Greetings From The Director

by John Schiemer

Dear MBSEF Families,

As many of you already know, we announced at the Snowball on November 13, 2017 by the end of 2020 we are going to make Central Oregon history. MBSEF, for 90 years, has never had a permanent home to call our own. Despite our deep roots in the community, from the Skyliners days that began in 1927 to today, we have always rented space. For well over a generation, leaders of this organization have always had the dream of someday building and owning a dedicated facility.

After almost a year of a deliberate and diligent planning process involving the entire MBSEF Board of Directors, and about a dozen community members, I am proud to announce MBSEF will launch “A Place to Soar”, our capital campaign to build a permanent home for MBSEF.

After 90 years of shaping the lives of regional youth through winter sports, MBSEF is going to build its first permanent home and training facility on a site located next to Snap Fitness in Northwest Crossing. A Place to Soar means regional youth will always have access to a special place where they can channel their interests and energies into lifelong habits of personal growth and success on and off the mountain.

During the next couple of months we will be quietly talking to key supporters and building the crucial early commitments to the project. At the same time we will be rallying the entire MBSEF community to show pride in our organization and our commitment to the youth of our community.

As we begin our capital campaign, we want to hear from coaches and athletes from previous generations all the way through to those involved today. What’s your MBSEF Memory? Submit your story and photos at the link on our website, and you could be featured in the new campaign! Join us as we build on our 90 year legacy. Please visit our website and click on the Place to Soar button, there you will be able to submit your story and view our current slide show.

Best Regards,
John Schiemer

UPCOMING EVENTS

Nov 14 .................. Nordic On Snow Programs Begin
Nov 18 .................. Alpine Full Time On Snow Programs Begin
Nov 25 .................. Freeride Ski/SB Full Time Programs Begin
Nov 25 .................. Alpine Winter Term Program Begin
Dec 2 .................. Freeride Comp Ski/SB Programs Begin
Dec 2 .................. Alpine MWC Program Begins
Dec 9 .................. Freeride Ski/SB Devo Programs Begin
Dec 10 .................. Nordic Skate Opener Race
Dec 16-17 .............. Nordic PNSA IQQ Sunnyside Challenge
Dec 16-18 .............. Alpine Russ Read Memorial Race
Dec 26-28 .............. Nordic SYP Kicks Off With Winter Camp
Jan 2-4 .................. Alpine Winter Camp 9am-1pm JRC
Jan 2-5 .................. Freeride Comp Winter Camp 10am-2pm JRC
Jan 4-7 .................. Freeride Devo Winter Camp 10am-2pm JRC
Jan 28 .................. Nordic Great Nordean Race
SKI TRACKS

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.

Mt. Bachelor Sports Education Foundation
563 SW 13th Street, Suite 201
Bend, OR 97702

Office: (541) 388-0002
Fax: (541) 388-7848
E-Mail: mbsef@mbsef.org
Web: mbsef.org

Pocketweez

Purchase the revolutionary Pocketweez right here at MBSEF, and 45% of the purchase goes right into the MBSEF scholarship fund. The Pocketweez will be the last tweezer you will ever have to buy. Don’t get stuck without it! They make awesome stocking stuffers!!
Catching Up With Hunter Hess!

Hunter finished 7th at the first world cup in New Zealand this fall, he was the 3rd American finisher. He has a real shot at the Olympics this winter. Good luck Hunter! All of us here at MBSEF are proud of you!
Virginia Meissner: A Biography
A LASTING LEGACY

Virginia Meissner was born in Salem, Oregon in 1925. As an only child she spent much of her time with her father fishing the streams and rivers around their home. This is where her great love of the outdoors first began.

As a student at the University of Oregon, she joined the University’s outdoor club and the Obsidians, the local mountaineering club from Eugene and climbed all of the major peaks in Oregon. During winter weekends she would spend time skiing at Willamette Pass ski area where she eventually met her husband Jack Meissner. Virginia was soon an avid skier and competed in several cross country ski races. Jack and Virginia married in 1949 and spent winters teaching skiing at Willamette Pass and summers on Odell Lake at Shelter Cove Marina while raising three active children: Julie, Jane, and Ernie. Skiing was a large part of the Meissner family. So much so that Jack built a rope tow in their backyard for the children to use.

In 1958, when Mt. Bachelor first opened as a ski area, Jack and Virginia taught alpine and cross country skiing and commuted to the ski area from Odell Lake on the weekends. Several years later, Jack was named Director of Skiing and together Jack and Virginia bought and owned the Ski School at Mt. Bachelor and moved the family to Bend in the winters. Over the next ten years, both gained professional prominence in the Professional Ski Instructors of America.

