

SKI TRACKS

Mt. Bachelor Sports Education Foundation

RACE TRAINING NEWSLETTER



Volume 15, Number 1

January 2012

Greetings From The Director

by Billy Farwig

WELCOME TO THE 2012 SEASON!

Sorry for the delay in getting out this December newsletter but it didn't look like winter outside so it just slipped by us! Even though there wasn't much snow we had an awesome early season for our programs. The Alpine Team had a great camp in Canada while the Nordic Team had an excellent camp in Yellowstone to kick off the season during the Thanksgiving break. The Freeride Program got started at Mt. Bachelor and we had some kids at Copper Mtn. Colorado for the first Revolution Tour event of the season just before the Christmas break.

We are really excited with our Mini World Cup program with over 150 kids participating and several new coaches with extensive racing backgrounds. I would like to welcome Casey O'Brien whose son Riley is a current MWC athlete. Casey raced himself and has coached at Mt. Ashland; Erik Hoff was a former standout Alpine athlete who started in the Midwest with Team Gilboa and was a mean Slalom skier banging on the US Team door then later came to Bend to race for COCC back in the day; Johanna Pulliam raced out of Mt. Spokane and was a top PNSA athlete; Kyle Wieche, a US Ski Team alumni, was an Olympic athlete in 1992 and was 9th in GS at the 1989 World Championships. The first two weekends of the Mini World Cup could not have been better with warm weather, sunshine and smiles all around.

On the Freeride side we have Justin Schoonover moving up as the Head Competition Coach after five seasons with the program. Congrats Justin! New to the Freeride staff but not to MBSEF is Kyle Martin, an MBSEF alum who has come back to share his passion for Snowboarding. Pete Hutson comes to the



Emily Hyde and Skyler Kenna, Nordic Summer Training Program, Searching For The Simoneau Snowfields Up On Broken Top

Freeride Team from Telluride Colorado where he coached both ski and snowboard athletes. Scott Rowley is our new Freeride Ski Competition Coach, having moved here from Hood River where he coached the Hood River Valley High School team and also at Windell's Camps on Mt. Hood.

We had a busy weekend up at Mt. Bachelor December 17 and 18, with several events running simultaneously. First the Dirksen Derby had a record setting fundraising event over three days of competition raising money for former MBSEF Snowboard athlete Tyler Eklund. Congratulations to Josh Dirksen for putting on a great event! Just wish I could've gotten a picture next to Terje!

Over at the Nordic Center (where xc conditions are great!) MBSEF hosted the MBSEF Classic. Nordic athletes competed in

Continued on Page 9



UPCOMING EVENTS

- Jan 1 Great Harvest New Year's Relay
- Jan 7 FR Ski/SB Dev Program Begins
- Jan 7-8 PNSA Masters Champs/JNQ
- Jan 21 XC Great Nordeen Race
- Jan 29 Patagonia Pursuit
- Feb 12 Tour de Meisner
- Feb 21-26 Alpine Sun Cup Race
- Feb 26 Par Fore the Course II



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SKI TRACKS

SKI TRACKS is the official newsletter publication of Mt. Bachelor Sports Education Foundation, a non-profit, tax-exempt 501(c)(3) membership association.

SKI TRACKS is published four times per season (December, February, March, and April). Publications are available to current members enrolled in an MBSEF program. Membership year runs September through August.

Publisher: MBSEF

Editor: Kathy Kurtz

Story contributions are always welcome!

We appreciate in-kind and financial contributions supporting our Foundation.

Please have stories in by the third week of the month, for publication the following month. We prefer stories and photos sent via email. Contact us at the numbers and address below.



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Recent Results - Good Job Everyone!

