Welcome to the 2012-2013 season. It has been a busy summer and we are looking forward to a great year ahead. We had a very successful summer with a record number of athletes (over 100) attending camps at Mt. Bachelor in all three disciplines, Alpine, Nordic and Freeride. We are grateful that Mt. Bachelor has reinstated the camps and we look forward to this year’s summer camps as well.

We had over 115 enrollments in our cycling program this past summer with a number of athletes taking advantage of the great terrain that Central Oregon has to offer. New this year was our criterium series at Summit High School and a few of our athletes participated in these twice per month events. We look forward to having some spring programs this year with our cycling program.

Our enrollment numbers look very promising with growth in a number of our programs and good participation in others. For the first time in many years the Alpine Full-Time program will have over a dozen athletes, and an additional two athletes from the Southern Hemisphere who will be spending their summer break with us. Our popular Mini World Cup program has reached program capacity and currently has a waiting list.

Nordic Program enrollments continue to come in and we have a very strong group of Full Time and Winter Term athletes who have been training hard all summer. (See picture below.) I am anxious to see them get on the snow and put all that hard work and commitment into their races. The middle school program continues to grow with over 30 athletes and the Stevenson Youth Program has good solid numbers with almost 25 participants.

The Freeride program enrollments are ahead of last year’s successful season with a number of new athletes that will be joining us from the valley. We are experiencing high growth numbers in both the Freeride Ski Competition and Development programs. We also have good participation in our Snowboard Development and Competition programs.

We have also completed a number of initiatives and projects over the past several months that I would like to highlight. We have established a relationship with Cascades Academy of Central Oregon (CACO), and a number of our Full-Time athletes will be attending school at CACO for the winter term. We look forward to a successful partnership with them for the years to come and we are excited for the opening of their new campus near Tumalo State Park.

We were able to add a used van to our fleet and we will continue to look at “recycling” some of our vans in the coming years. Many of our vehicles have high mileage and although they have

Dan’s Nordic Fall Training Group - Hiking Broken Top to find the Simoneau Snow Fields. They have skied 36 months straight!
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 four times per season (December, February, March, and April). 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!

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. We prefer stories and photos sent via email. Contact us at the numbers and address below.

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: www.mbsef.org

Pocketweez

Purchase the revolutionary Pocketweez, the original folding tweezer, right here at MBSEF, and 20% of the purchase goes right into the scholarship fund. Designed and produced by Rick and Bev Francis, Pocketweez will be the last tweezer you will ever have to buy. Don’t get stuck without it!

Caldera Grille - Creak, Justin and Stacy invite you to come in and try Caldera Grille. Show your MBSEF membership card, buy one appetizer and get another appetizer at 1/2 off.

Check out the early bird menu! Yumm . . . .
MBSEF 2012 Cycling Program Wrap Up

By Ali Halpin

Well we wrapped up another great summer of cycling here at MBSEF last month! We kicked things off back in May with after school mountain biking and road cycling programs. Just before the Pole Pedal Paddle we took a group of kids to practice the bike leg of the PPP course starting at Mt. Bachelor and ending at the office, cookies where waiting of course!

Once the school bell rang, signaling the start of summer, we moved into our summer programs. Club Mountain Bike was broken into two week sessions running from the end of June through the beginning of September, and were led by our head mountain bike coach Luke Mason. We road everything from Phils Trail to Wanoga this summer. The new pump track at the Wanoga complex was a big hit this summer, if you have yet to check this out make sure you do come spring!

The road program kicked off at the end of June and ran through mid August and was led by our head road coach Justin Serna. The kids goal all season was the state criterium championships. The kids raced in the weekly criterium series that was held at Summit High School every other Wednesday as well as several other local crit races that took place on various weekends throughout the summer. We had a very solid showing from our athletes this summer.

At the Downtown Redmond Criterium in July, Taye Nakamura-Koyama took 2nd over all in the juniors category and Andrew Bristow took 3rd! As we moved on to the state Criterium, Taye went on to take the win in her age group at the State Criterium Championships and 2nd overall for junior women. Emma Huntsman had a breakthrough race taking the third place step on the podium for her age group.

As we wrapped up summer and the schools opened their doors once again, we moved into our final program of the year. Starting the second week in September a four week after school mountain bike program was offered. Fifteen kids strong we had a fun filled four weeks with some of the best riding all year!

