

2011-2012

MBSEF Mini World Cup Handbook

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**MBSEF MWC teams are named after the alpine skiing
countries of the world.**

**Here are the 2011/2012 team sponsors of each country,
and their flag.**



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November 2011

Dear Racers and Parents:

The Desert Orthopedics Mini World Cup season is fast approaching and the staff is gearing up for another exciting year! The snow is already accumulating on the mountain, so get your skis tuned and ready to go!

This handbook is designed to provide parents and athletes with information concerning the MWC Program. It contains the rules for Mini World Cup racing, Buddy Werner selection criteria, a calendar of events and much more. This information will help you understand how the program works and how everyone can be involved in making this a great experience for everyone! Please review the information carefully with your child.

The annual parent/athlete swim outing will be held again at Juniper Aquatic Center. Further information will be sent out prior to the event. This is a great opportunity to meet other parents and kids if you are new to the program, and get answers to any questions you may have.

The key to any successful youth program is parent involvement. In the past years, the standard has been set by outstanding parent involvement, and we look forward to yet another year of enthusiastic parent participation. There are many volunteer positions available. Please refer to this handbook for more information.

If you have any questions or comments about the MWC Program please call MBSEF at 541-388-0002 and ask for Kathy. I am not able to hold specific office hours, as I am working at the mountain with the Mt. Bachelor Ski School during the weekdays. You can leave an e-mail message for Kathy at mbsef@mbsef.org or for me at mbeshfr@gmail.com.

Remember to arrive in plenty of time for races and training days so your athletes are not rushed.

See you on the snow!

Sincerely,

Mike B. Evans
MWC Head Coach

Mini World Cup Program

Our Mini World Cup Program is coached by a professional staff and is recommended for the more advanced young ski racers. Training options are 1 day, 1.5 day, or 3 days per week and scheduled on Saturday and Sundays. The three day option includes mid-week training on Wednesday afternoons. The Mini World Cup offers fun and excitement to junior skiers looking for a complete racing program. Young athletes are grouped by age and ability to ensure a challenging experience. They compete without the distraction of travel or incurring additional race expense. With the focus on team participation, young athletes share in the excitement of winning, even those who have never raced before. Racers compete in six competitions on teams in a handicapped system. Teams are named after the alpine skiing countries of the world and Mini World Cup champions are announced in March. Ski camps scheduled during Christmas and Spring Breaks are included in the program fee.

Program Dates: December 3, 2011 – March 30, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am to 11:30 am			12:30 pm to 4:00 pm			9:00 am to 2:30 pm

All times are on-snow times at the JRC.

Midweek Training

The midweek schedule is Wednesday 12:30-4:00, meet at the Junior Race Center, ready to go. Wednesday athletes should be J4 or older, younger athletes must have coach approval for Wednesday training. The midweek daily training schedule will be posted in the lodge on the corkboard. You must be signed up for the 3 day per week MWC program to be able to participate in midweek training. The midweek training offers your child excellent opportunity for more individualized training.

Christmas and Spring Break Camps

The Christmas and Spring Break Camps are designed for all participants in the Mini World Cup Program, and are included in the program costs. We encourage all athletes to participate. It's tons of fun and enormous progress is made during these camps. See pages 14 and 15 for calendar and training schedules for dates of camps this year.





One of the most important elements of alpine skiing, or any other snow sport, is the opportunity to **HAVE FUN**. This is especially important with young skiers new to the sport. Younger skiers, especially pre-teen, should be encouraged to ski for fun and to try the many different types of skiing from alpine to cross country to snowboarding and more.

Skiing is a unique activity among Olympic sports. It is one of the most recreationally oriented of all Olympic sports, with a strong base of skiers who make their passion a lifetime sport. And it is the fun and excitement of the sport, which will lead youngsters to eventual athletic success. (1999 USSA Alpine Competition Guide)

In the MWC program we take this statement to heart. We do believe that to become successful in the sport there must be passion. The ultimate path to passion is through fun and excitement. The way that our program operates uses a mix of all snow sport activities such as: free skiing, gate training, jumping, powder skiing, nordic skiing, snowboarding, freeriding, and any other activity that brings smiles and laughter to the young and energetic athletes in our program.