Par Fore The Course I, Mt. Bachelor - Dec 10 3k J4 Gemma Munck 1, Liv Downing 2, Olivia Colton 3. Jonathan Wimberly 1, Elin Schlichting 2, Joe Lukens 3, Thomas Hochman 4, Tyndall Wells 5, Jesse Selman 6. 3k J3 Taye Nakamura-Koyama 1, Sage Hassell 2, Ibby Selman 7. Nate Hochman 1, Alex Martin 2, Kimbert Schlichting 4, Minam Cravens 5. 5k J2 Casey Shannon 1, Leo Lukens 2, Zeb Millslagle 3, Matt Hecker 5, Grant Parton 6. 5k J1 Sierra Foster 1. 5k J2 Emily Hyde 1, Emma Su 3. 10k J1 Max Millslagle 2, Skyler Kenna 3, Niko Giannioses 5.

Revolution Tour, Copper Mtn, CO - Dec 19-20 We had a young group with Hunter Hess finishing in the top 30 of the Ski Halfpipe and Jake Mageau getting a top 20. Nate Jacobson had the honor of being the youngest competitor in the field for Snowboarding and finished in the top half in both Pipe and Slopestyle. Kent Callister finished 12th overall in the Finals of Halfpipe.

MBSEF Classic, Mt. Bachelor - Dec 18. 5k J5 Aidan Whitelaw, 1 5k J4 Elin Schlichting 1, Joe Lukens 2, Thomas Hochman 3, 5k J3 Leo Lukens 1, Nate Hochman 2, Kimbert Schlichting 5, Minam Cravens 6, 5k J2 Emily Hyde 2, Emma Su 3, Zeb Millslagle 2, Brady Boos 3, Matt Hecker 4, 5k J1 Sierra Foster 1. 10k J1 Max Millslagle 4, Skyler Kenna 5, Niko Giannioses 6, Andy Su 7.

Russ Read Memorial, Mt. Bachelor - Dec 17 GS1 Tim Hill 1, Trevor Olsen 2, Casey Shannon 5, Jack Botti 6, Ian Bristow 14. Anna Rischitelli 3, Kate Puddy 5, Megan Olson 11, Madison Archuleta 13. Dec 18 GS2 Max Stamler 1, Trevor Olsen 2, Tim Hill 3, Wilder von Rohr 5, Jack Botti 12, Casey Shannon 13. Anna Rischitelli 5, Kate Puddy 6, Madison Archuleta 14.

Northwest Cup, Mission Ridge - Dec 19 SL Anna Rischitelli 7, Dec 20 SL Megan Olson 8.

New Year's Relay, Mt. Bachelor - Too many teams to list! The Relay was chock full of MBSEF kids and families, visit www.mbsef.org nordic results to see the finish list. My favorite team name has to be team "Danocracy" with Leo Lukens, Javi Colton, and Nate Hochman, or "The Honey Badgers" with Addie Beasley, Maggi McElrath, and Dagny Donohue.





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MBSEF Nordic Skiers Recognized by U.S. Ski Team -

MBSEF Nordic skiers Max Millslagle and Emily Hyde have been recognized by the U.S. Ski Team and the U.S. Ski Association as part of the Elite Development Pipeline for the U.S. The skiers recognized as part of the pipeline range from World Championship medalists and Olympians to the top J2's (14/15 year olds) around the country.

According to Dan Simoneau, Nordic Program Director at MBSEF, "Of the 73 skiers in the Pipeline, Max and Emily are the only ones racing in Bend or even in the Northwest and MBSEF is the only Oregon program with skiers on this elite Nordic track. It's going to be really fun watching them mature and strive for higher levels of the sport."

Leading the ladies pipeline is U.S. Ski Team "A" Team and Alaska Pacific University skier Kikkan Randall. Kikkan is a Silver Medalist from the 2009 World Championships and is clearly the most successful female Nordic skier ever from the U.S. Said Hyde, "I have Kikkan's poster on my wall and great memories of skiing with her at Mt. Bachelor last May. She's just so fast. It's kind of weird to see my name on a list with her."

As part of the elite pool of young skiers in the U.S., Hyde and Millslagle recently attended the National J2 Talent Camp in Sun Valley, Idaho. There they trained with 43 of the top young skiers in the country as well as with members of the U.S. Ski Team Coaching Staff. "The J2 Talent Camp was an incredible experience for both skiers," said Simoneau, "It gave them the opportunity to see how close they are to the very best skiers in the nation and to understand what they need to do to continue to advance."

