Greetings From The Director

by John Schiemer

We are off and running with the 2015-2016 season underway and our enrollments are strong across the board. Our Alpine programs have strong participation, and our Mini World Cup program reached capacity on September 1st with 190 participants. Our Freeride program is at capacity and will exceed 200 athletes this year. And for the second year in a row, one of our athletes, Jake Mageau was named to the U.S. Ski and Snowboard Rookie Halfpipe team. Our Nordic program also continues to grow, with near record participants in our Stevenson Youth Program. Overall, our winter programs will exceed 570 participants this season.

Communication is a word that means many different things, to many different people. If MBSEF is not effective communicating with our athletes and families, we will find it difficult to succeed. Although we work very hard at trying to communicate, sometimes there is confusion. Our primary means of communication is still email, we try to limit the number of emails out of our office, but when we do send out a global email they generally contain important information. We are also making a concerted effort with respect to keeping the google calendars on our website current. Any changes to training will be made on the calendars as soon as possible.

Obviously we need to be aware that many other forms of communication continue to emerge especially social media. As we continue to evolve as an organization, we will commit to continuously trying to improve how we communicate. Finally, with respect to weather delays and closures, if Mt. Bachelor is operating MBSEF will be operating. If after we arrive at the mountain and the weather happens to deteriorate, we will make the decisions on our programs at that time.

As the season begins, there will be a number of parent meetings. If you are a new family to the organization, I know trying to navigate through MBSEF can seem daunting. And many of us that have been around awhile often forget to explain things clearly. We sometimes can omit important details and can forget what it can be like to be a new parent, with an aspiring young athlete. If you are not getting the information you need, please ask questions, and/or please call the office for further clarification. We are here to help you and we are very excited that you have made the commitment to enroll your children in our programs.

Finally, I want to thank all of you who came to this year’s Snowball. As you probably know this year we honored Nils Eriksson and his 25+ years of service to the Foundation. Nils came to MBSEF in the fall of 1988, as a volunteer ski coach. There are also those that believe he came to Bend to follow Becky Simming, a former University of Wyoming and US Ski Team athlete and also a coach, but that is a story for another time.

In any case, it was a fantastic evening. This year’s scholarship auction at the Snowball was to establish the Nils Eriksson Scholarship, a permanent endowment. Each year, the Nils Eriksson Scholarship will be awarded to one athlete at the annual awards banquet in April. I am extremely proud to announce that this year’s scholarship auction set a record, raising over $37,000. This will generate an annual scholarship of approximately $1,500.

Thank you all for your tremendous generosity and recognition of Nils Eriksson, we are very fortunate to have him at MBSEF. Have a great season, and I look forward to seeing you at the Mountain.

UPCOMING EVENTS

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<tr>
<th>Date</th>
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<tr>
<td>Nov 28/29</td>
<td>Alpine WT/FT Programs Begin</td>
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<td>Dec 5</td>
<td>XC Double Prologue Race</td>
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<td>Dec 5/6</td>
<td>FR SB/Ski Comp Programs</td>
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<td>Dec 5/6</td>
<td>Alpine MWC Program Begins</td>
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<td>Dec 9</td>
<td>FR Ski/SB Dev Midweek Begins</td>
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<td>Dec 12/13</td>
<td>FR Ski/SB Dev Weekends Begin</td>
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<td>Dec 13</td>
<td>XC Mass Start Skate Race</td>
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<td>Dec 19-21</td>
<td>Alpine Russ Read Memorial</td>
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<td>Dec 26-28</td>
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<td>Dec 27-30</td>
<td>Freeride Winter Camp</td>
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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.

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Web: mbsef.org

Pocketweez

Purchase the revolutionary Pocketweez right here at MBSEF, and 20% of the purchase goes right into the scholarship fund. The Pocketweez will be the last tweezer you will ever have to buy. Don’t get stuck without it!
Race Place has been part of the Bend ski community for 27 years and is an international supplier to ski racers. The Holmer family is heavily involved in alpine ski racing with our children beginning as MBSEF Mighty Mites and continuing through Junior Olympic, National, Europa Cup and US Ski Team levels.

