Greetings From The Director

by John Schiemer

The Mt. Bachelor Sports Education Foundation 2018-2019 season is underway! Our enrollments continue to be very strong across all our disciplines and everyone is excited for the snow. This year we will have over 600 athletes between all our programs.

For well over a generation, leaders of this organization have always had the dream of someday building and owning a dedicated facility. Last November, at the Snowball our annual dinner auction, we launched our “A Place to Soar” capital campaign to raise funds to build this facility.

Since our announcement, we have spent a lot of time meeting individually with people and talking with them about the project. The response has been very humbling to me. Each one of them has a different story on how MBSEF impacted their lives, or how it has impacted their family’s lives.

We recently announced at this year’s Snowball that our “A Place to Soar” capital campaign has pledges and commitments of $2M and we are half way to our goal of $4M.

UPCOMING EVENTS

Nov 13 ......................... Nordic On Snow Programs Begin
Nov 17 ......................... Alpine Full Time On Snow Programs Begin
Nov 24 ......................... Freeride Ski/SB Full Time Programs Begin
Nov 24 ......................... Alpine Winter Term Program Begin
Dec 1 ......................... Freeride Comp Ski/SB Programs Begin
Dec 8 ......................... Freeride Ski/SB Devo Programs Begin
Dec 9 ......................... Nordic Skate Opener Race
Dec 15-16 ..................... Nordic PSIA/AQ Sunnyside Challenge
Dec 15-17 ..................... Alpine Russ Read Memorial Race
Dec 27-29 ..................... Nordic SYP Kicks Off With Winter Camp
Jan 2-4 ......................... Alpine MWC Winter Camp 9am-1pm JRC
Jan 1-4 ......................... Freeride Comp Winter Camp 10am-2pm JRC
Jan 3-6 ......................... Freeride Devo Winter Camp 10am-2pm JRC
Jan 6 ......................... Alpine Mike Puddy Memorial Dual Race
Jan 27 ......................... Nordic Great Nordean Race

This progress is great, and I am extremely grateful by the generosity towards this project so far. But we need to get to the finish line by raising the full $4M. Our next milestone is $3M and once we reach $3M in pledges and commitments we will begin construction. Hopefully this happens next October, allowing us to move in during the summer of 2020.

Over the next few months we will be announcing a series of campaign gatherings involving our MBSEF families. We are asking everyone who is connected to MBSEF, our athlete families, our alumni, our partners and supporters, to come to at least one of these gatherings. These are not going to be “get-out-your-checkbook” events. These are group brainstorms about how we can finish our campaign. Please come, and bring your good ideas, and your willingness to do what you can to make sure we establish the first permanent MBSEF facility for the youth of our region.

Enjoy the early season snow and I hope to see you on the Mountain!
20% off any services by Robin Dennis
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 Freeride Ski Development Coach but is fully dedicated to his family and career at this point in time. This will be the eighth 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 4th Street, Bend, OR 97701
541-389-4807

Outside In is a locally owned store in downtown Bend. They have partnered with Family Access Network in a clothing drive to help central Oregon kids who do not have the proper outdoor winter clothing. All new, like new, and gently used donations are being accepted for families in need.

Needed items are:
* waterproof coats
* waterproof pants
* waterproof gloves
* waterproof boots
* wool socks
* winter hats
* winter base layers

You can drop your donated items off at Outside In
845 NW Wall Street, Bend, OR 97703
Phone 541-317-3569
outsideinbend.com
Mt. Bachelor - Celebrating 60 Years

Sixty years ago, on October 18, 1958, Mt. Bachelor had received enough snow to start skiing, and to the delight of locals, opened its slopes for the first time even earlier than planned. With two rope tows and a small day lodge (Egan Lodge), it was a small start, open for only 86 days and 29,000 skier visits, but a monumental accomplishment and the beginning of the incredible experience we now know today.

By 1962 the first chairlift was installed, appropriately titled Chair #1 (later named Black chair). By 1964 the skier visits topped 100,000. Red double chair was installed in 1965, along with Main Lodge (now known as West Village Lodge). The cost of the lodge was $250,000.

Yellow double chair quickly followed in 1966. Blue Lodge (now known as JRC, Junior Race Center!) and Blue lift were built in 1970.


Today, 60 years later, operations have expanded to 11 lifts and 4,300 acres, but the memories of 1958 and the rope tow days have not faded.