Another major element in our program is creating a team atmosphere. There will be several after skiing gatherings that bring the kids together socially as an entire group and enhance relationships and create a stronger **TEAM ATMOSPHERE**. These extra activities are incredibly fun and we encourage all, including parents, to attend.

BILL OF RIGHTS FOR YOUNG ATHLETES

- Right to participate in sports.
 - Right to participate at a level commensurate with each child's maturity and ability.
 - Right to have qualified adult leadership.
 - Right to play as a child and not be an adult.
 - Right of children to share in the leadership and decision making of their sport participation.
 - Right to participate in safe and healthy environments.
 - Right to proper preparation for participation in sports.
 - Right to an equal opportunity to strive for success.
 - Right to be treated with dignity.
 - Right to have fun in sports.
- (FROM SPORT PARENT 1994)

PARENT INFORMATION

In order for MBSEF coaches to deliver the best possible attention to all children within their group, it is preferred that parents do not free ski with their child's group unless invited by the coach. We do offer a parent-child ski day in which the parents are welcome to join in for the day. Parents are always welcome to watch their children while training gates and racing, but please allow the coaches to do the coaching, so confusion is not created for the child. If there is a concern about the coaching your child is receiving, please direct those concerns to Mike Evans, MWC Head Coach, or to Nils Eriksson, Alpine Director.

PARENT VOLUNTEER OPPORTUNITIES

The MWC Program gives young skiers a positive, healthy activity and provides parents an opportunity to participate. Together parents and kids can learn more about skiing, racing, the nature of competition, and most importantly -- building self-esteem and a positive parent-child relationship. Another important contribution of parent involvement is it helps in lowering the costs of the Junior Development Program.

A \$150.00 REFUNDABLE work deposit fee is required. This deposit is refundable to parents donating 20 hours of work to the Junior Development Program. Please note that your volunteer hours MUST be turned in to the MBSEF office by June 1, 2012 to receive your deposit back. Upon receipt of your form, our Accounting Department will list the credit in your account for future use, unless you request a check refund. The form to use is the last page of this MWC Manual, as well as located in the MBSEF Parent/Athlete Program Manual. There are six MWC races, two race camps, and the May Day Race for parents to volunteer. Parents who work fewer than 20 hours will receive a pro-rated refund. It is encouraged and greatly appreciated if parents donate more time when possible. Parents who have more than one child in the program are encouraged to give as much time as possible, but their personal circumstances will be evaluated at the end of the season. Sign up sheets for volunteer jobs are on the cork board in the Junior Race Center. Listed below are jobs that can be applied toward the 20 hours:

Full Time Help

Hours

Volunteer Coordinator
Chief Gatekeeper

20 Hours (season long position)
20 Hours (season long position)

Individual Race Day Help

Mini World Cup and May Day Race

4 Hours Per Race

Jobs Include: Gatekeepers, Assistant Starter, Bib Distribution and Collection, Headset Operators, Hand Timers, Hand Time Recorders, Crossing Guards, Scoreboard Keeper, Finish Referee, Course Maintenance Lead, Parent Helper (groups up and holds J6 & J5 at finish of race runs), Videographer, Photographer

Race Camp Help

Jobs Include: Assist Coaches - Fencing/Crossings Hourly

If you will not be at the mountain for any of the above duties, we can always use your help in our office for projects, or at other events such as the Skyliners Winter Sports Swap, Pole Pedal Paddle, Cascade Cycling Classic, etc.

FINDING YOUR COACH IF SEPARATED

Please instruct your children, that anytime your child is separated from their group that they go directly to the bottom of the chair that the group was skiing to and wait for their coach. The child needs to inform the lift host that he or she has been separated from his/her MBSEF group, and that he or she is waiting for their coach to arrive. The coach and group will ski back down the same run that child was last seen and continue to the bottom to meet back up. All coaches and lift personal are informed of this policy and will inform their group often. The child should use the phone at the lift shack to call the Junior Race Center to inform the lodge attendant where they are. The lift host will know the number.

