

+ 2018-2019 MBSEF Education Resource Book





Dear Parents and Student Athlete:

Welcome to the MBSEF Full Time program. Being a full time athlete at MBSEF is different than being an athlete in our regular Winter Term or Competition programs. Not only are the responsibilities increased with respect to training and development, but there are certain expectations required in the class room as well.

The MBSEF Education Resource Book is a tool created by the education committee of the Board of Directors. Its purpose is to provide a working document to help parents and athletes navigate the education challenges that can occur for Full Time student athletes. It is the compilation of several months of committee work, interviews and information gathering. And it is intended to be a resource that will change and be updated on an ongoing basis.

The MBSEF Vision is to positively impact the life of every athlete we serve. Our Mission is to create opportunities through competitive snow sport programs to support athletes in achieving their individual athletic, academic, and personal goals. Our Values are contained in the acronym C.H.A.S.E. and stand for: Commitment; Honesty; Accountability; Sportsmanship; and Excellence.

MBSEF has created a structure to help you become the best athlete possible. Please use this Resource Book and the knowledge of the coaching staff to help you achieve your academic and athletic goals. If you have any questions regarding the Resource Book, please contact Coggin Hill at chill@mbsef.org or 541-610-2556.

Best Regards,

John Schiemer

Executive Director

Mt. Bachelor Sports Education Foundation





MBSEF Vision, Mission, Values

- MBSEF Vision: To positively impact the life of every athlete we serve.
- MBSEF Mission: The Mt. Bachelor Sports Education Foundation is a nonprofit organization that creates opportunities through competitive snow sports programs to support athletes in achieving their individual athletic, academic, and personal goals.
- MBSEF Values: **C**ommitment; **H**onesty; **A**ccountability; **S**portsmanship; **E**xcellence.





Expectations of MBSEF Athletes as Students

- Participation in the MBSEF Full Time program has significant expectations and accountability for students to create a successful partnership with their counselor, Principal and teachers. The idea is for the MBSEF student to take control, ownership and accountability in their academic and athletic pursuits.
- Managing this successfully will garner invaluable real-life experience that will carry over to future endeavors. The key to being a successful student athlete is consistent communication with all of the stakeholders.





Expectations of Students

- High School Counselors
 - Each School designates a Counselor for every student at the start of their Freshman year.
 - The Counselor can assist with classes and schedules in order to verify the NCAA standards are met
- Communication to Teachers
 - Students need to be responsible to keep an open line of communication with their teachers regarding:
 - Travel schedules
 - Assignment status
 - How to submit work while absent
 - Make up tests and/or quizzes





MBSEF Athletes Communication with Counselors

- A successful school/MBSEF relationship starts with your school counselor. It is essential to develop and maintain positive and consistent communication with your assigned counselor, as they will be your troubleshooter, your liaison and your advocate while planning the necessary class schedule to fit in with MBSEF training.
- Meet with your assigned counselor as early in the planning process as possible, even the prior Spring Term
- Get your counselor's email address and phone number
- Provide a preliminary race and training schedule for the season
 - The Schedules are available by August on the MBSEF website
- Discuss Absent Forms for extended periods of competition travel
- Establish plan for online and/or summer school options to offset missed on-site classes due to daily training schedule
- Meet regularly with counselor throughout the season to keep him/her abreast of your grades and relationship with your teachers





MBSEF Athletes Communication with Teachers

- The absolute key to success in the Full-Time program is to establish early and consistent communication throughout the training & competition season with each of your teachers. Taking “ownership” of your education and unique circumstances and conveying your goals to your teachers is important. The better the communication, the easier it will be for the teacher to put forth their expectations and help you plan for the academic year.
- Take the time to schedule a meeting with each of your teachers either prior to the start of the school year, or during the early part of the 1st Semester
- Work with each teacher to develop a mutual agreed plan for assignments during absences
- Establish a direct line of communication with each out your teachers; Get their email addresses and phone numbers
- Create a “presentation” of yourself and your goals with MBSEF (Why have you chosen to be in the Full-Time program?)
- The goal should be, whenever possible, to get the “buy-in” from your teachers on your athletic and academic pursuits; They should feel that they are an integral part of your success in both areas
- Provide each of your teachers with a preliminary competition schedule that outlines the potential days missed from school; Establish a protocol with each teacher on their expectation leading into longer competition based absences and what is expected upon return to class.