The Mt. Bachelor Sports Education Foundation's mission 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.

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To All MBSEF Middle School and Older Athletes

Paul Mahre at PNSA posts an athlete honor roll each year. PNSA promotes academic as well as athletic excellence. MBSEF members who are current USSA members, and who maintain a 3.0 or higher GPA, can submit a transcript (quarter, semester or year-end) to PNSA, to be added to the honor roll.



Then, as you apply to schools, and for various grants, you could mention that you are on the PNSA Honor Role. Follow this link to PNSA's website to view the Honor Roll: <http://www.pnsa.org/>. Email Paul at pnsa@pnsa.org

MBSEF's New Face, Anna Schulz

Joining us this year is Nordic 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 whiz 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 is 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 ever 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 MBSEF Nordic crew is the best part of my day."



Need Help With Your Schoolwork?

Weather forecasters say the big snow is coming, and that means it's time for MBSEF kids to strap on their snowboards, or click into their ski bindings. It also means that during the upcoming competition and race season, many of our athletes are going to miss some school days. However, don't fret over lost academic time during your race season, know there's school help on the way this winter and spring.

Think Tank of Bend, Inc. is here, so you can free up your mind and concentrate on your race and competition days and not worry about the class time you're missing, as Think Tank will be here to privately tutor you with the class work you'll be missing this season.

Think Tank is the brainchild of former teachers, Jan Webb and Susan Walker, who have a combined half-century of teaching to back them up.

"I've had 25 years teaching both middle school and high school math students; everything from Pre-Algebra to AP Calculus," says Jan Webb. "We called our business Think Tank, because if you're not thinking, you're tanking."

MBSEF alpine skier Kiki Nakamura-Koyama says she would've tanked her math class last winter season, if it weren't for Webb's dedicated one-on-one tutoring.

"I missed almost an entire week of school, because of the Sun Cup ski race, and I was so afraid I was going to be way behind, but Ms. Webb worked with me when I got back, and I ended up with a 97% in geometry, and I got selected to be on the Bend High math team, where we won COCC math competition," says Kiki. "Really Ms. Webb is the best math teacher I've ever had, she explains it clearly and she's so patient, she'd have to be patient, because math is not my favorite subject."

Teacher Susan Walker is the other half of the Think Tank equation; her specialty is Language Arts, English, and Literature.

"I'll be able to help students with interpretation of literature and any writing assignments the students may have," explains Walker. "I'm already familiar with most of the novels and plays that students read in the public schools—occasionally students choose their own novels and I can do research or read the novel they have chosen before I meet with them."

But it doesn't stop with literature, Walker can help students with writing assignments in history and science classes, where she has formal training in both subject areas.

And if it's debate team or campaigning for a student council seat, Walker enjoys helping students with any public

speaking engagements or assignments.

If you sign a deal with a snowboard or ski sponsor, talk to Walker and she'll make your endorsement pitches sing!

Both teachers have worked with a number of MBSEF students including, Lucie Pepper, Javi Colton, Keenan Siedel, Kate Puddy, Luc Boileau, and Kevin Proedel, who's now a top engineering student at the University of Colorado.

Think Tank, Inc., has a fee of \$40 per hour, but can divide that fee up if there's more than one student at a session.

So good luck athletes as you enter the new winter season. Remember it's always smart to be BOTH a good athlete and a good scholar.

Think Tank can be reached at: thinktankofbend@gmail.com or shadywebb@yahoo.com.

Call 541-280-5961 for Susan Walker, and 541-693-4749 for Jan Webb.

Please try to book tutoring appointments as early as possible, as certain dates do book up quickly, especially during finals week.



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around with the hecticness of our first day of Middle School training, take home a pizza. Do you need a night out with friends or family? Have pizza. To order call (541) 389-2963. Round Table Pizza is at 1552 Northeast 3rd Street.

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Dr. Zack Porter, DDS, with Skyline

Dental, LLC, is again offering our currently enrolled MBSEF junior athletes free x-rays, exam, and cleaning. Zack also volunteers on weekends for MBSEF, coaching in the Freeride Ski Development program.