If you arrive late in the morning, all coaches will make two passes by the Junior Race Center to pick up late arrivals. Please be patient and be waiting, ready to go, outside the lodge.

There will be a cork board in the Junior Race Center with a posted schedule for the days that we are training gates, including the run that we will be training on. These days the coaches will not make extra passes for late arrivals, please have your child go directly to the training hill and meet their coach there.

All athletes are expected to ski with their groups unless the parent informs the coach otherwise.

ADVERSE WEATHER CONDITIONS

There may be some days that the program will be canceled for safety reasons due to adverse weather conditions and/or snow conditions. Please understand that we are looking out for the best interest of your child when a training session is canceled.

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 and racing, and while involved in any team activity. Athletes will conduct themselves with honesty, agree to NO fighting and swearing, show self-control and consideration for others without injuring or bullying, respect other peoples' belongings, clean up after yourselves and place all trash in the garbage containers.

MBSEF athletes are expected to follow and uphold the rules and code of conduct set forth by MBSEF and Mt. Bachelor, Inc. For a complete listing, see the 2011-2012 MBSEF Parent/Athlete Program Manual.

USSA AGE CLASS

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, 2011.

J6	J5	J4	J3	J2	J1	A
8 and Under Year of Birth 2003 & Later	9 and 10 Year of Birth 2002-2001	11 and 12 Year of Birth 2000-1999	13 and 14 Year of Birth 1998-1997	15 and 16 Year of Birth 1996-1995	17 to 19 Year of Birth 1994-1992	20 and Over Year of Birth 1991-1987

RACE INFORMATION

Mini World Cup Races

The Desert Orthopedics Mini World Cup is a race series that is intended to be a fun experience. These races introduce kids to ski racing in a non-intimidating team racing atmosphere. Ski racing at a young age needs to emphasize FUN and sometimes the fun can be eliminated if the athletes feel too much pressure to win. Individual results are tracked and awarded, but it is important that the coaches and parents and kids remember to enjoy the competition and not get too serious about individual results.

The Desert Orthopedics Mini World Cup will also invite other programs and teams to participate in our events on a limited basis. Thank you for welcoming all athletes to our races. It means a lot to them to be able to participate.

What is the Oregon Four Way Championships?

The Oregon Four Way Championships is a race held at Ski Bowl at Mt. Hood on February 3-5, 2012, that involves four events: Slalom, Giant Slalom, Cross Country and Nordic Jumping. MBSEF sends two to three coaches to this race. Parents are responsible for lodging and entry fees. More information will be sent out as the event date nears. Children must join the USSA Youth League to be eligible to participate in this event. Please join early at www.ussa.org if you choose to attend this event.

What are the Buddy Werner Championships?

The Buddy Werner Championships are races for JV's and JIV's. The top seven girls and top seven boys from ski clubs in the Pacific Northwest qualify to participate in this event. Each club sets their own qualification standards. Please find specifics later in this handbook. The Buddy Werner Championships are scheduled this season for March 23-25 at Schweitzer. Parents are responsible for entry fees. MBSEF schedules two to four coaches for this event. More information will be sent out as event date nears. Children must join the USSA Youth League to be eligible to participate in this event.

What is the May Day Race?

The May Day Race is put on by MBSEF, held this year on April 20-22. This event is open to all JV's, JIV's and JIII's in the Northwest. The May Day Race includes three events, Alpine skiing (SG and GS), Nordic Jumping and Nordic Skiing. Parents are responsible for entry fees. Information will be sent out as the event date nears. This is a really fun event with over 250 competitors registered from around the Northwest. This event ALWAYS fills up early, so don't delay in signing up!

VERY IMPORTANT: To be eligible for Buddy Werner Championships and other PNSA youth ski league races, (Oregon Four Way, Buddy Werner Championships) your child must be a licensed USSA youth league member. License application available on ussa web site, visit www.ussa.org. Sign-up early!

TECHNICAL ASPECT OF SKIING - WHAT IS TAUGHT IN THE MWC PROGRAM

MBSEF, from the Mini World Cup Team to the Full Time Program, has developed a set of priorities in our coaching methods in order to consistently facilitate the athletes' progression.