Expectations of Parents



- Parents of student athletes in the MBSEF Full-Time program are expected to be fully engaged with their child's academic and athletic success. This includes assisting with and/or jointly meeting with the school Counselor and teachers during the initial stages of the school year. Parents should monitor the progress of their students closely throughout the school year with the goal of being proactive versus reactive to any issues that arise.
- Assist your student with meetings and communication with counselors and teachers as needed
- Act as a liaison between your student athlete and counselor & teachers as needed
- Support and empower your student athlete to take ownership of their "career"
- Please utilize our Parent Contacts as a resource if needed



Communication with Parents

- Students and parents should set their own personal guidelines on what is expected during the academic year. Proactive communication between student athletes and their parents is vital to the success of each athlete. Parents need to be fully engaged with their athlete and set firm expectations on academic performance and accountability.
- Use ParentVUE or the other student record software at each school to regularly monitor academic expectations and performance of each student
- Students should provide parents with weekly updates on academic performance, challenges, accomplishments, etc.





Parent Resources

Parent	Discipline	School	Athlete/Age	Contact
Teresa Cravens	Full Time Alpine	Summit High School	Minam Cravens Age 19	541-419-1933 tabletops@bend broadband.com
Adam Beebe	Full Time Freeride	Summit High School	Jacob Beebe Graduate	541-325-3383
Gillian Rathbun	Winter Term Alpine	Summit High School	Paget Rathbun Graduate	541-728-0602 gskibun@earth link.net
Nancy Engelhard	Full Time Nordic	Bend High School	Olivia Colton Age 18	541-390-3343 nancycolton@ gmail.com
Scott Agnew	MBSEF Board Member Resource	Baker Charter Schools Early College Program		541-480-0080 scott@ascentcap .com
Jill Wimberly	Full Time Alpine	Summit High School	Jonathan Wimberly Age 18	541-788-4210 jillwimberly@ peoplepc.com



+ Central Oregon High Schools

School	Focus	Website
Summit High School	AP Oriented	www.bend.k.12.or.us/summit
Bend High School	IB Program	www.bend.k.12.or.us/bendhigh
Mountain View High School	Individually focused	www.bend.k.12.or.us/mountainview
Cascades Academy	Independent College Preparatory	www.cascadesacademy.org
Redmond Proficiency Academy	Proficiency based charter school	www.rpaacademy.org
Baker Charter Schools	College Preparatory and Classes	www.bakercharters.org



Post High School Education

Institution	Focus	Website
Central Oregon Community College	Provides professional-technical programs, continuing education, career pathways and a multitude of degree options	www.cocc.edu
Oregon State University	A branch campus offering over 20 degree options	www.osucascades.edu
Baker Charter Schools	Online College Credits	www.bakercharters.org



On-Line Programs

- Online options are endless, but the decision to take online courses is extremely important.
- If your child wants to attend college or ski for a college the best place to start is visiting the NCAA.org website.
- There is a registration fee of \$80
- Research in the Student-Athlete section to get in the Clearing House
- Bend LaPine and Redmond Schools do not offer On-Line classes that are accepted by NCAA. The NCAA approved programs are not free and can be very expensive. Some options that are NCAA Approved include:
 - One Schoolhouse
 - National High School
 - Apex Learning





Independent Study



- High School Sample by Bend LaPine School District
 - Credit worth
 - Counselor Assistance
 - Faculty Advisor
 - Samples



Grade Requirements



- **MBSEF**
 - Expectation to train and compete
 - Maintain a 2.5 GPA
- **OSAA**
 - Maintain 2.0 GPA
 - Enrolled in a minimum of 5 classes
- **Parent Responsibilities**
 - Parents can maintain updates through the various grade/assignment software of each school.