Race Place Financial Aid Fund ............ Over $30,000.00 donated to MBSEF! We donate 5% of purchases by MBSEF members and family to a Financial Aid Fund at MBSEF. This has assisted many athletes in achieving their goals. Please identify yourself as an MBSEF member upon purchase.
Need Help With Your Schoolwork?
As the 2015-2016 season shifts into high gear, with MBSEF athletes 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. Nancy’s contact information is:

541-389-9314,
theduckfarm@msn.com

Nancy has literally tutored 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

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.
MEET SOME OF OUR YOUTH PROGRAM COACHES!!

Nordic Stevenson Youth Program

Director: Karen Kenlan

Karen has lived in Bend for the last 24 years and has been involved in MBSEF since 2002. She has a degree in Visual Communication from Western Washington University and is also a graphic designer. After moving to Bend she discovered that winter was really all about Nordic skiing and proceeded to take just about every Nordic clinic MBSEF had to offer. As the Stevenson Youth Program Director she looks forward to introducing the sport of nordic skiing and the love of snow to children.

Karen Cammack, Free-Lance Photographer

Born and raised in Bend, Oregon. After 14 years in the Puget Sound region, Karen returned home and rekindled her love for the sport of Nordic skiing. Karen looks forward to sharing her passion with the younger set.

Jason Albert, long time MBSEF Nordic supporter/ coach/helper!!

Jason Albert has helped MBSEF with the Nordic program for a number of years.

Jason has graduated one child from the SYP and Middle School program (Aidan is now in MBSEF Winter Term Nordic 4 days/week) and his youngest son, Aamion, is returning for his second season in the SYP program.

Thank you Robberson Ford!!! We love driving our new car!!!!

Jeff Robberson has generously donated a Mazda CX5 to MBSEF for us to drive for the season.

GO MBSEF!
Raise Successful Achievers

by Dr. Jim Taylor

With the winter and race season approaching, I thought I would focus my attention on parents over the next few weeks and the vital role that they play in helping their children have the most fun, have the healthiest experiences, and, yes, find their most success this season. To that end, I will be publishing a series of articles for parents that are ‘encore’ presentations from some years ago.

Parents who want their children to achieve something called “success” may find that this goal conflicts with their desire for their children to also become happy. Achieving success, as typically defined by our culture, emphasizes wealth and social status, and is often at odds with what the research has shown to produce happiness. A perusal of the psychology section of any bookstore shows that the goal of achieving success by itself is inadequate. As Dr. Jack Wetter, a Los Angeles clinical psychologist, observes, “On the one side, you’ve got books on how to raise achieving, successful children. And across from that, you’ve got books for adults on how to overcome your depression and increase your self-esteem.” So success is simply not enough.

The goal of parents should be to raise successful achievers. Successful achievers are very different from children who simply achieve success. In the latter case, children are successful, for example, they get straight As in school, are top athletes, or star in the performing arts, but are also unhappy. In contrast, parents who want to raise successful achievers view success and happiness as mutually inclusive; success without happiness is not success at all.

The development of successful achievers comes from fostering the Three Pillars of Successful Achievers: self-esteem, ownership, and emotional mastery. These three areas provide the foundation for raising children who become successful, happy, value-driven, and contributing adults.

First Pillar: Self-esteem

Self-esteem has been perhaps the most misunderstood and misused developmental factor in recent generations. In the last few decades, parents were led to believe that self-esteem developed if a child felt loved and valued. This belief caused parents to love and encourage and support and reward and reinforce their children regardless of what their children actually did.

Yet, this “unconditional love” is only one half of the self-esteem equation. The second part is that children need to develop a sense of competence and mastery over their world. Most basically, children must learn that their actions matter, that their actions have consequences. If they do good things, good things happen. If they do bad things, bad things happen. And, importantly, if they do nothing, nothing happens.

The only way for children to develop this sense of competence is for them to try things, succeed, and, yes, experience failure. Unfortunately, parents make two mistakes in their ill-advised attempts to develop this sense of competence in their children. First, they try to convince their children how capable they are by telling them they are the most wonderful, talented, amazing children. The problem with this approach is that life has a way of showing children who have been convinced that they are exceptional by their parents that, well, they really aren’t. Second, out of a misguided belief that failure would hurt their children’s self-esteem, many parents did their best to “protect” their children from failure. In doing so, children couldn’t learn from and gain competence from their mistakes and parents created the very thing that they wanted to avoid, namely, children with low self-esteem.