The athletes will progress through these essential elements:

Athletic Stance: Concentration will be on skis hip width apart, flexed ankles, rounded back, and maintaining a tight stomach.

Lateral Balance: Pressure on the outside ski will be emphasized while maintaining inside shoulder/hip higher than the outside shoulder/hip.

Continual Forward Movement: Continual forward movement throughout the turn by ankle flexion.

Minimize Inside Ski Tip Lead: The tips of the skis should be side by side throughout the turn.

Pole Plant: To learn to use both single and double pole plant for balance and timing.



RACE DAY PROCEDURES

The Night Before the Race

- Check race equipment so that it is in proper condition
- Pack warm clothing and accessories
- Eat well and get plenty of rest

The Day of the Race

Before you leave the house check that you have:

- Skis
- Ski poles
- Boots
- Helmet
- Goggles (bring an extra pair in case of bad weather)
- Gloves and/or mittens (bring an extra pair)
- Ski jacket
- Warm-up pants
- Sunscreen and lip balm
- Season Pass, Lift ticket or lift ticket money
- Lunch or lunch money
- Snacks or snack money
- Scarf or neck gator
- Rain gear (remember this is the northwest)
- Calling card number (Junior Race Center does not have a pay phone)



RACE DAY PROCEDURES CONTINUED

Once You Arrive at the Ski Area

1. Find a safe place for your belongings
2. Find your team coach and ask for important race information
3. Meet your MWC team outside the JRC at the specified time
4. Inspect the courses, according to the rules, with your team
5. Make a few free ski/warm-up runs
6. Ask questions when in doubt
7. Get to the start at least 15 minutes before your start
8. Once in the starting gate ski as well as you can and have fun!!
9. Inspect the second course
10. Take your second run



Approximate Race Start Times:

- Cliffhanger Inspection 9:15am, 1st run 9:45am, second run 1 hour after 1st run
Ed's Garden Inspection 9:30am, 1st run 10:15am, second run 1 hour 15 minutes after 1st run

After the Race is Over

1. Demonstrate good sportsmanship qualities and a winning attitude in all situations - this is very important
2. Have lots and lots of fun! This is also very important!

MWC RULES AND REGULATIONS

All athletes are responsible for knowing and abiding by the MWC rules and regulations.

GENERAL RULES

1. Follow all the guidelines set by the ski area
2. Ski under control at all times
3. Be polite to guests of the mountain, Mt. Bachelor employees, race officials, parents and other MBSEF members

The following rules and regulations are from the International Competition Rules (ICR). Some rules have been modified to increase the success of the MWC program. When changes to the ICR occur, the ICR rule will be stated first with the MWC rule following. It is important to remember the Buddy Werner Championships, Oregon Four Way Championships and other races outside of the MWC program will be run by the ICR.

1. COURSE INSPECTION

- 1A. Course inspection is by side slipping through the course only unless otherwise stated by the race committee.
- 1B. Skiing through the course or shadowing the course will lead to disqualification.

2. THE START

2A. Racers must be on time for their start.

If the racer is late for the start, he/she must find the Start Referee. The Start Referee may rule to have the racer receive a provisional run if there is ample reason or the Referee may rule to disqualify the racer. If a provisional run is granted, the racer will be put in as soon as possible, without disrupting other competitors.

*2A. MWC RULES

2A. The racer missing a start will be put in as soon as possible without disrupting other competitors.

3. STARTS

3A. Slalom Starts: As soon as the Starter receives the order to send the next racer, the competitor is given the preparation signal of "RACER READY" and a few seconds later the start signal "GO". The competitor must not trip the start wand before "GO" and must start within 10 seconds after the signal "GO" is given.

3B. Giant Slalom Starts: As soon as the Starter has received the order to send the next racer, a 10 second signal is given. After 5 seconds, a count down of "5 - 4 - 3 - 2 - 1 - GO" begins. The racer may leave anytime after "3" or 3 seconds after "GO".

4. BIBS

4A. The racer must have a bib in order to participate in the race.

5. CORRECT PASSAGE THROUGH A GATE

In Slalom the gate consists of two poles. There is an imaginary line between the poles. The imaginary line is the shortest line between the turning pole and the outside pole. In Giant Slalom, the imaginary line is between two pairs of poles holding the same color banners and is the shortest line between the two inner poles holding the banner.