Weekly Training Schedules

Discipline	Weekly Schedule	Session Times	Dryland
Alpine (U14, U16, U19+)	We, Th, Fr, Sa, Su	12:30-4 Weekdays 9-2:30 Weekends	Fall, Winter, Summer
Freeride (Age 10-21)	We, Th, Fr, Sa, Su	12:30-4 Weekdays 10-3 Weekends	Fall, Winter, Summer
Nordic (U14, U16, U19+)	Tu, We, Th, Fr, Sa, Su	3:30-6 Weekdays 9-12 Weekends	Fall, Winter, Summer



+ Travel Expectations

- **Communication to Teachers and Administration**
 - Planned absences with Attendance office
 - Assignments expected to complete while traveling
- **Homework/Coursework**
 - To complete all requirements while absent
- **Study Hall While Traveling**
 - Athletes will be required to meet with teachers prior to trip and get any work they miss
 - Athletes will be responsible for completing this work on the trip with a minimum of at least one hour spent every evening
 - Coaches will be there to aid athletes with their homework and will enforce the one hour study hall each evening
 - If extra time is needed to complete homework it will be the athlete's responsibility, but coaches will be available if necessary

+ Travel Grants/Scholarships

- MBSEF (www.mbsef.org)
- MBSEF publishes a chart of grants/scholarships available in April through various organizations.
- Each organization's website explains the process, deadlines, and all necessary information to be included with application.





Grants/Scholarship Chart

GRANT AND SCHOLARSHIP INFORMATION - 2018/2019 SEASON

Organization/Grant Type	Eligibility Requirements	Deadlines	Other Information
MBSEF Training Grant	Age: Priority given to MBSEF Full-time Alpine, Nordic, Freeride Athletes Grades: Minimum 2.5 GPA	Training: August 31, 2018	Applications available at MBSEF office. Awards: \$100-\$2000 (general range) Notification by September 15, 2018
MBSEF Travel Grant	Age: Must be enrolled in MBSEF program. For qualified Regional/National Competition Grades: Minimum 2.5 GPA	Travel: On-going. Allow 2 weeks prior to event.	Applications available at MBSEF office. Awards: \$50-\$800 per each request (general range)
MBSEF Bill Healy/Emil Nordseid	Age: 2nd year U16 and older, enrolled in MBSEF program, permanent Central Oregon resident or 2nd year in MBSEF. Grades: GPA 3.0 from last 2 grading periods (not accumulative GPA)	April 10 each year	Applications available at MBSEF office. Winners notified at Annual Awards Banquet Awards: \$500 each
PNSEF	Age: U19, U21. U16 only for events outside of PNSA calendar projects. Must be a PNSA member.	On-going. Grant application December 31, Project Event Form 2 weeks prior to event.	Applications available at pnsa.org Awards: Up to \$1000 per application, maximum \$2000 per year.
PNSEF Jane Henry Scholarship Dean Palmer Scholarship	Age: College-bound athletes	May 15, 2018	Provide resume, cover letter, letter of recommendation from coach, official transcript, and any other supporting documentation to PNSA. Information available at pnsa.org
T2Foundation	Age: 14-19 year old skiers	June 1, 2018	Information available at t2foundation.com. Follow directions to submit your grant request. Winners notified by t2foundation. Awards: Varies
Stacey Cook/SVST	Age: Not posted. Check back in May	Will be posted in May	Applications available in May at staceycok.net. Awards: \$1000 wax and tuning equipment
FWSA	Age: U21, U19, 2nd year U16. Must be current USSA/PNSA licensed competitor. Must be resident of OR, WA, CA, NV, AZ, or NM	June 30, 2018	Applications available at fwsa.org Winners notified by September 30, 2018. Awards: \$750-\$1500
Berlack/Astle Memorial Fast Skier Award	Age: U16. Two awards, one male and one female	March 31, 2019	Applications available at junioralpinescholarship.com Winners notified by May 1, 2019. Awards: \$1000 minimum + swag