Gradually, cross country skiing gained more of a place in Virginia’s life and she began to teach it exclusively for Central Oregon Community College in addition to teaching hiking and cycling. Throughout the 1970s and 1980s she taught hundreds of Central Oregon residents the joy of cross country skiing. As a teacher she was known for her deep love of the outdoors, great patience and boundless encouragement. Virginia wrote several popular guide books: Cross Country Ski Tours in Central Oregon (1984), Day Hikes in Central Oregon (1981) and Hiking Central Oregon and Beyond (1987).

Her expertise was used to design trails in and around Swampy Lakes, Dutchman Flat and Vista Butte. In the early 1970s she and several other Bend residents formed the Central Oregon Nordic Club – the second chapter of the Oregon Nordic Club to be formed in the state and served as President. With the leadership of Virginia, the club was instrumental in convincing the U.S. Forest Service to designate the area adjacent to Swampy Lakes and Meissner Sno-Parks and north of Cascade Lakes Highway non-motorized. To this day we enjoy the area around Meissner Sno-Park free of motorized vehicles. Virginia died of cancer in May of 1988. Before her death she persuaded state and federal agencies to create a Sno-Park along the Cascade Lakes Highway. Posthumously, the U.S. Forest Service named the Sno-Park in her memory.

Virginia’s legacy is demonstrated everyday on the ski trails at Meissner Sno-Park. Families, children, beginning skiers, enthusiastic high school skiers, Olympians and master-aged skiers enjoy affordable skiing in a community setting. It is here they learn a love of the sport and the outdoors.
CONGRATULATIONS MINAM!!!!

From: Bill Gunesch <bgunesch@ussa.org>
Subject: FW: WEST Team Congratulations
Date: November 16, 2017 at 1:05:44 PM PST
To: Robert Cravens <robravens99@gmail.com>
Cc: Kent Towler <ktowler@gmail.com>

November 15, 2017

Hello Minam,

Congratulations! You have been confirmed as a W.E.S.T. Team member for the 2017-18 season. Based on last season’s results, you received a team nomination letter in July. Or, you received a nomination from your coach or regional staff. Your commitment to the sport during the summer and fall preparation months, and the regional staff’s evaluation of your performance has confirmed your membership to the W.E.S.T. Team.

The Western Region Alpine Competition Committee (ACC) assists W.E.S.T. Team athletes with financial support. Each team member receives a $1,000.00 “bank” of credit that can be applied to the expenses of regional competition projects throughout the season. Gwynn will manage these accounts. Please notify her when you want some or all of your credit applied to a project.

Additionally, the ACC has committed funds to help reduce the cost of W.E.S.T. Team conditioning camps, international projects, the U.S. Alpine Championships and key Nor Am events. The ACC also covers entry fees and lift tickets at the Elite Tech Series, the Wild West and the Spring Series for W.E.S.T. Team members.

The Western Region staff will continue to assist you through the winter season. We are excited to provide additional W.E.S.T. Team training projects this year, in conjunction with important competitions. Many of you are preparing for the first major races of the year; early season Nor Am events and the U19 NPS. We wish you success! Remember, the most important ingredient toward your success remains your dedication and hard work.

Good luck, and have a great season!

Bill Gunesch; Western Region Director, bgunesch@ussa.org
Will Brandenburg; Western Region Dev. Coach, wbrandenburg@ussa.org
Gwynn Watkins; Western Region Program Manager, gwatkins@ussa.org
Jeff Pickering; Western Region Junior Coach, jpickering@ussa.org
Parenting: Dos For Sports Parents

by Dr. Jim Taylor

Youth sports participation is now a ubiquitous part of our achievement culture. Though not unheard of, it is rare to find children who are not actively involved in some sport 12 months a year. Whether team sports, such as soccer, baseball/softball, or football, or individual sports, such as tennis, swimming, or golf, it’s likely that your children are involved in youth sports for reasons ranging from fun and physical activity to dreams of Olympic or professional sports greatness.

Youth sports are a wonderful avenue for your children’s enjoyment, physical health, mastery of skills, learning essential life lessons, pursuit of goals, and hopefully adoption of a lifelong sport. Unfortunately, they can also be a source of pressure, stress, social comparison, disappointment, and harm to your children’s personal development. Which road your children get on depends largely on the attitudes you hold and the quality of your involvement in their sports participation. It’s never too early or too late to ensure that the role you play in your children’s sports will maximize the benefits they gain and minimize the damage that can come from their athletic involvement.

