, biking, obstacle course and running legs on 6-person teams. The event begins upstream from the Les Schwab Amphitheater with the rafting leg and finishes at Les Schwab Amphitheater with biking, obstacle course, and running. Volunteers needed for: packet stuffing, registration, course workers, and various other jobs. Volunteers will receive an event T-shirt.

Cascade Cycling Classic - July 17-22, 2012

The 30th anniversary of one of the premier professional bicycling stage races in the country. It consists of six stages run over five days, each stage on a different course. Volunteers needed for: set up, registration, course maintenance, crowd control, tear down, hosting out of town riders, and various other jobs.

Cut and Send to MBSEF

FUNDRAISER VOLUNTEER REGISTRATION FORM

Date _____ Email _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Cell _____

_____ Bend to Bachelor/Sunrise to Summit

_____ Skyliners Winter Sports Swap

_____ The Snowball

_____ U.S. Bank Pole Pedal Paddle

_____ U.S. Bank Kids' Mini Pole Pedal Paddle

_____ BMC Cascade Cycling Classic

Alpine, Snowboard and XC Races (see page 51, separate application required)

Please cut out and send to:

MBSEF-Fundraiser Volunteer
563 SW 13th Street, Suite 201
Bend, OR 97702

Volunteer Coordinator will contact you prior to each event you have marked.

Race Volunteer Program

ALPINE/CROSS COUNTRY RACES

The race volunteer program is run in conjunction with Mt. Bachelor Inc.

Racing at Mt. Bachelor greatly reduces the cost to each athlete since they do not incur travel costs that are associated with racing. MBSEF, in conjunction with Mt. Bachelor, hosts many USSA/FIS sanctioned races throughout the season. Race volunteers are eligible to receive a complimentary lift ticket for each race day worked. Please request the Race Volunteer Application packet to participate in this program. This packet is available at www.mbsef.org or in our office.

Volunteers needed for: race registration, gate judging, hand timing, course crossing guard, headset communications, course maintenance, scoreboard operator, plus various other positions.

To apply as a race volunteer:

Complete Volunteer Application Form each season. Forms available at www.mbsef.org, or call 388-0002. MBSEF will provide a race event schedule, volunteer procedure sheet, job description information and Volunteer Card (issued by Volunteer Coordinator).

Choose the day(s) you will be able to work and position desired. Complete and return the Volunteer Event Schedule, keep a copy for yourself.

Call the Volunteer Hotline at 385-1999 with any changes to your schedule throughout the season. The Volunteer Coordinator will call you to confirm your position prior to the race.

2011-2012 Race Volunteer Ticket Policy Summary

To redeem your ticket(s) earned you must present your volunteer card with photo ID at the Ticket Window at the West Village Guest Services Sports Desk. Season Pass Holders present your pass with your volunteer card. All volunteers may redeem up to two tickets per day (if you have worked these days), good for immediate family members only (parent, spouse, child or sibling).

Privileges will be revoked if you sell these tickets!

Tickets earned prior to March 15 are valid for the current season only.

Donations

MBSEF can always use additional financial help. For in-kind donations, check out our Wish List in the “Ski Tracks” newsletter or call MBSEF to find out what our current needs are. If you would like to make a donation, please use the Donation Form below to support MBSEF in any way you can. Thank you so much for your support!

Cut and Send to MBSEF

DONATION FORM

Date _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

I would like to support MBSEF by donating the following:

In-kind gift _____

Cash donation in the amount of \$ _____

For the following program: _____

Please send to:

MBSEF - Donation
563 SW 13th Street, Suite 201
Bend, OR 97702

We will send a donation receipt to you. Your gift is tax deductible.

MBSEF Tax ID#: 93-0846112

Thank you for your support.

Cut and Send to MBSEF

MBSEF PARTICIPATION ACKNOWLEDGMENT

Participant's Name(s)	Discipline/Program
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____

I, as a parent of a participant in the Mt. Bachelor Sports Education Foundation, understand that the purpose of the Parent/Athlete manual is to provide information about MBSEF. This manual gives information regarding various rules, policies and regulations of MBSEF. The policies of this manual must be understood by both the parent and participating athlete.

I hereby certify that I have received, read and understand the MBSEF Parent/Athlete Program Manual.