+ Appendix



- Tutor Listing
- Parent Mentor Contacts
- Race Schedules for 2018-2019 (Available August)



Tutor Resources



Name	Academic Specialty	Contact Info
Brian Kent	Math/Sciences	541-350-5549
Nancy McCormick	Math	541-389-9314 theduckfarm@msn.com
Jan Webb	Math	541-693-4749 thinktankofbend@ gmail.com
Susan Walker	English	541-280-5961 thinktankofbend@ Gmail.com
Samara Learning Center	Full Spectrum	541-647-7241 info@samarallearning center.org



MBSEF ALPINE U-14 & OLDER RACE SCHEDULE 2018/2019

DATE	COMPETITION	LEVEL	EVENTS	LOCATION
DECEMBER				
Dec 11-14	WR Open FIS	FIS U19+	3 SL/2 GS	Mission Ridge
Dec 15-17	Russ Read Memorial	USSA U14+	2GS/1SG	Mt. Bachelor
Dec 28-29	Webb Moffett	USSA U14+	2 GS	Snoqualmie
Dec 30	SPAC Night	USSA U14+	SL	Stevens Pass
JANUARY				
Jan 4-6	NWC/U16 JOQ#1 No Bull	USSA U-16+	2 GS/1 SL	Crystal Mtn.
Jan 16-17	WR FIS Open	FIS U19+	2 SG	Snow Basin
Jan 18-21	WR Elite FIS Tech	FIS U19+	2SL/2GS	Park City/Snowbird
Jan 19-21	U14 JO Qualifier #1	U14+	1 GS/2 SL	Mt. Spokane
Jan 30-4	WR FIS Open Speed	FIS U19+	2 DH/2 SG	Schweitzer
FEBRUARY				
Feb 2-3	Hampton Cup	USSA U14+	2 SL	Mission Ridge
Feb 8-10	NWC/U16 JOQ#2	USSA U16+	1 GS/2 SL	Mt. Spokane
Feb 16-21	WR FIS NJR Wild West	FIS U19+	2SL/2GS	Snow King
Feb 19-24	55th Sun Cup NWC/U16 JOQ3	USSA U16+	2SG/DHTR/2DH	Mt. Bachelor
Feb 22-24	U14 JO Qualifier #2	USSA U14+	1 SL/2 GS	Schweitzer
MARCH				
Mar 8-10	Buddy Werner/U14 Finals	USSA U14	1 SG/1 GS/1 SL	Ski Bowl
Mar 12-17	WR FIS U19-21 Champs	FIS U19-21	2SL/2GS/2SG	Alpine Meadows
Mar 14-17	WR U16 Jr. Olympics	USSA U16	1SG/1GS/1SL	Sun Valley, ID
Mar 21-24	WR U14 Jr. Olympics	USSA U14	1 SG/1 GS/1 SL	Big Sky, MT
Mar 22-24	Evergreen Cup Finals	USSA U14+	TBA	Ski Bowl
Mar 22-25	WR FIS Open Tech	FIS U19+	3 SL/2 GS	Snowbird/Mammoth
APRIL				
Apr 2-5	WR FIS Spring Series	FIS U19+	2GS/2SL	Mammoth
Apr 4-7	NWC Finals	USSA U16+	1SG/1GS/1SL/P	Stevens Pass
Apr 7-12	WR FIS Spring Speed Series	FIS U19+	2SG/2DHTR/2DH	Mt. Bachelor
MAY				
May 25-26	Golden Rose	USSA U14+	4SL	Timberline