"Last season was an amazing year. On the mountain, we had record snow fall and I had a blast with the Freeride kids. I was stoked that our office donated over \$3,000 of dental work to MBSEF Junior athletes. I'm honored to offer the same thing to this year's MBSEF kids.

I'm happy to offer free x-rays, exam, and cleanings to all current MBSEF Junior Athletes at our office. Please call our office and mention the MBSEF program with Dr. Porter to set up an appointment."

Have a great season,

Zack Porter, DDS
MBSEF Freeride Ski Development Coach

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Jordan Schweitzer

by Race Place

We are proud to have Jordan Schweitzer as the cover racer on our 2011-12 Race Place catalog.

Jordan is from Portland, Oregon, but began wintering in Bend several years ago when she joined the Mt. Bachelor Sports Education Foundation program. Since that time she has made quite an impact racing in the Pacific Northwest and on the National level.

Among other accomplishments, she is the J-2 National Downhill Champion.

Realizing that a ski racing career is not always possible, Jordan is preparing herself scholastically with an excellent GPA of 3.90. Her coaches and other racers also say she has a great sense of humor and a delight to be around.

Fast, smart, funny and nice! Need we say more?

Check her website: www.jordanschweitzer.com

Editor's Note: Jordan is the first and only female ever to grace the front cover page of Race Place!

Best friends welcome.



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GO MBSEF!

Greetings From The Director, Continued From Page 1

5km, 10km and 20km classic style races. Congratulations to MBSEF athletes Emily, Emma, Sierra, Zeb, Matt, Leo, Max, Skyler, Niko and Andy, and all of the MBSEF athletes, for their performance! It was awesome watching these kids haul!

Up on Thunderbird MBSEF held the annual Russ Read Memorial GS on both Saturday and Sunday. Way to go Trevor, Casey, Jack and Wilder, and on the ladies side congratulations to Anna, Kate and Megan for top ten finishes. We were really fortunate that Mt. Bachelor and Tom Lomax gave us the use of the best run on the mountain for the entire weekend!

I have to give a special shout to Tanner coming back from a season ending knee injury, young Madison Archuleta for charging from the back of the pack to a top 15 finish and MBSEF Alpine Masters racer Tim Hill for finishing on the podium with the kids and giving me eternal hope!

As I mentioned earlier our Freeride Team ventured to the Colorado Rockies and competed in the first Revolution Tour event of the season. We had a young group with Hunter Hess finishing in the top 30 of the Ski Halfpipe and Jake Mageau getting a top 20. This was an open competition where these kids competed against athletes of all ages, so well done guys! 13 year old Nate Jacobson had the honor of being the youngest competitor in the field for Snowboarding and finished in the top half in both Pipe and Slopestyle. Kent Callister carried the MBSEF flag into the Finals of the Halfpipe and finished 12th overall!

Our Annual Snow Ball was held at Sun River Resort at the beginning of the month, which gave us a chance to get dolled up and raise some money for our scholarship fund as well as have some fun. This annual event is a key part of our fundraising efforts and it could not be a success without the work and dedication that Molly Cogswell-Kelly puts into it, and the help from Carol Nelson and Kristi Wild. Thanks to the generosity of our Board of Directors and Mt. Bachelor we had another successful event for 2011!

To all our volunteers, parents, race crew, coaches, our board, staff, and the folks at Mt. Bachelor, thank you for all your help and commitment to MBSEF!

Wishing you a Snowy New Year!

Billy Farwig



The Winning 2012 Pole Pedal Paddle Logo by Paul Leighton!

2011 Summer Recap

by Molly Cogswell-Kelley

MBSEF Parents Are Winners!



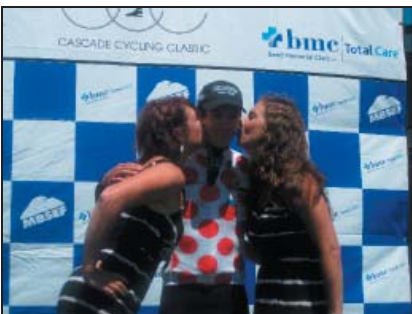
Eric Martin (left), parent of Micaela and Alex won the Masters 45+ category of the Pacific Power Cascade Lakes Road Race during the BMC Cascade Cycling Classic.