Date _____

Parent Signature _____

Program Participant Signature(s)

1 _____

2 _____

3 _____

4 _____



MBSEF CALENDAR OF EVENTS

2011/2012

Updated September 26, 2011

JUNE 2011

Jun 1-Aug	XC/Alp/FR Summer Training
Jun 16-20	XC Bend Camp Fire and Ice
Jun 16-21	Freeride Mt. Hood Summer Camp
Jun 20	MTB Club Cycling Session 2 Begins
Jun 27-30	Alpine MWC Mt. Hood Summer Camp
Jun 27-1	Alpine J3+ Mt. Hood Summer Camp

JULY 2011

Jul 1	2011/2012 Program Enrollment Opens
Jul 4	Firecracker 100 Bicycle Ride
Jul 19-24	BMC Cascade Cycling Classic
Jul 25	MTB Club Cycling Session 3 Begins
Jul 31	Last Day For 10% Jr. Program Discounts

AUGUST 2011

Aug 1-4	Alpine MWC Mt. Hood Summer Camp
Aug 1-5	Alpine J3+ Mt. Hood Summer Camp
Aug 31	Last Day For 5% Jr. Program Discounts
Aug 31	Last Day For Multi-Child Discounts

SEPTEMBER 2011

Sep 3	Sunrise To Summit/Bend To Bachelor
Sep 6	XC FT/WT/HS Fall Dryland Training Begins
Sep 7	XC MS Fall Conditioning Begins
Sep 13	Alpine Fall Dryland Training Begins
Sep 17	FR Fall Dryland Training Begins

OCTOBER 2011

Oct 15	Skyliners Winter Sports Swap
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NOVEMBER 2011

Nov 9	Alpine Full Time On-Snow Begins
Nov 9	FR Snowboard Full Time On-Snow Begins
Nov 15	XC MS Program Begins
Nov 15	XC FT & HS Winter Term On-Snow Begins
Nov TBD	Alpine Thanksgiving Camp
Nov 21-23	XC MS Thanksgiving Camp
Nov 26	Alpine Winter Term Program Begins

DECEMBER 2011

Dec 3	25th Annual Snowball
Dec 3	Alpine MWC Program Begins
Dec 3	Freeride Snowboard Competition Program Begins
Dec 3	Freeride Ski Competition Program Begins
Dec 10	XC Par Fore the Course I Race
Dec 17-18	Alpine Russ Read Memorial Race
Dec 18	XC Nancy P's Classic Race
Dec 26-29	Alpine Winter Camp 9:00-1:00
Dec 27-29	XC SYP Program Begins With 3 Day Camp
Dec 27-29	XC MS Winter Camp
Dec 27-30	Freeride SB/SKI Winter Camp 10:00-3:00

JANUARY 2012

Jan 1	XC New Year's Day Relay SK/CL
Jan 7	Freeride Snowboard Dev. 10 Wk. Program Begins
Jan 7	Freeride Ski Dev. 10 Wk. Program Begins
Jan 7-8	XC PNSA JOQ/Masters Race
Jan 21	XC Great Nordeen Race
Jan 29	Patagonia Pursuit

FEBRUARY 2012

Feb 12	Tour de Meisner
Feb 21-26	Alpine Sun Cup Race
Feb 26	XC Par Fore the Course II Race

MARCH 2012

Mar 1-2	Alpine High School Finals
Mar 17	Alpine MWC Finals/Banquet
Mar 18	XC Cascade Crest Race
Mar 18	Alpine Mike Puddy Memorial Race
Mar 24-27	Freeride SB/SKI Spring Camp 10:00-3:00
Mar 26-29	Alpine Spring Break Camp 9:00-1:00
Mar 30-1	XC Stage Race - Criterium/Skate/Pursuit

APRIL 2012

Apr 5-8	Alpine PNSA Masters Championships
Apr 13-18	Alpine WR Spring Series FIS Downhill
Apr TBD	MBSEF Junior Race Team Cycling Program
Apr 20-22	Alpine May Day Race
Apr 20	MBSEF Annual Awards Banquet

MAY 2012

May TBD	Club MTB Cycling Program Session 1
May 19	U.S. Bank Pole Pedal Paddle
May 20	U.S. Bank Kid's Mini Pole Pedal Paddle

JUNE 2012

Jun TBD	Club MTB Cycling Program Session 2
Jun TBD	Alpine/Freeride/XC Summer Camps

JULY 2012

Jul TBD	Club MTB Cycling Program Session 3
Jul 17-22	BMC Cascade Cycling Classic