MBSEF NORDIC RACE/EVENT SCHEDULE 2018/2019

DATE	COMPETITION	LEVEL	EVENTS	LOCATION
OCTOBER				
Oct 13	Skyliners Winter Sports Swap			BPRD Ice Pavilion
NOVEMBER				
Nov 17-24	Nordic Thanksgiving Camp			Silver Star, Canada
Nov 23-25	WT & MS Thanksgiving Camp			Nordic Center
DECEMBER				
Dec 9	MBSEF Skate Opener	Citizen	Sk	Nordic Center
Dec 15-16	PNSA JOQ#1 Sunnyside Ch	USSA	Sk/CI	Mt. Bachelor
Dec 26-28	MBSEF Winter Camp			Nordic Center
JANUARY				
Jan 2-7	Senior Nationals	USSA	CI/Sk	Craftsbury, VT
Jan 18-19	PNSA JOQ#2	USSA	Sprint/CI	Soldier Hollow
Jan 27	Great Nordeen	Citizen	18/30k	Mt. Bachelor
FEBRUARY				
Feb 2-3	PNSA JOQ#3	USSA	Sprint/Free	Methow Valley
Feb TBD	Tour for the Heart	Citizen	TBD	Nordic Center
Feb 16-18	PNSA JOQ#4	USSA	Sk/CI	Mt. Spokane
MARCH				
Mar 9-17	USCSA Junior Nationals	USSA		Anchorage, AK
Mar TBD	Cascade Crest			Mt. Bachelor
APRIL				
Apr TBD	Elk Lake Overnight			Elk Lake
Apr 26-28	May Day Race	Citizen	Sk	Mt. Bachelor
MAY				
May 4	Deschutes Brewery Pre PPP Prep Race		8k Freestyle	Mt. Bachelor
May 18	Pole Pedal Paddle			Mt. Bachelor-Bend
May 24-27	MBSEF Memorial Day Camp			Nordic Center
JUNE				
Jun 14-19	MBSEF Fire & Ice Camp			Mt. Bachelor

Updated September 20, 2018



MBSEF FREERIDE NATIONAL COMPETITION SCHEDULE 2018/2019

Updated November 15, 2018

DATE	COMPETITION	LEVEL	EVENT	LOCATION
DECEMBER				
Dec 10-12	Revolution Tour Elite SB	NorAM	HP x 2	Copper, CO
Dec 13-15	Revolution Tour Elite Ski	NorAM	HP x 2	Copper, CO
JANUARY				
Jan 18-20	BC Snowboard - Canada	FIS	SS x 2	Big White, BC
Jan 13-15	Revolution Tour Elite SB	NorAM	SS x 2	Waterville Valley NH
Jan 16-18	Revolution Tour Elite Ski	NorAM	SS x 2	Waterville Valley NH
Jan 22-24	Air Nation-Canada SB	NorAM	SS x 2	Sun Peaks, BC
Jan 26-27	BC Snowboard - Canada	FIS	SS, HP	COP Winsport, AB
FEBRUARY				
Feb 6-8	Air Nation - Canada SB	NorAm	SS, BA	Mount St-Louis, QC
Feb 8-10	Calgary Open Ski	NorAM Gold	SS, HP	COP Winsport, AB
Feb 14-16	Aspen Open Ski	NorAM Gold	BA, HP, SS	Aspen, CO
Feb 11-13	Revolution Tour Ski	FIS	HP & SS	TBD
Feb 13-15	Revolution Tour SB	FIS	HP & SS	TBD
Feb 25-27	Revolution Tour SB	FIS	HP & SS	Seven Springs, PA
Feb 27-1	Revolution Tour Ski	FIS	HP & SS	Seven Springs, PA
MARCH				
Mar 12-15	Revolution Tour Elite SB	NorAM	HP, SS, BA	Mammoth, CA
Mar 14-17	Revolution Tour Elite Ski	NorAM	HP, SS, BA	Mammoth, CA
Mar 18-20	Air Nation-Canada SB	NorAM	HP, SS, BA	COP Winsport, AB
Mar 25-26	Canadian Open - Ski	NorAM	HP	Stoneham, QC
Mar 29-30	Canadian Open - Ski	NorAM	SS	Le Relais, QC
APRIL				
Mar 29-4	USASA Nationals SB	USASA	HP, SS, RJ, SX	Copper, CO
Apr 5-10	USASA Nationals Ski	USASA	HP, SS, RJ, SX	Copper, CO