(info collected from mtbachelor.com)
Attention MBSEF Parents and Athletes

MBSEF has been working with Bre Montoya, MA, LMFT, of Core Foundations Counseling, LLC, to put together a plan to further educate our coaching staff and give them the tools they need to help our athletes with conflict resolution. Bre has over 20 years of experience in helping develop healthy relationships in Central Oregon. We are aware of the difficulties that youth today have in trying to navigate social media. Bre will be holding sessions with our coaches to give them practical tips and strategies for better athlete communication, to help with managing bullying, harassment, and to help create a culture of healthy communication and self-regulation.

Our goal is to help our athletes increase their ability to manage their emotions both on and off the competition field, and have interpersonal effectiveness with boundaries, communication, and interactions.

Bre will be leading our coaches on helping athletes to be good teammates, and helping with social media issues etc. during four sessions which will be held the first two weeks of December. Following the coaching sessions, she will hold sessions for traveling age athletes as well. Bre will also hold two sessions designed for MBSEF parents of our traveling athletes, discussing what was covered in the coach/athlete sessions and fielding questions.

The parent meetings are being scheduled for Wednesday, Dec 12 at 6:30pm, and again Thursday Dec 13 at 6:30pm, in the meeting room at the TownePlace Suites by Marriott, just across the street from our offices. Maximum capacity is 75 each night.

We will be emailing out more information on these sessions in the next few weeks. For more information on Bre, visit https://corefoundationscounselingllc.com/.
Athletes on Athlete Success

By Trish O’Brien

Authors’ note: We wanted to explore a few athletes’ perspectives of their own success. Why did they succeed? When did they break through? What helped them stand out in the past, and what helps them continue to progress? Ski racing is such an amazing sport because it has heroes from all different backgrounds with many, many unique strengths and weaknesses. We think it adds meaning to examine these strengths and weaknesses from a personal standpoint. So, we asked athletes from different levels of the ski team to talk about their background, early skiing career and what they think got them to where they are today. We hope you enjoy.

Tommy Ford. “Playing is Underrated”

“I guess you could say I’m a product of the North West.”

We’re speaking to Tommy via WhatsApp calling as he’s in the midst of a training camp down in Valle Nevada, Chile. We’ve been trying to connect with Tommy for a few days, but spotty wifi and a bad stomach bug (classic Chile!) have delayed our call. As most of you athletes and parents know, there’s almost never a good time to talk at ski camp so, thanks for making it work, Tommy! After chatting about his summer and the training conditions in Chile, we dove into the interview. Here’s what we learned about Tommy’s ski racing progression.

Tommy Ford slices a turn during a World Cup giant slalom in January. His penchant for play has brought him far. GEPA pictures/ Mario Kneisl

Tommy grew up skiing at Mt. Bachelor, where good friends, supportive parents, and variable snow conditions taught him to love skiing. “I learned to enjoy skiing in every condition. The North West taught me that. It helps today, because on race days, you just have to get out there and enjoy it, even if the weather’s bad,” he said.

With his families’ ski racing history, Tommy, from a young age, had visions of skiing at the highest level. “I always wanted to go all the way, and my family’s understanding and support made a big difference,” he said.

Tommy describes his childhood approach to ski racing as a lighthearted focus. “I mostly just enjoyed being out on the hill, going as fast as I could, and trying to get better. I was focused and always striving to be fast in training, but also in free skiing. I was always free skiing with friends to the top of the course or bombing to the bottom after training, playing and jumping all the way down. We did a lot of playing,” he recalled.

Coupled with this lighthearted approach, Tommy and his friends always knew what was happening on the World Cup circuit. “I remember watching Bode, Herman, and Kožnick, on World Cup Winning Runs. I’d be standing there tucking and watching them on TV. Or, I’d hit park jumps with friends, and we’d practice Daron Rahlves’ air position in our slalom gear. I didn’t like doing drills when I was younger, but I appreciated them because I could see how they translated into fast skiing,” he said.

When asked what made him stand out from other racers, Tommy notes that he asked his coaches a lot of questions. “My parents taught me that if you don’t understand something, you need to communicate with the coach. So, I asked a ton of questions to understand skiing and the concepts coaches were teaching,” he said.

Looking back, Tommy recognizes J2 Nationals, where he won three golds and a silver medal, as a turning point in his career. “That was eye opening and showed me that I could do it. Everything moved fast from there,” he said.

Tommy quickly qualified for the USST D-Team, began winning NorAms, and earned his spot on the World Cup GS team. “I tried to stick with having fun but winning changed the environment, and made it more serious. It was a big switch with the peer group and

Continued Page 7
**Athletes on Athlete Success Continued**

vibe on the World Cup team. Being there with Ted, Bode, Nolan, and the rest of the crew was awesome and made me learn a lot more quickly. But I became more serious, got stressed, and had a hard time on the road. That snowballed into me breaking my leg,” he said.

