Greetings From The Director

by John Schiemer

The season is winding down, and despite the challenging weather this year it has been a very successful season on many levels. First we had a number of athletes compete and have success at the national and international levels. Emily Hyde (see picture) won two events at the US Junior Nationals. Jake Mageau was the silver medalist in the half pipe at the FIS Freestyle Junior World Championships, in Valmalenco, Italy. Also, several of our Alpine skiers participated in National Championships. Carina Bracy, Tanner Lujan and Elle Truax competed in the U21-U18 National Championships at Copper Mountain. Finally, we had three of our U16 athletes compete in the U16 National Championships at Sugarloaf, Maine. They were Minam Cravens, Walter Lafky and Erin Smith.

Congratulations to all of these athletes, but I would also like to congratulate all of their teammates as well. Often times, it is athletes not named to championship teams that are pushing their teammates to improve their skills. And these athletes do not go unnoticed, it takes many hardworking youth working together to make a successful team.

Thanks to the dedication of many volunteers and our Program Directors, MBSEF was able to host several high profile events this past season. The USCSA College National Championships were held at Mt. Bachelor in early March with over 500 athletes participating. In late March, we hosted the Western Region U16 Junior Championships with another 170 athletes competing. These types of events do not happen very often at Mt. Bachelor, and I am very grateful for their support and the work of so many volunteers and staff members. The success that MBSEF achieves at these events does not happen by accident, thanks to all of you who helped with all of our events this season.

Finally, it was about a year ago that the decision was made to proceed with the Finish Building on Cliffhanger. To be honest, I was a bit skeptical and it took a leap of faith on my part to commit to this project. I am thankful that several folks stepped up and led the charge and completed the building. The total cost was about $81K and to date we have raised $56K. Thank you to everyone who helped contribute with your time, talent and treasure towards this endeavor. Over the next couple of years, I will continue to fundraise for this project until the remaining $25K has been collected.

As the season comes to a close, we hope to see you at the annual awards banquet in late April and thanks again for your continued support of MBSEF.
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 six times per season (September, December, February, March, April and June). 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!_

As a nonprofit, 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.

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20% off any services by Robin Dennis
Editor’s Note: The following email was sent to the parents by Nordic Stevenson Youth Program Head Coach Karen Kenlan, wrapping up the season’s training program for 7-11 year olds. Then there is a very nice reply to her from one of our parents.

Coach Karen, thank you so much for bringing joy, and such an incredible enthusiasm to the program this year. It is really a joy to see all the smiling and happy faces of the young Nordic kiddos. Our hats are off to you!

On Mar 3, 2015, at 9:18 PM, syp@mbsef.org wrote:

Hi Parents,

Here we are, the last weekend of SYP. I want to thank you for signing up your child this winter with MBSEF. I saw so much progress in skiing skills with all the kids. It is very impressive looking back on those first few weeks. Some of the kids were complete beginners and now they are racing around with so much more skill, balance and confidence. I hope your child will carry forward a new love of cross country skiing as a fun sport they can do for the rest of their lives.

This weekend will be a ski adventure followed by some surprises I have in store for them to celebrate the end of the program. We will be skating and the weather is going to be sunny and warm.

I have really enjoyed getting to know all the kids and look forward to their return next year!

If you have any feedback for me on the program please send me an email. I would appreciate it.

Thank you!

Coach Karen

Sent: Friday, March 06, 2015 3:56 PM

Hello Karen,

I want to THANK you for running such a well organized program.

Claire LOVED every single day. This session/program was her first introduction to Nordic and I was hoping she would fall in love with it and she did!

The special days you planned (Paintball/Star Wars/Harry Potter and now this last adventure day) made it exciting and fun. I’m not sure if you did name games or other activities that helped the group get to know each other, but she felt welcome and included and talked about the other kids. She never felt like the slowest kid (and I don’t think she felt like the fastest either) so any groupings you did must’ve been appropriate.

You worked hard through emails to make sure you had enough coaches/volunteers for each session. I appreciated your weekly emails/communication. These definitely helped me feel more a part of it even though I could never attend on Sundays (due to teaching skiing on the Alpine side).

Claire will DEFINITELY be returning next year!

Thank you very much for making it such great experience!

Amy
SCHOLARSHIP OPTIONS FOR NEXT SEASON!

Scholarships are offered through MBSEF, as well as through several other organizations. You may refer to your 2014-2015 Parent Athlete Program Manual for a listing of options available. Contact MBSEF for full criteria for each option. Applications are available online. Grants listed below include revised dates for next season. See http://www.pnsa.org/scholarship-opportunities for more options.