Helen Grogan (right), parent of Alex Yount won the Cascade Gran Fondo 85 mile ride. Pictured here with Chris Horner.



MBSEF Parents Can Lose Too!

Zeb Millslagle beat his father's time at the Sunrise to Summit by almost 12 minutes. Zeb's time was 36:16. Javi Colton beat his dad by only 2 minutes with a time of 33:24. Keep up the good work boys!



This summer was great! The Bend Memorial Clinic Cascade Cycling Classic was awesome. It's a lot of work to pull the most popular NRC stage race in the nation. We completely lucked out on the weather. Three days before the McKenzie Pass Road Race, it was a blizzard. However, there was no trace of the freak storm on race day! We have such a great crew. Dan, Nils and Coggin are a blast to work with on this event. They know exactly what to do and they are masters of the finish line structure.

Renee Mansour (left), is our glamorous and very talented volunteer coordinator. The volunteers love her and she does such a great job. She and her friend Amanda Atwill took the podium presentations to a new professional level. They were the official Podium Girls and the riders loved it. Their outfits were sponsored by Lulu's Boutique. They showed up at every stage dressed to impress. We were very excited to have that element added to the race. We are now on the hunt for Podium Boys for the women's race next year.

The MBSEF Firecracker 100 ride that takes place on July 4th, was also a success. We had about 50 more riders than last year. We step it up every year by offering great food at the aid stations. That's what it's all about. It's the best deal in town! Mark that for your calendar next year. Wednesday, July 4th, 2012.

MBSEF was the beneficiary of the Cascade Gran Fondo which was an organized ride that Chris and Megan Horner put on. We were thrilled to be included in such a high profile event. It was extremely well put together. I had the opportunity to address a crowd of people at the Tower Theater right before Chris gave a talk on his Tour de France experience/crash this summer. I informed the audience about all the great things MBSEF does for athletes and the community. Again, I took on the task of buying all the food for the 4 aid stations. Apparently, the food was a hit! No one could believe the amount of food. When I shop, I don't mess around. Joe Lukens and Denali Hart built the most amazing tower of cookies ever. Our athletes in every discipline came out and worked the aid stations. It was great exposure for MBSEF. They are planning on putting this event on again in August and having MBSEF as one of the beneficiaries again. Thank you Chris and Megan!

Finally, I know that summer is winding down when the Heart Center Sunrise to Summit and Bend to Bachelor Duathlon gains ground. All in all, the races were just awesome. We had a new course because the Summit had too much snow when we had to start marketing the race. The course worked out great. But the run was definitely steeper at the beginning which surprised some folks and I'm sure they were cursing my name before the first water stop. The only disappointing result was the lack of racers. Labor Day weekend was just a hard weekend with people going out of town on their last harrah before school and Masters Road Nationals was also a conflict.

MBSEF PANORAMA ALPINE CAMP TRIP

by Anna Rischitelli

We finally arrived in Panorama on Saturday, after a day of driving and an overnight stay in Spokane. Earlier that day, when we reached the border of Canada and entered Canada, it was exciting and a relief to the team that we were almost there. The drive through Canada, to Panorama, was beautiful as we drove along the base of a mountain range. The resort itself was secluded up in the mountains. Panorama Resort was gorgeous, covered in snow, and lit up by Christmas lights all around the beautiful lodging.

Waking up the first morning, we all prepared for our first day of slalom training. It was freezing cold, the type of cold where you can only take two or three runs before you need to go back into the lodge to warm up. The sun shone on the firm snow making it perfect for training. Because it was the first day of training, we worked a lot of free skiing with basic drills with brushes to get us back up to speed with our skiing.

The second day we began skiing in the morning with more drills and brushes to keep working on our slalom skills. Again, we were lucky to have good conditions like the day before, but luckily it was slightly warmer. In our afternoon session of training, we began to incorporate tall gates into our drills and courses, as we all worked to include our skills from the brush courses into the tall gate courses.

