



Nordic Middle School Program

Ages 11-14 - Grade 6,7,8

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.

Again for 2011-2012: 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 need to learn to ski classic and skate in any weather situation, but they also need to have successful skiing experiences. To accomplish both goals, the schedule of sessions will be continuously updated according to weather and skiing conditions.

Program Dates: November 15 - March 13 - (visit mbsef.org nordic home page for training calendar)

Program Options: 1 day, 2 day, 3 day, 4 day/week. Choose days.

Tuesday
3:15pm-6:00pm

Thursday
3:15pm-6:00pm

Saturday
9:45am-11:45am

Sunday
9:45am-11:45am

Free Extras: Thanksgiving Camp November 21-23 from 9:45am to 11:15am, and Christmas Camp December 27-29 from 9:45am to 11:15am at Mt. Bachelor Nordic Center. We will also offer a pre-season wax clinic, date TBD. Middle school age skiers are capable of caring for their skis once they have learned the proper techniques. Also on Tuesday nights after training, the MBSEF wax room will be open and cleaning and waxing supplies will be available. **Other Extras:** Elk Lake Overnight: Yes, we will attempt to recreate our epic 2011 overnight to Elk Lake.

Trail Passes: All participants will be responsible for their own passes. Purchase passes early through mtbachelor.com. Depending on weather and snow conditions, some training will be at Meissner at lower elevation.

Racing Opportunities: Though MBSEF supports and encourages skiers to compete, racing is not required and a significant number of participants of the Middle School Program do not compete. MBSEF will attend the PNSA J3 Championships, and the Junior Olympic Qualifying races. Racing calendar will be posted at www.mbsef.org in the Fall. Coaching will be available for racers and non-racers on race days at Mt. Bachelor. Logistics, costs, and schedules for travel to out of town events will be announced closer to each event.

Transportation: Transportation will be available for a fee (see Transportation Form/Schedule). On Tuesdays and Thursdays, skier pick up will be at the various Middle Schools starting at 2:45pm. Those not being picked up at a Middle School will be picked up at Cascade Middle School at 3:15pm. On Tuesdays and Thursdays, skiers will return to MBSEF at 6:00pm. Weekend transportation leaves MBSEF at 9:00am and returns at noon. (Transportation schedules on the days of races will vary with an earlier departure and a later return likely for both racers and non-racers.)

Equipment: Skiers need their own equipment (skating and classic skis, poles and boots) for all programs. Equipment can be obtained at the MBSEF Skyliners Winter Sports Swap at the Mt. Bachelor Bus Barn in October, Sunnyside Sports, Webcyclery, Mt. Bachelor, and occasionally loaner equipment is available at MBSEF. Program staff will keep you updated as to other equipment opportunities. All participants will be responsible for their own trail passes. Purchase passes early for the lowest price at mtbachelor.com.

For 2011-2012 registration forms visit
www.mbsef.org