Breaking his leg was another major point Tommy’s career. “It taught me to enjoy each moment- like walking,” he said.

Since then, Tommy has been working on combining his lighthearted childhood attitude with the discipline he’s learned from the World Cup. “Playing is underrated. Looking around Valle Nevado, there’s so much fun stuff and wind lips to play around on. You only see a handful of racers out free skiing after training. At this point, we need to let playing be a priority,” he said.

**Jackie Wiles - “Controlling All of the Factors”**

We caught up with Jackie in Park City, Utah, where she’s been rehabbing her leg since a gnarly Downhill crash just before the Olympics. We’ve known Jackie for about six years now, and have become great friends in addition to being teammates. This is entirely due to Jackie’s laid back, caring, and hilarious personality. Seriously, as first year FIS athletes we were way too intimidated to approach any of the USST girls, but we remember Jackie making an effort to say hi and get to know us. We’re glad she did! Over the years, we’ve cheered Jackie on as she’s fought her way onto World Cup podium. While we’ve been friends for years, we never knew the details of Jackie’s journey to the USST. We’re impressed with what we’ve learned and think you will be too!

Jackie began her ski racing career as a “very laid back and relaxed kid” in the Pacific Northwest. “My coaches would probably say I took skiing seriously, but really I kept it pretty lighthearted. It was always fun skiing around with friends and I think genuinely loved it.”

Growing up, Jackie always knew that she wanted to be a ski racer on the national team. “I’d always had that dream, but when I went to watch the Olympics in Salt Lake I realized that this is what I actually wanted to do,” she said.

She remembers finding success quickly as a young racer, however, there came a point in her FIS career where her progress began to plateau. “There were about four or five years when I was really struggling. There were some coaches who didn’t believe in me and I wasn’t invited to work in with the USST for camps,” she recalled.

Though her parents remained supportive through these tough years, Jackie took it upon herself to turn the negatives into positives. “I had to take a step back and understand why I wasn’t getting better. I realized that I was relying on my talent alone, and I wasn’t doing everything I could to improve. So, I tried to take control of all the factors in my skiing and lit a fire under myself to do everything I could to improve. I got a new trainer in the gym and worked out really hard, and I started working with a new coach. So, in the end, the people telling me I wasn’t going to make it gave me that fire, and forced me to be more self-motivated and driven,” she said.

Around age 20, Jackie realized just how far her hard work could take her. “I was never the best technical skier, but I always had the eagerness to get better. At some point, I started to figure out that you have to work as hard as you can, day in and day out, and then you can go as far as you want in the sport. That was a lightbulb for me,” she said.

As her hard work and dedication began to pay off, Jackie sought to find her place on the World Cup circuit. “When you first make it to the World Cup you’re trying to figure out everything- where you stand and who you are. I’d look at the older racers and try and figure out what they were doing to be better. But then I realized that wasn’t really me. I kind of need to keep it lighthearted. I go over the course a few times in head my and try not to be too serious, try not to get too intense with myself. That’s been super helpful lately. I think you need to know that everyone approaches races differently, so you don’t need to copy other people’s routines,” she said.

Today, Jackie thinks her relentless drive is what helped her break through on the World Cup circuit. “You hit a point where everyone’s a pretty good skier and willing to work hard, but you need the willingness to never give up to really make it happen. If you never stop, you can do anything on or off the slope with that drive. That’s a lesson you can take with you. Believe in yourself and work hard.”
PNSA Academic Policy

PNSA promotes academic as well as athletic excellence. All PNSA athletes are expected to maintain throughout the year a minimum of a 2.0 G.P.A. on a 4.0 system, with no F’s. Weighted and non-weighted G.P.A.s are accepted. Academic scholarships are available to qualifying student athletes.

PNSA athletes who wish to be included on the PNSA Honor Roll must be current U.S. Ski and Snowboard members and are encouraged to submit any qualifying transcripts (quarter, semester or year-end) by mail, email or fax to the PNSA Office. To qualify, an athlete must have a grade point average of 3.0 or better - weighted or non-weighted.

4.0 MBSEF athletes who submitted their qualifying GPA report to PNSA are Jeffrey Bert, Ashley Boone, Mario Cacciola, Hannah Glaser, Henry Jones, and Parker Meredith.

3.0-3.99 MBSEF athletes who submitted their qualifying transcripts to PNSA are Zachary Jayne, Ariana Kinnaman, Ben Lange, Will Lange, Teegan Lowe, Maximus Nye, Thomas Sickler and Luca Vuletic.