You need to get yourself mentally and emotionally ready for the rollercoaster that is youth sports. This article will offer you insights that can help you navigate the rough waters of your children’s achievement activities, including sports. But, knowing many sports parents, what you really want are clear guidelines of what you should and shouldn’t do with your athlete-children. I will describe what I believe you should do with yourself, other parents, coaches, and your children to win the Sport Parent of the Year award (or at least make it through this sports season without driving yourself and your children crazy!).

**DO FOR YOURSELF:**

1. Get vicarious pleasure from your child’s sports participation. One of the great joys of parenting is sharing your children’s experiences, both their ups and downs.
2. Enjoy yourself at competitions. If you’re having fun, your children will too.
3. Be positive and calm when watching your children compete. Your attitude and demeanor influences how they feel and perform.
4. Have a life of your own outside of your children’s sports. If you have your own life that’s enjoyable and satisfying, your children will be free to find enjoyment and satisfaction in their athletic lives.

**DO WITH OTHER PARENTS:**

1. Make friends with other parents at competitions. Socializing can make competitions, which can involve a lot of sitting around and waiting, more fun for you.
2. Volunteer as much as you can. Youth sports depend on the time and energy of involved parents.
3. Police your own ranks. Work with other parents (particularly on your children’s team) to ensure that all parents behave appropriately at practice and competitions.

**DO WITH COACHES:**

1. Leave the coaching to the coaches. Remember that they are the experts and you are paying them to coach your children.
2. Give coaches any support they need to help them do their jobs better. Your children’s coaches can have a really positive impact on them, so make sure that influence is maximized.
3. Communicate with coaches about your children. You can learn about your children and help meet your children’s needs when you talk to each other.
4. Inform coaches of relevant issues at home that might affect your children at practice and competitions, for example, family or school problems. When your children head out onto the field, court, or course, they take their personal lives with them.
5. Make coaches your allies. Coaches work very hard for your children (usually for relatively little pay), so treat them with respect and kindness, and make sure you’re both on the side of your children.

**DO FOR YOUR CHILDREN:**

1. Provide guidance for your children, but do not force or pressure them. Your input is invaluable, but they need to have ownership of...
Parenting: Dos For Sports Parents Continued

their sports involvement.

2. Assist them in setting realistic athletic goals. Young competitors need your help in deciding what they should focus on and how high they should aim.

3. Emphasize fun, skill development and other benefits of sports participation and downplay results. The chances of your children becoming superstars are slim, but sports can offer wonderful experiences that can positively shape their lives.

4. Show interest in their athletic efforts, for example, help them get to practice, attend competitions, ask questions. Let your children know that you care (but not too much) about their sports.

5. Provide regular encouragement. Win or lose, always be positive and supportive.

6. Provide a healthy perspective about success and failure. Your children will likely come to define success and failure the way you do, so ensure that you’re sending them healthy messages that will foster their personal development and sports achievement.

7. Emphasize process and reward effort rather than results. Ironically, if you focus on process and effort, your children will likely have better results than if you focus on results.

8. Intervene if your children’s behavior is unacceptable during practice or competitions. Establish your priorities related to being good sports by setting expectations and enforcing consequences when your children behave badly.

9. Understand that your children may need a break occasionally. Sports are intense and physically demanding. Your young athletes need time to rest, recover, and recharge their batteries during the long season.

10. Give your children space when needed. Part of sports involves their figuring things out for themselves. Whether they have a good or bad competition, don’t rush up to them, but rather let them sit with it alone for a while. When they’re ready, they’ll come to you.

11. Keep a sense of humor. If you’re having fun and laughing, so will your children. There are few things that kill the joy of sports for children than parents who are too serious and intense.

12. GIVE YOUR CHILDREN UNCONDITIONAL LOVE. SHOW THEM YOU LOVE THEM WHETHER THEY WIN OR LOSE!!!

Article sent in by Rob Cravens, from Ski Racing Magazine
All MBSEF Middle School and Older Athletes

Paul Mahre at PNSA posts an athlete Honor Roll each year. PNSA promotes academic as well as athletic excellence. MBSEF members who are current USSA members, and who maintain a 3.0 or higher GPA, can submit a transcript (quarter, semester or year-end) to PNSA, to be added to the Honor Roll.

Then, as you apply to schools, and for various grants, you could mention that you are on the PNSA Honor Role. Follow this link to PNSA's website to view the Honor Roll: http://www.pnsa.org/.

Email Paul at pnsa@pnsa.org.

Need Help With Your Schoolwork?

As the 2017-2018 season starts heating up, don’t let your grades suffer while you are travelling to races and competitions, and missing 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. Contact Nancy at 541-389-9314, theduckfarm@msn.com. Nancy has literally tutored dozens of MBSEF kids over the years!

Also available for tutoring help is Brian Kent, who tutors math/ sciences for Middle School and High School students. His phone number is 541-350-5549

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.