5A. If a gate fault occurs, the racer must either hike and correctly pass through the gate in question or withdraw from the race course.

6. INTERFERENCE

6A. If a spectator interferes with a racer, there is a missing gate, or another racer is in the way, it is the racer's responsibility to stop and immediately tell a gatekeeper he/she would like a re-run. The racer must then ski outside of the course to the finish. The racer must speak to the Finish Referee and explain the situation. The racer will receive a provisional rerun. The racer must return to the start and speak to the Start Referee. The Start Referee will run the athlete as soon as possible without disrupting the race or other competitors. The Race Officials will review the situation in question and a decision will be made as to whether or not the rerun will stand or if the athlete will be disqualified.

7. FINISHING THE COURSE

7A. To finish the course, the racer must pass through the finish gate under the following circumstances:

- I. On both skies
- II. On one ski, if within two gates of the finish gate

7B. If a racer loses a ski, he/she may not continue and must withdraw from the competition. This results in the following two things:

- I. Not being eligible for the second run
- II. Not receiving race points for the day's completion

*7B. MWC RULES

7B. If a racer loses a ski during his/her run and is not within the last two gates of the finish, he/she may put the ski back on and finish the race. If the racer loses a ski a second time, he/she must withdraw from the race.

7C. If a racer does not finish the first run or is disqualified he/she may not take a second run.

*7C. MWC RULES

7C. The racer will be allowed a second run without finishing the first run, however he/she will not receive any MWC points. (See Buddy Werner Selection Criteria for individual runs.)

8. RACE START ORDERS

*8A. & 8B. MWC RULES

8A. JVI girls run first followed by JVI boys. The JV girls will run third followed by the JV boys. The JIV girls will run fifth, followed by the JIV boys.

8B. There will be a random draw to determine the start orders among each age group.

8C. The second run start order is reversed within each age and gender class. Group start orders remain the same. Refer to 8A.

9. INDIVIDUAL SCORING FOR THE MWC EVENTS

9A. Each age class gender group is placed into rank order by times. Each athlete will receive MWC points according to placing within their age class gender group.

9B. Individual scoring will follow the World Cup scoring system as follows:

PLACE	POINTS	PLACE	POINTS
1ST	100	9TH	29
2ND	80	10TH	26
3RD	60	11TH	24
4TH	50	12TH	22
5TH	45	13TH	20
6TH	40	14TH	18
7TH	36	15TH	16
8TH	32	16TH-30TH	DECREASE 1 POINT PER PLACE

9C. The overall MWC age class standings will be determined by counting (adding) the place points from an individual's four best MWC race results.

10. MINI WORLD CUP TEAMS

10A. Teams will be the athlete's regular skiing group on race days.

10B. A handicap system will be used to calculate team points.

11. MINI WORLD CUP TEAM POINT CALCULATIONS

11A. The MWC team scoring system works as follows:

- I. Racers are timed on the first race of the year (two runs). If only one run is executed, then the results from the one run will be considered a race.
- II. Team awards are based on combining the individual scores (top five scores count, others are used for tie breaking purposes).

After the first race of the year we add the times of the first 5 athletes on each team. We then calculate the percentage difference between each team. For example:

USA	0% (fastest team)
Canada	5% (slower)
Norway	6% (slower)
Austria	10% (slower)
Etc.	

After each race, we add the times of the top 5 athletes from each team and subtract their percentage. The result is the handicap that we use for the team scoring.

The goal of this scoring is that the least skilled team benefits the most from the team scoring system.

11B. Team points are accumulated throughout the race season.

11C. The number of teams participating in the MWC program will determine the point distribution. A sample point distribution for 8 teams follows:

1st Place: 15 Points	6th Place: 5 Points
2nd Place: 13 Points	7th Place: 4 Points
3rd Place: 11 Points	8th Place: 3 Points
4th Place: 9 Points	9th Place: 2 Points
5th Place: 7 Points	10th Place: 1 Point



12. WINTER TERM PROGRAM PARTICIPATION IN THE MWC SERIES

12A. Winter term skiers will race as individuals in the MWC program.

