



# Nordic Stevenson Youth Program

Ages 7-11 - Grade 2,3,4,5

The Stevenson Youth 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 are offered a fun, safe environment where they can 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:** Wednesday training. Join us at 3:00 p.m. at the Nordic Center for SYP Wednesdays. A limited amount of transportation is available from the MBSEF office at 2:30 p.m. Cost for van transportation is an additional \$115.

**Daily Schedule:** Saturday and/or Sunday. Athletes meet their coach outside of the Mt. Bachelor Nordic Lodge at 9:30 a.m. on skate days and 9:15 a.m. on classic days. Parents can meet their athletes as they return to the Nordic lodge at 11:00 a.m. Wednesdays meet at 3:15 p.m. and ski until 4:45 p.m. For those using MBSEF transportation, we depart MBSEF at 2:30 p.m. and return at 5:30 p.m.

**Enrollment Options:** 10 Wednesdays, 10 Saturdays, 10 Sundays. Plus Winter Camp at N/C for everyone.

**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.) a few days before each weekend. There does come a point where skiers need to learn to ski in all conditions, but at this age our number one goal is help the skiers find success and have fun.

**Program Dates:** - (visit [mbsef.org](http://mbsef.org) nordic home page training calendar for specific training updates)

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|-------------------------------|--|
| Skyliners Winter Sports Swap: | October 15, 2011   |
| Parents Meeting:              | Wednesday, December 14, 2011 - 7:00pm at MBSEF             |
| Winter Camp:                  | December 27, 28, 29, 2011                                  |
| Saturday Sessions:            | Jan 7, 14, 21, 28, Feb 4, 11, 18, 25, Mar 3, 10            |
| Sunday Sessions:              | Jan 8, 15, 22, 29, Feb 5, 12, 19, 26, Mar 4, 11            |
| Wednesday Sessions:           | Jan 4, 11, 18, 25, Feb 1, 8, 15, 22, 29, Mar 7             |
| Stevenson Stampede:           | TBD - open to Wednesday, Saturday and Sunday skiers        |
| Full Moon Ski:                | Feb 4 - open to Wednesday, Saturday and Sunday skiers      |
| Quidditch:                    | TBD  |
| Paintball Biathlon:           | Feb 11, 12 - open to Wednesday, Saturday and Sunday skiers |

**Events:** Throughout the year the skiers will participate in little races and relays organized by the coaches as part of their program. These are very informal, varied, low pressure, fun events that keep the skiers motivated and introduces them to racing. In these events the emphasis is totally on each individual and we celebrate every skier's accomplishment.

Skiers can enter other races at Mt. Bachelor or other places across the West. MBSEF and the Stevenson Youth Program encourage skiers to enter races between 1 and 3 km. It is the responsibility of parents to sign their children up for these great local races. Details on races will be distributed during the season in addition to being posted on our web site at [www.mbsef.org](http://www.mbsef.org).

**Trail Passes/Transportation:** All participants will be responsible for their own passes. Go to [www.mtbachelor.com](http://www.mtbachelor.com) for early season deals. Transportation is the responsibility of the participant.

**Equipment:** Skiers need their own classic and skate equipment (skis, poles, boots). Equipment can be obtained at the Skyliners Winter Sports Swap in October, Sunnyside Sports, Mt. Bachelor, and Webcycclery. Also, MBSEF hosts an in-house swap after the parent meeting.

For 2011-2012 registration forms visit  
[www.mbsef.org](http://www.mbsef.org)