U.S. Ski and Snowboard SafeSport Training

For the 2018/2019 season, USSS is now requiring SafeSport Training for all licensed officials, coaches and staff. USSS licensed officials and coaches need to take the online training prior to USSS granting their officials license this year. The online awareness education courses include sexual misconduct awareness education, emotional and physical misconduct, and mandatory reporting.

MBSEF is following USSS’s lead. We are requiring all MBSEF coaches, officials and staff to take the SafeSport training prior to our season starting.

Need Help With Your Schoolwork?

As the 2018-2019 season starts heating up, don’t let your grades suffer while you are traveling 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. Brian’s 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.
As much as Alpine, Freeride, and Nordic 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 Physical Therapy 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 Wednesday, Dec 5th, 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!

Rebound Physical Therapy
reboundoregon.com
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 2018-2019 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

<table>
<thead>
<tr>
<th>Replenish, an eco friendly organic salon</th>
<th>New York City Sub Shop</th>
<th>Skyline Dental, LLC</th>
</tr>
</thead>
<tbody>
<tr>
<td>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 8/31/2019</td>
<td>740 3rd Street, next to Ace Hardware. MBSEF members show your card, 1/2 sandwich, chips, cookie, small drink $7.99. Expires 8/31/2019</td>
<td>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 <a href="mailto:zackporterdds@gmail.com">zackporterdds@gmail.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emerald City Smoothie</th>
<th>Race Place</th>
<th>Bennington Rental Properties</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/19</td>
<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
<td>15% off during low/ski season with promo code MBSEF. This code will work for MBSEF families wishing to book online at benningtonproperties.com. Phone 888-976-3085 for assistance.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FootZone</th>
<th>Longboard Louie's</th>
<th>WebCyclery/WebSkis</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% discount, excludes sales merchandise. Expires 08/31/19</td>
<td>10% off any order. Expires 08/31/19</td>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/19</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Carstickers.com</th>
<th>Summers Place - 738 NW Columbia</th>
<th>Seventh Mountain Resort</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% discount off any regularly priced merchandise. Expires 8/31/2019</td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060. Expires 08/31/19</td>
<td>10% off any recreational activities - ice skating, white water rafting trips, and kayak tours.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Highest Potential Massage Therapy</th>
<th>Peak Performance Physical Therapy</th>
<th>Hutch’s Bicycle Store</th>
</tr>
</thead>
<tbody>
<tr>
<td>$10 off your massage. One per customer. Brandi Jacobson LMT 541-420-8051 2100 NE Neff Road Suite B</td>
<td>All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/19</td>
<td>10% off regularly priced bicycle parts, clothing and accessories. Expires 08/31/19</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fireside Motel &amp; Overleaf Lodge</th>
<th>Bend Vacation Rentals</th>
<th>The Leffel Center for Plastic Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fireside Motel &amp; Overleaf Lodge 15% off lodging to MBSEF members, excludes holidays, school vacations, and use during special events. Expires June 30, 2019</td>
<td>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 <a href="mailto:info@bendvacationrentals.com">info@bendvacationrentals.com</a> to see what discount we offer on lodging to MBSEF members.</td>
<td>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. <a href="http://www.leffelcenter.com">www.leffelcenter.com</a>. Expires 8/31/19</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunnyside Sports</th>
<th>Pocketweez</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>Purchase the revolutionary Pocketweez, right here at MBSEF, and 45% of the purchase goes right into our scholarship fund.</td>
<td></td>
</tr>
</tbody>
</table>
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 Office Hours (July-August): 9:00 am - 1:00 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

Kirk Schueler, Chairman
Howard Friedman, Vice Chairman
Scott Agnew, Treasurer
Kyle Wuepper, Secretary
Andrew Bailey, Legal Counsel
Andrew Boone
John Duffie
Brett Gingold
Lea Hart
Don Horton
John McLeod
Ray Tien
Kyle Wieche
John Schieler, Staff

Executive Director: John Schieler
Events Director: Molly Cogswell-Kelley
Membership Director: Kathy Kurtz
Accounting Department: Kristie Wild
Alpine Director: Nils Eriksson
Nordic Director: Dan Simoneau
Freeride Director: Coggin Hill
Cycling Director: Eric Fkyerud

MBSEF Office: 541-388-0002
Mt. Bachelor, LLC: 541-382-2442
Nordic Center: 541-382-2607 x 2210
Mt. Bachelor Ski Report: 541-382-7888