Also available to help is Samara Learning Center at 1735 SW Chandler, 541-419-3324, info@samaralearningcenter.org. Visit Samara Learning Center online at www.samaralearningcenter.org to see the many different ways they can help.
**MBSEF and Rebound**

As much as Alpine, Freeride, Nordic and Snowboarding are skill-oriented sports, it also takes an incredible amount of strength, power, endurance and balance to turn these skills into the beautiful arc made by the best competitors in the world. At Rebound our goal is to give all of our athletes, including those from MBSEF, the tools to make this one of the most competitive and healthy seasons ever!

Early season training can be what makes or breaks a season for a racer. Athletes who are able to develop proper strength, power and balance in the pre-season will have much more success when getting onto snow and have a much lower injury risk throughout the season vs someone who skips this pivotal part of their training.

As a longtime MBSEF sponsor, Rebound continues to make every effort to be accessible and on call for MBSEF athletes and coaches as injuries from training and competition can occur both on and off the mountain. Whether it be a sore knee, back pain or a larger injury, Rebound’s experienced and highly trained physical therapists will be able make an assessment, create training and exercise recommendations and work with MBSEF coaches to get the athlete back on the snow in their best condition as quickly as possible.

This season as in the past, Rebound Physical Therapy will be offering all MBSEF athletes and coaches FREE urgent care / injury screens and treatment recommendations, and collaborating with the MBSEF coaches to help athletes achieve optimal performance all season long. We are thrilled to offer the following services to all MBSEF athletes and coaches:

- Beginning Thursday, Dec 14th, from 4:30-5:30 p.m. and continuing weekly, a Rebound Physical Therapist will be available onsite at MBSEF headquarters to provide injury screen, discuss treatment recommendations, and answer related questions, FREE of charge.
- Throughout the season, Monday-Friday, athletes and coaches may call and schedule a FREE injury screen at one of Rebound’s 10 locations in Central Oregon.

**On behalf of everyone at Rebound we are truly thankful to be able to support and collaborate with MBSEF and we look forward to helping make this a healthy and successful season for everyone!**

Pablo Gomez, PT, OCS
Rebound Physical Therapy
reboundoregon.com
Dr. Zack Porter and Skyline Dental is again offering our currently enrolled MBSEF junior athletes free exam, x-rays, and cleaning. Zack has also volunteered in the past as a Freride Ski Development Coach but is fully dedicated to his family and career at this point in time. This will be the seventh year he has offered this service for MBSEF athletes.

“Supporting MBSEF and our community is something I love doing and feel lucky to be able to do it! It is awesome to have kids and families that share my love of skiing and the mountains in my practice!”

If it has been a while since your athlete has had their teeth cleaned, please give us a call and mention the MBSEF program!

Have a great season!

Zack Porter, DDS
Skyline Dental
2137 NE 5th Street, Bend OR 97701
541-389-4807

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### 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 8/31/2018

### Emerald City Smoothie
10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/18

### FootZone
10% discount, excludes sales merchandise. Expires 08/31/18

### Carstickers.com
10% discount off any regularly priced merchandise. Expires 8/31/2018

### Highest Potential Massage Therapy
$10 off your massage. One per customer. Brandt Jacobson LMT 541-420-8051 2100 NE Neff Road Suite B

### 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, 2018

### 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 45% of the purchase goes right into our scholarship fund.

### New York City Sub Shop
740 3rd Street, next to Ace Hardware. MBSEF members show your card, 1/2 sandwich, chips, cookie, small drink $7.99. Expires 8/31/2018

### Hutch’s Bicycle Store
10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/18

### Longboard Louie’s
10% off any order. Expires 08/31/18

### Summers Place - 738 NW Columbia
20% off any salon services by Robin Dennis, 541-382-2060, expires 08/31/18

### 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 8/31/18

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

### WebCycley/WebSkis
15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/18

### Seventh Mountain Resort
10% off any recreational activities - ice skating, white water rafting trips, and kayak tours.

### 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, Widge 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 for Plastic Surgery
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 8/31/18

### 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
Mt. Bachelor Sports Education Foundation
Race Training Center
563 SW 13th Street, Suite 201
Bend, OR 97702

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

mbsef@mbsef.org
www.mbsef.org

MBSEF MISSION STATEMENT

Our Mission: Mt. Bachelor Sports Education Foundation creates opportunities through competitive snow sports programs to support athletes in achieving their individual athletic, academic, and personal goals.

Our Vision is to positively impact the life of every athlete we serve.

CHASE is the acronym describing our Values:
Commitment
Honesty
Accountability
Sportsmanship
Excellence

BOARD OF DIRECTORS
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