**MBSEF Training Grant**
Eligibility Age: Priority given for Athletes of Full-time Alpine, Nordic and Freeride Programs
Deadline: July 15, 2015
Winners notified August, 2015

**PNSEF**
Eligibility Age: U18+, Current PNSA/USSA licensed competitors. Must be residents of OR or WA
Application available at pnsa.org
Deadline: December 31, 2015
Winners notified throughout the season

**NAASF**
Eligibility Age: 11-14 only. Online application available at naasf.com. As of publication, 15/16 application not posted. Check back frequently.
Deadline: August 31, 2015
Winners notified Oct 15, 2015

**Bill Healy/Emil Nordeen**
Eligibility Age: Alpine and Nordic, 2nd year U16 & older, permanent C.O. resident. Alpine athletes must qualify for NW Cup Series. See your coach for all requirements. Application available from your coach.
Deadline: Apr 15, 2015
Winners notified at Annual Awards Banquet April 24, 2015

**FWSA**
Eligibility Age: U21, U18, 2nd year U16
Current PNSA/USSA licensed competitors. Must be residents of AZ, CA, NV, NM, OR, or WA.
Application available at fwsa.org.
Deadline: June 30, 2015
Winners notified September 30, 2015

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Need Help With Your Schoolwork?

As the 2014-2015 season starts coming to a close, you may need some help with your school work if you have missed alot of school. Math tutoring is available from long time MBSEF supporter, Nancy McCormick. Nancy specializes in Middle School to High School, grades 6-12, in all types of math. Nancy’s contact information is:

541-389-9314,
theduckfarm@msn.com

Nancy has tutored literally dozens of MBSEF kids over the years!

Tutoring is also available to Grades 7-12 for MBSEF athletes from the Think Tank of Bend by Jan Webb. Contact:

Jan Webb, Mathematics, 541-693-4749
thinktankofbend@gmail.com
New This Summer, **DIRT CAMP!!!**

Dirt Camp will be led by Heidi Slominski, who is a certified IMBA Level II Mountain Bike Skills Instructor. Heidi also has her Wilderness First Aid and CPR certifications. In addition to Heidi, our most experienced coaches will be instructing as well. Dirt Camp will run 9am to 3:30pm June 22-26, and cost will be $250. We will provide the transportation to and from the rides each day.

We are taking a maximum of 12 kids only for Dirt Camp. Online registration is open, so don’t delay in signing up!

Rider Requirements:
11-16 years old and are comfortable riding 10 miles at an easy pace.
Bikes must have front suspension.

Camp Goals:
Students will learn the fundamental elements needed for proper bike balance and control while riding over changing terrain, obstacles and at varying speeds.

1. Proper braking
2. Bike & body separation
3. Shifting, cadence & speed
4. High speed cornering
5. Climbing/descending
6. Wheel lifts
7. Basic bike maintenance - flat tire, dropped/broken chain, drive train cleaning
8. Intro to Race strategies/tactics - gear prep, pre-race prep, nutrition/hydration
9. Trail etiquette
10. Have FUN, gain confidence, learn to ride safely, and enjoy their passion for mountain biking

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**Summer 2015 Club Mountain Bike Schedule**

MBSEF Cycling will be running four summer mountain bike sessions for age 6-14. Each session is 2 weeks long with the option of riding 2, 3 or 4 days a week. We will explore a different trail each day of the week. The focus of each 2 week session is to build skills and endurance all in a fun supportive environment. We have a lot of really fun coaches lined up to pass their skills along to our riders. Riders will be grouped according to age and ability level.

All sessions run Monday, Tuesday, Wednesday, and Thursdays. Session III is June 15-25, 2:30pm to 4:30pm. Session IV is July 6-16, 9am to 11am. Session V is July 27-August 6, 9am to 11am. Session VI is August 17-27, 9am to 11am.

Online registration is now open. Don’t delay in signing up! Our April and May after school sessions filled up quickly!
Finish the season strong no matter how it has gone

By Jim Taylor (Story sent in by Rob Cravens)

It’s hard to believe, but the race season is almost over. After many days of training and racing, the end is in sight.

At this late point in the season, you will have fallen into one of three camps as far as how your season has gone. First, you may be having a break-out season in which you are absolutely thrilled with the progress in your skiing and race results. You would be perfectly content if the season ended today. But why wouldn’t you want to continue your great season by seeing if you can take it to an even higher level?

Second, you’ve had an OK season in which you’ve shown improvement in both your skiing and your results, but you haven’t done as well as you had hoped. Though you wouldn’t be entirely happy if the season ended today, you wouldn’t be entirely upset either. For you, there’s still time to take a decent season and turn it into a great one.