Our third day of skiing was a day where we really focused on putting everything together into a full slalom course. We went from running shorter courses to running longer rhythmical courses, where we could really work on making clean turns between each gate. In the afternoon session of training, some combinations were thrown into our long course to really push our skiing and get all of us ready to be back in a full slalom course.

Unfortunately, on the fourth day of skiing, the conditions were not as good as we were hoping. It had begun snowing in the afternoon on Wednesday, and it warmed up overnight causing it to rain and the snow to get really heavy, soft, and sloppy. The lift was on standby, but we were all out there ready to ski at 11:00am when it opened. Making the most out of the day, we free skied on our GS skis and did as many drills as possible before we were all soaking wet and had to go into the lodge. It was great to get out on our longer skis and get a chance to get a feel for them before we were required to ski in a course though.

Ready to go, on the fifth and sixth day we powered out GS drills and GS courses to get as much training as possible. The weather improved as it cooled off and the snow hardened, giving us a great surface for training. The last day in Panorama, we were able to run longer GS courses integrating everything we learned and had been working on during our week in Panorama.

Overall, the team would agree that this trip was one of the most amazing experiences that we have had, and it was an awesome opportunity to get valuable preseason training. It was cool to be staying and skiing next to people from all over, as we had the chance to meet people from many of Canada's provinces, like Quebec and Ontario, as well as more local teams from Alberta and BC. There were also teams from Japan, New Zealand, and the US. We had a lot of good team bonding time, especially on Thanksgiving where we all shared a well-prepared Thanksgiving dinner together which was very fun and memorable.

This trip provided us with an amazing opportunity for such incredible training that we all benefited from, as well as great memories that we will remember as a team. Thanks to everyone who helped put this trip together and the time spent to make it happen. Thanks to the parents of every skier for allowing us to be able to go to Panorama to train. But a special thanks goes to Nils and Fred for such a wonderful experience, great coaching, and for spending their break with all the athletes who went on the trip to Panorama. We all had a blast!



MBSEF THANKS YOU!!!

Thank you everyone who donated time and effort, and equipment, and dollars, for our new training facility upstairs. Having our own gym and workout room is such a cool thing. Great Job! If you haven't seen our "Center of Excellence", come by and take a gander! And bring your workout clothes!



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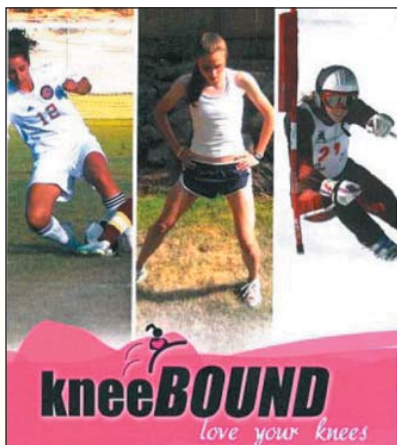
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RICE - Rest, Ice, Compression, Elevation

by Tyson Langeliers, M.S. ATC, Desert Orthopedics



Bumps, bruises, strains, sprains, and sore muscles are all part of the game. How can an athlete recover and decrease symptoms from these small but potentially nagging injuries or traumas. A simple acronym can aid in the treatment of these injuries Rest, Ice, Compression, and Elevation (RICE). Depending on the extent of the injury it will vary how you utilize the RICE program but the same principles apply.

Rest – while this seems very simple it can be very difficult to manage. In the

event of an injury, one may have to rest for a few days or up to a couple of months depending on the significance of the injury. A couple of examples will clarify the gray area. Ex. 1. You have a team or athlete that has raced or trained 3 to 5 days and they are complaining of soreness, stiffness and fatigue. Rest could be 24-48 hours of no or low activity. Low activity means less than 50% intensity and lasting no more than 15-30 minutes of aerobic activity, this could be consider active recovery. Ex. 2. An athlete that has tweaked a knee and was able to keep skiing. This individual may need to rest for the remainder of the day or for a couple of weeks depending on the extent. Either way, rest is stopping or decreasing of the activities that increase pain, swelling and stiffness.