Yes, children need to feel loved and secure to develop high self-esteem. But, just as importantly, they must feel a sense of competence in their capabilities to navigate their increasingly complex world.

Second Pillar: Ownership

Out of fear that their children won’t become as successful as their parents want them to be, many parents make their children their little “achievement projects,” managing and micromanaging their children to ensure they do everything they need to achieve success. In doing so, these parents steal their children’s lives by taking ownership of their achievement activities. These parents place the burden of their own self-esteem on their children’s shoulders, a crushing weight I assure you. Though these efforts are often well-intentioned (these parents love their children and want them to be successful), the result is that children feel no sense of ownership or responsibility for their own efforts. Without this ownership of their lives and goals, children have little incentive to work hard toward those goals (except perhaps out of fear that their parents won’t love them). The children end up thinking, “This isn’t mine, so why should I even try.” These children come to hate the achievement activity in which they participate because they feel forced to do it and usually end up quitting, even something they once loved.
Many parents with whom I consult complain that their children have lost their motivation and it’s my job to find their motivation (as if it has gotten lost behind their dresser or under their bed). But the question isn’t where did they lose their motivation, but rather what is suppressing it. The amazing (and paradoxical) thing is that when parents relinquish ownership of their children’s achievement activities, they free their children to regain ownership and passion for them.

Children need to gain a sense of ownership of their life’s interests, efforts, and achievements. This ownership means that they engage in an activity out of an enduring love for it, because they see its value, or because it is necessary to achieve their goals, and, as a result, have an internally-derived motivation to do their best. They think “This is mine, so I want to do my best.” This ownership also provides them with an immense source of gratification and pride from their efforts that further motivates them to strive higher in their achievement activities.

Third Pillar: Emotional Mastery

The third pillar of successful achievers, emotional mastery, is perhaps the most neglected aspect of children’s development. Despite its obvious importance, where do children learn about emotions? Either from their parents (now that could be a scary idea) or from popular culture (which rarely shows healthy expression of emotions). Also, parents have been led to believe that allowing their children to experience negative emotions, such as frustration, anger, and sadness, will somehow hurt their self-esteem. So parents placate, assuage, comfort, and distract their children from these emotions and attempt to create artificial positive emotions (by praising and buying things for them). The problem is that emotions are two sides of the same coin. Children can’t experience love, happiness, joy, excitement, unless they are allowed to experience frustration, anger, and sadness.

Parents who protect their children from their emotions are actually interfering with their children’s emotional growth. These children end up never learning how to deal effectively with their emotions because they have little experience with their emotions and enter adulthood ill-equipped for its emotional demands. Only by being allowed to experience the full range of emotions are children able to figure out what emotions they are feeling, what the emotions mean to them, and how they can express them in healthy ways.

Emotional mastery is not the absence of emotions, but rather the ability to recognize emotions, understand where they came from, and express them in healthy ways. Children who do not develop emotionally can still achieve success—we see many very successful businesspeople, professional athletes, and actors who are acclaimed—but the price they pay is often discontentment and unhappiness in their successes (as expressed in, for example, immaturity, narcissism, alcohol and drug abuse, and divorce). Emotional mastery enables children to not only become successful, but also to find satisfaction and joy in their efforts, in other words, to become successful achievers.

How to Raise Successful Achievers

The ability of your children to become successful achievers will be grounded in essential beliefs that you foster in them. Drs. Aubrey Fine and Michael Sachs, the authors of Total Sports Experience for Kids, offer a valuable summary of those beliefs (I have added numbers #1 and #7, and the parenthetical comments):

1. I am loved (sense of value),
2. I am capable (sense of competence),
3. It is important to try (value of effort),
4. I am responsible for my day (sense of ownership),
5. It is okay to make mistakes (accept failure),
6. I can handle things when they go wrong (response to adversity),
7. I enjoy what I do (value of passion and joy),
8. I can change (being a master).
“WHEN ROGER SMILED.
...THE WORLD SMILED”