Finally, your season to date has been a real disappointment filled with setbacks or plateaus in your skiing, unsatisfying results, and a strong sense of frustration. If the season ended today, you would be one unhappy camper. Though you may wish for the season to end today — just to put you out of your misery — as the saying goes, “It ain’t over till it’s over.” With a number of races ahead, it’s not too late to not only salvage your season, but to actually have it conclude on a real high note.

As for the season that still lies ahead, you will fall into one of two camps. Either you are already thinking about the off-season and are looking forward to hanging up your skis, getting on your mountain bike or sailboard, or maybe just sleeping for about a week. Or, you are still chomping at the bit for the upcoming races and are committed to do everything possible to finish your race season strong.

Let me assure you that if you fall into the first camp, you might as well end your season now because you’re chances of having a good end of the season is just about zero. Why? Because you won’t bring the necessary drive, intensity, or focus to get much out of your training or for you to give it your all in races. Though there are no guarantees, your only chance to finish strong is to make the commitment to getting the most out of your training and deciding to do nothing less than your very best in races during the final weeks of the season.

How this last month of the season plays out depends on your attitude and your actions between now and when your last run of your final race appears on live-timing.

If You’re Skiing Well

Let me introduce you to Taylor’s Law of Stupidity: If something’s working, change it. That is just plain dumb! If you’re skiing well, my gosh, keep doing what you’re doing. You are in an ideal position this last month for several reasons. First, because your season is already a success, the rest of the season is just icing on the cake for you. Second, the pressure is off to get results, so you can race with reckless abandon and not care about what happens. Just trust your skiing and focus entirely on what you need to do to ski your fastest every run. If you keep doing what has worked so far, the chances are good that you will finish strong.

If Your Skiing is ‘Meh’ or Worse

If your season so far is somewhat between disappointing and devastating, there’s one thing you should definitely not do: panic! If you panic, some very bad things will happen. First, you will shift entirely into result mode, meaning you will focus on the results you need to get to salvage your season. This result focus will cause you to feel immense pressure every time you get in the gate. This pressure will trigger negative thoughts (“If I don’t get a good result, my season will be an absolute fail”), even worse emotions (fear!), and so much anxiety that you will be physically incapable of skiing well.

As hard as it will be, you must let go of the pressure (“Even if I have a lousy season, I will be OK”) and maintain a process focus (“What do I need to do to ski fast?”). This point in the season is the time to step back, take a long and hard look at your skiing, and see if you can identify any changes that will help you get your season back on track.
With the specter of an unsatisfying season on the horizon, your primitive reaction will likely be to go into survival mode and trigger your fight-or-flight response. When we were cave people, fleeing gave us our best chance of surviving. And that is probably what you want to do now. But fleeing, in other words, skiing cautiously in the hope of getting a good result, will mean certain failure. At times like this, your best chance is to fight. This means that, instead of having a pity party and giving up, you need to get really mad and direct that anger into attacking the race course. The reality is that charging won’t necessarily produce a good result; your aggressiveness may very well lead to a big mistake or a DNF. But going for it is your only chance of getting the results you want. And I can assure you that, whatever the outcome, you will feel much better having ended your season with a bang rather than a whimper.

**Back to Basics**

Whether you’ve had a stellar, mediocre, or awful season so far, there are some things you can do that may help you finish the season strong. Go back to basics. In other words, do things that have helped you ski well in the past.

- Take care of yourself physically by getting enough sleep, eating well, and maintaining your fitness.
- Revisit technical and tactical fundamentals that may have slipped during the long season.
- Make sure you’re still doing your complete training and race routines that will ensure total preparation every time you get in the gate.
- Do a lot of mental imagery of fast skiing. The feelings and images you conjure up will build your confidence and get you fired up.
- Make sure you continue to engage in quality training with a clear goal, ideal intensity, and a specific focus every training run.
- Lastly, and most importantly, remember why you ski race: because you love it and it’s fun.

Enjoy the rest of your season!

Jim Taylor, for Ski Racing Magazine

Jim Taylor, Ph. D., competed internationally while skiing for Burke Mountain Academy, Middlebury College, and the University of Colorado. Over the last 30 years, he has worked with the U.S. and Japanese Ski Teams, many World Cup and Olympic racers, and most of the leading junior race programs in the U.S. and Canada. He is the author of Prime Ski Racing: Triumph of the Racer’s Mind.

Coach Kyle Wieche’s MWC Group At The Start Of The January 31 SL Race
Thanks For The Photo, Coach Kyle!
Do you like fun people? Do you like to ride your road bike? Do you like to challenge yourself? Do you like really good food? Do you like beautiful scenery? Do you like to socialize?