DESERT
ORTHOPEDICS

Ice - is very effective at controlling pain and swelling. Ice affects the body by decreasing blood flow to the area as well as decreases nerve conductions. Therefore, decreasing the inflammatory phase, pain and spasms that are associated with an injury and allowing for quicker recovery. Ice should always be applied for at least the first 72 hours of an injury if not longer. Ice should be done for 15 to 20 minutes and then repeated 3-5 times a day with an hour or two in-between each session. Two styles of icing are ice bucket and ice bag / towel. Ice bucket is water and ice in a bucket and put the extremity in the ice water. It is important not to have too much ice in the bucket, as it will get too cold so only have dozen or so ice cubes floating in the bucket once it is full of water. An ice bag is simply ice in a bag but a helpful hint is sucking the air out of the bag and to put a little water in the bag. This will allow the bag to conform and optimize the cooling effect. If the ice bag irritates the skin you can put a wet towel in-between the ice bag and the skin. So if you are in question of whether or not to have ice or heat, always ICE.

Compression - decreases swelling in two ways. First it will support the soft tissue and not allow the tissue to expand and second it will aid in the reabsorbing of the swelling. Compression can be applied by using an ace wrap, spandex, neoprene braces, tights, and many other tight or snug fitting clothes or braces. The goal of compression is to aid in the re-absorption or redirection of the swelling so the wrap needs to be applied such that you wrap back towards the heart therefore promoting uptake.

Elevation – utilizes gravity and assists the compression in decreasing swelling and therefore decreases pain. Elevation consists of having the ankle above the knee, knee above hip, or hand above elbow and elbow above shoulder either way it needs to be above the heart. Elevation can be done as often as available but is commonly done with the icing phases.

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With the simple RICE acronym one can treat most of the minor injuries, bumps, bruises and post event soreness. But if any injury persists or continues to get worse it is probably to time to see your athletic trainer or sports medicine physician.

**THE
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JANUARY
21**



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If you need a gift for someone, then come to the office and purchase a pair of Molly's earrings. Only \$5.00! All proceeds will go to the Athlete Scholarship Fund.

You'll make your special someone happy, and you'll make Molly happy, cause she loves to make earrings more than anything!



MBSEF Card Members - Show your MBSEF Membership Card at these businesses to get great deals! Remember to tell the stores thank you! And remember, at most stores the discount is for the card carrying athlete only, not for family and friends.

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Caldera Grille

Show your membership card, and buy one appetizer, get one at 1/2 off. Check out our early bird 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.

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.

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.

Helly Hansen

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

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.

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.

Bend Vacation Rentals

Bend Vacation Rentals delights in pairing you with your ideal choice from among the largest selection of lodging on the west side of Bend. Our options range from luxury homes, cottages, downtown lofts and town homes at Broken Top, Widgi Creek and Mt. Bachelor Village. Bend Vacation Rentals also offers long term rentals and are pet friendly. Our staff knows Mt. Bachelor! We ski, snowboard, and cross country ski almost every day. We can help you arrange everything from lodging to discount lift tickets, snow sport lessons, car rentals and more. Email us at info@bendvacationrentals.com.

Pocketweez

Purchase the revolutionary Pocketweez, right here at MBSEF, and 20% of the purchase goes right into our scholarship fund.

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MBSEF

RACE TRAINING CENTER

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Race Training Center
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MBSEF MISSION STATEMENT

The Mt. Bachelor Sports Education Foundation is a non-profit organization dedicated to the development and support of competitive Alpine, Cross Country and Snowboard race training and competition in Central Oregon. MBSEF provides the opportunity for introduction to advanced levels of race training and competition.

Our main objective is to assist student athletes in achieving their individual athletic, academic and personal goals. The program's guiding philosophy is to encourage academic achievement and promote the positive values of competitive sport: sportsmanship, self-discipline, goal setting, character building and the pursuit of healthy lifetime activities.

MBSEF

**563 SW 13th Street, Suite 201
Bend, OR 97702**

Office Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
mbsef@mbsef.org
www.mbsef.org

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