Roger “Rog” Gildersleeve

December 17, 1929—September 24, 2015

Bounding up yet another hill in Hendricks Park, I stop to take in the view. But alas, there is none. Fog enshrouds the city below. It is just another typical day deep into winter in Eugene – wet, cold, wet, cloudy, wet, gloomy, and, oh yeah, wet. I turn and hustle up the next hill. It is raining and I am completely soaked, my clothes clinging to me and water running from my saturated hair into my eyes. I can see my breath in the frigid air and my feet are getting heavier as the mud collects on my shoes. But I love it. I am training for Nordic ski racing on the University of Oregon Ski Team. Though I have no female teammates or coach to train with, I will not stop. For I have Roger. I have not seen him in several years nor do I currently live near him as he resides on the other side of the Cascade Range in Bend. But I definitely have Roger with me. I am inspired by his “no quit” attitude and motivated by his absolute love of the sport. As I crest the highest hill in the park, my legs are burning and I am gasping for air as I attempt to wipe away the sweat soaked raindrops that are now stinging my eyes. I am spent, but nearly giddy. For I think of Roger. I think of his ever-present beautiful smile and how it makes me smile. I think of his iron will and how it makes me so strong. And I think of how fortunate I am to have had this man as my first ski coach, for it is he who has developed such a love of this sport in me and who taught me how to have fun even in my aloneness on this muddy, rain soaked day. I feel lucky and I owe it to Roger to always, always do my best. And now, years later, as a coach and educator myself, I try to encapsulate that essence of Roger’s abilities so as to also inspire my athletes and students. But there is no such concrete method or skill to learn - its just who Roger was.

This beautiful man Roger of which I speak is Roger Gildersleeve. Roger grew up in Michigan and went on to serve in the US Navy during the Korean War. He returned to his home state to earn his BS degree and continued on to earn a master’s degree from Western State College in Colorado, studying Education and Psychology. Roger spent the next several years teaching and coaching at the high school and college levels in Michigan, Colorado, and North Carolina. Fortunately for Central Oregon, Roger landed
at Central Oregon Community College in 1969 where he went on to instill a love of health and physical education in his students and scores of athletes on his Alpine and Nordic Ski teams. One of his proudest coaching moments came in 1976 when both his Alpine and Nordic men’s and women’s teams swept the National Junior College Championships, becoming the first team in the Western US to ever achieve such an accomplishment. Roger was a superb athlete himself, having competed in the local Pole, Pedal, Paddle race 27 times, winning his age group in each of the 21 years he competed as an individual. But Roger’s impact on our community stretches far beyond his athletic feats. He was known as the “energizer bunny” capable of motivating most anyone lucky enough to meet him. His gutsy, no-quit spirit was infectious and so inspirational to his students, athletes, co-workers, friends, family, and community. As his son Matt so eloquently spoke, “Everything I am today is because of that man.” Roger Gildersleeve passed away peacefully on September 25. Though he left us all physically and many will miss him terribly, our community will forever be enriched by his legacy. Everyone fortunate enough to have had this wonderful man their life will carry a piece of Roger with them - memories, life lessons, inspiration. And that smile, oh that smile...

written by Kelly Simoneau
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 fifth 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
The 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 2015-2016 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 8/31/2016

**Emerald City Smoothie**
10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/16

**FootZone**
10% discount, excludes sales merchandise. Expires 08/31/16

**Carstickers.com**
10% discount off any regularly priced merchandise. Expires 8/31/2016

**Red Lion Inn & Suites**
20% discount off our “Best Available” rate for 2016. 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, 2016

**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, coolie, small drink $7.99. Expires 8/31/2016

**Hutch’s Bicycle Store**
10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/16

**Longboard Louie’s**
10% off any order. Expires 08/31/16

**Summers Place - 738 NW Columbia**
20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/16

**Bickler-West Orthodontics**
Bring in your current MBSEF Membership Card and receive a $500 discount off orthodontic treatment. Expires 8/30/16

**Athletic Club of Bend - Scanlon’s**
Show your MBSEF card and receive 10% off your meal ticket. Excludes alcohol and kids menu items. Expires 8/31/2016

**WebCyclery/WebSkis**
15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items, and labor. Expires 05/31/16

**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 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 8/31/16

**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 8/31/16

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

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.