



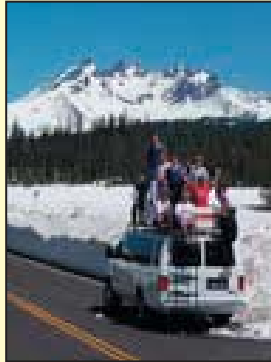
Nordic Middle School Program

Thanksgiving and Winter Camps

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.

Free Extras: Thanksgiving Camp November 21-23 from 9:45am to 11:15am, and Christmas Camp December 27 to 29 from 9:45am to 11:15am at Mt. Bachelor Nordic Center. If you are not an MBSEF Middle School program member, you are welcome to join us. Camps are only \$75 each for non-MBSEF program members, which can be applied to your enrollment fee if you decide to join.



Other Extras: Elk Lake Overnight: Yes, we will attempt to recreate our epic 2011 overnight to Elk Lake.

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