12B. All JIII's will start after the JIV boys.

13. SELECTION CRITERIA FOR BUDDY WERNER CHAMPIONSHIPS

13A. The top seven boys and top seven girls will qualify to compete at the Buddy Werner Championships.

13B. The best six out of eight individual runs will be used for Buddy Werner qualifications, at the first four races of the MWC races.

13C. Tie Breakers: In the case of a tie, the best-unused run will be used. If there is still a tie, the second unused run will be used, and if there is still a tie, the older child will be chosen.

14. SEEDING FOR THE BUDDY WERNER CHAMPIONSHIPS

14A. The athlete with the most MWC points from the six best runs will qualify for the first seed in both events, followed by the athlete with the second most points for second seed in both events, and so on.

14B. If there is a tie and both athletes qualify for the team, the athletes will split the seeds. The MWC points will be used to determine in which seed each athlete will qualify.

DESERT ORTHOPEDICS MINI WORLD CUP MAJOR EVENTS CALENDAR 2011-2012

December 3 TBD December 27-30	MWC Program Begins Parent /Athlete Swim Party Christmas Break Camp	Junior Race Center Juniper Aquatic Center JRC 9:00am - 1:00pm
January 21 January 22	MWC Race GS - Cliffhanger MWC Race SL– Cliffhanger	Mt. Bachelor Mt. Bachelor
February 3-5 February 12 Feb 18-20	Oregon 4 Way Championships** MWC Race GS– Ed’s Garden Cherry Tree Charge	Ski Bowl OR Mt. Bachelor Crystal Mountain
March 3 March 17 March 17 March 18	MWC Race SL – Cliffhanger MWC Finals Combi Race – Cliffhanger MWC Awards 7:00pm *MWC Dual Challenge Race - Cliffhanger (*Not included in overall standings)	Mt. Bachelor Mt. Bachelor Location TBD Mt. Bachelor
Mar 23-25 March 27-30	Buddy Werner Championships** Spring Break Camp	Schweitzer JRC 9:00am – 1:00pm
April 14 Apr 20-22	SG/Jump Training May Day Race	JRC 9:am - noon Mt. Bachelor

JRC - Junior Race Center, Mt. Bachelor (formerly Blue Lodge)

For Race Information and Results visit www.mbsef.org

** USSA Youth License required

MWC TRAINING SCHEDULE 2011-2012 SKI SEASON

DECEMBER-

- 3 Directed Free Skiing/MBSEF Basic Fundamentals and Technique
- 4 Directed Free Skiing/MBSEF Basic Fundamentals and Technique
- 10 Directed Free Skiing
- 11 Directed Free Skiing
- 17 Directed Free Skiing
- 18 Program Off for Coach Education Clinic
- 27-30 Christmas Break Camp - Tuesday through Friday - 9:00am – 1:00pm

JANUARY-

- 7 GS Training
- 8 GS Training
- 14 SL Training
- 15 SL Training
- 21 GS Race - Cliffhanger
- 22 SL Race - Cliffhanger
- 28 SL Training and Jump Training
- 29 SL Training

FEBRUARY-

- 3 Mt. Hood 4 Way – XC & Jumping
- 4 Mt. Hood 4 Way/Directed free ski at home with coaching staff members
- 5 Mt. Hood 4 Way/Directed free ski at home with coaching staff members
- 11 GS Training
- 12 GS Race - Ed's Garden
- 18 Dual SL Fun Race/Directed free skiing
- 19 SL Training
- 25 SL Training
- 26 GS Training

MARCH-

- 3 SL Race - Cliffhanger
- 4 SL Training
- 10 Combi Race Training
- 11 GS Training
- 17 MWC Finals Combi Race - Cliffhanger
- 17 MWC Awards Banquet Location TBD 7:00pm
- 18 Mike Puddy Memorial Dual Race
- 23-25 Buddy Werner Championships/Off at home
- 27-30 Spring Break Camp - Tuesday through Friday - 9:00am to 1:00pm

APRIL-

- 14 SG/Jump Training - 9:00am to noon
- 20-22 May Day Race



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