If you have answered yes to any of these questions, than you should sign up for the Central Oregon 500+ ride. Ride your bike 100 miles or 100 km a day with a group of really fun people. You will have ride guides for the pace group that you are in, SAG, support and food! We take care of everything. All you do, is just show up and ride! We fill up, so, don’t delay. We have registration forms here at MBSEF or you can download them at www.mbsef.org.
RESULTS

USCSA Collegiate Nationals - Bend, OR March 3-7 - Helen Cutting, 8th Skate Sprint - All American! Imran Wolfenden 19th, Nolan King 28th. Mikey Klautzsch, 6th Rail Jam, 16th Boarder X


U21-U18 Championships - Mammoth Mtn March 9-12 - GS Grant Hamlin 4. SG1 Grant Hamlin 6. SG2 Grant Hamlin 9.


Junior World’s, Italy - Jake Mageau was invited to Jr. World’s and brought home the Silver Medal in Halfpipe! Congratulations Jake!

Jake, at Jr. World’s, Italy - Silver Medal!
COMMUTE OPTIONS AND CASCADE RACK PRESENTS

THE 2ND ANNUAL BEND BIKE SWAP

BUY AND SELL BIKES AND ACCESSORIES

APRIL 10TH AND 11TH BEND OREGON

SONS OF NORWAY HALL
549 NW HARMON BLVD.

SWAP PROCEEDS BENEFIT MOUNT BACHELOR SPORTS EDUCATION FOUNDATION AND BEND ENDURANCE ACADEMY

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Bickler-West Orthodontics

1725 SW Chandler Avenue. Bring in your current MBSEF Membership Card, and receive a $500 discount off orthodontic treatment!
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.

New Retailers and Discounts are added monthly. Watch for 2014-2015 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

**Replenish, an eco friendly organic salon**
New clients first appointment, 1/2 price all hair services! (Excludes product and merchandise. Call Candace Bell 707.223.2496, 325 NW Vermont Pl. #103 Expires 8/31/2015.

**Emerald City Smoothie**
10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/15.

**FootZone**
10% discount, excludes sales merchandise. Expires 08/31/15.

**Carstickers.com**
10% discount off any regularly priced merchandise. Expires 8/31/2015

**Red Lion Inn & Suites**
20% discount off our "Best Available" rate for 2015. Only available at the Bend property.

**Fireside Motel & Overleaf Lodge**
Fireside Motel & Overleaf Lodge 15% off lodging to MBSEF members, excludes holidays, school vacations, and use during special events. Expires June 30, 2015.

**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.

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

**New York City Sub Shop**
Two locations, 1075 NW Newport Avenue, and 740 3rd Street, next to Ace Hardware. MBSEF members show your card, 1/2 sandwich, chips, cookie, small drink $7.99. Expires 8/31/2015.

**Hutch’s Bicycle Store**
10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/15.

**Longboard Louie’s**
10% off any order. Expires 08/31/15.

**Summers Place - 738 NW Columbia**
20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/15.

**Bickler-West Orthodontics**
Bring in your current MBSEF Membership Card and receive a $500 discount off orthodontic treatment. Expires 8/30/15

**WebCyclery/WebSkis**
15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/15.

**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 lodging, discount lift tickets, snow sport lessons, car rentals and more. Email us at info@bendvacationrentals.com. 20% discount on lodging to MBSEF members.

**The Leffel Center**
20% off Freeze the Fat CoolSculpting and ULTherapy, 15% off Obagi, Latisse, Skinceuticals and Love My Body Skincare, 10% off fillers and Botox, 25% off sunscreens, Elta MD and Glominerals. 541-388-3006, 1725 SW Chandler Ave. www.leffelcenter.com, expires 8/31/15.

**Skyline Dental, LLC**
Dr. Zack Porter, DDS, with Skyline Dental, is again offering currently enrolled MBSEF junior athletes free x-rays, exam, and cleaning. 2137 NE 4th Street, Bend, OR 97701 541-389-4807 zackporterdds@gmail.com

**This Could Be Your Business!!!**
Contact Kathy at mbsef@mbsef.org to advertise your business here!

**Peak Performance Physical Therapy**
All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/15

**Race Place**
5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.

**Seventh Mountain Resort**
20% off any recreational activities - ice skating, white water rafting trips, kayak tours, and Cascade Kid’s Eco-Challenge Camp.
Mt. Bachelor Sports Education Foundation
Race Training Center
563 SW 13th Street, Suite 201
Bend, OR 97702

Winter Office Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Summer/Fall Office Hours: 9:00 am - 4:00 pm Monday - Friday

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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.

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