We are looking forward to continue to build and develop the cycling program here at MBSEF next year. Be sure to keep your eyes peeled for new program offerings and trips that will be offered next spring, summer, and fall. And mark your calendars now for spring break in Moab with MBSEF Cycling March 24th through 30th. We look forward to seeing you on the trails and the road in the spring!
Greetings From The Director, Cont.

been impeccably maintained, a couple of them are getting “tired”. Old Red, which I am sure you have had the pleasure of seeing or even perhaps taking a ride, has over 218,000 miles. We are also looking at adding a crew cab with a long bed to help for our trips with a small number of athletes. This truck would also help transport equipment for many of our special events, like the U.S. Bank Pole Pedal Paddle and the Bend Memorial Clinic Cascade Cycling Classic.

We are very excited about a relationship that we have recently established with OSU-Cascades. OSU Cascades is creating a winter sports program and MBSEF will provide the coaching and infrastructure for their Alpine, Nordic, Freeride and Cycling programs. We are looking forward to this relationship and helping OSU Cascades establish their winter sports program. Ali Halpin will be assisting in this area and she will be the main contact between OSU-Cascades Athletes and MBSEF.

We are also moving to online registrations for our race entries. Those of you with older athletes will no longer have to use the “books” on the shelf in the office. You will be able to register your kids for races online. We are using an outside vendor for this application, and if it goes well we will look to have online program enrollments this next year.

As for the future, there also a number of ongoing projects. We are hoping to replace the Finish Shack on Cliffhanger and are completing the engineering and drawings on this project. The estimated cost will be about $40,000 so we are looking at creative ways to finance this project. The new finish shack will have additional storage space for B-netting and other equipment.

Finally, I am hopeful that one day we may be able to have a larger facility that would allow space for our Freeride athletes to have a trampoline so that inverted aerials could be practiced. The space would also have a small weightlifting area for dry land training for all disciplines, and additional space to accommodate growth in our programs.

In closing, it has been a busy summer and fall, and I am looking forward to a great season. I also wish to extend my sincere appreciation for all of you that have generously supported MBSEF through your donation of time, talent and financial resources. We had one of the most successful Snowball events in the history of MBSEF. This could not happen without the unconditional generosity of so many families. Thank you very much for your ongoing support and I look forward to seeing you this year on the hill.
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?

Tutoring Available at MBSEF

As the 12/13 season begins, and kids start travelling to races and missing school, group and/or individual tutoring is again available to middle and high school MBSEF athletes for a low fee. The tutoring schedule will depend on athletes’ needs and the availability of a tutor for each subject. Most tutoring sessions will take place after practice at MBSEF. For more information, please contact Anna Schulz at anna.r.schulz@gmail.com or call 802-760-0569.
Online Race Registration!

by Kathy Kurtz

MBSEF has been using a manual race registration sign up system for a long time. The “travel books” have sat at the front desk for decades, and if you wanted to participate in a race, whether local or out of town, you signed up for the race by calling in and signing up.

We are happy to announce that beginning this season we will have all race registrations (for all home races as well as away races) online. This online registration system will begin today, November 16, for our first two Nordic races, Par Fore the Course I on December 8, and the MBSEF Classic on December 16. You can also begin to register online for the alpine Russ Read Memorial Race which will be held December 15-16. We will activate other races on the system as they get closer.

Once you log into the MBSEF website you will see the words “OnLine Race Registration” on the right hand side of the home page. Please click on “OnLine Race Registration” and it will direct you to our online registration page which is being supported locally by Team Unify. Team Unify is based in Bend and is primarily a swim team management application, but does have applications for ski racing and golf. It was the most reasonable application for MBSEF to use for online race registration. If this system works well, we will look at it for online program enrollments next year.

Once you have initially created an account on the Team Unify page, you will be able to enter and pay for your all race registrations online this season by credit card. You will also be able electronically “sign” all waivers and releases through race registration as well.

We appreciate your patience as we move to this new platform. As with any new system there might be a few minor hiccups along the way. However, we believe this new way of handling race registrations will improve our record keeping and allow families the ability to sign up and pay online.

If you have any questions getting your account set up with the system, or registering online for races, please do not hesitate to call and we will help you. Thanks again for your support and we look forward to a great season ahead!
THAT’S A WRAP

By Molly Cogswell-Kelley

We had a very exciting event season. Starting off with the U.S. Bank Pole Pedal Paddle. A surprise visit from Kris Freeman who dons celebrity status in the U.S. Nordic Ski Team World. He ended up winning the Elite Male division, but it was a very close and competitive race. I think most people were rooting for Andrew Boone, but Kris brought a level of excitement to U.S. Ski Team groupies, especially ones that were inspired by his story of living with Type 1 diabetes. The next day, the U.S. Bank Mini Pole Pedal Paddle, proved to be a true testament to how amazing our volunteers are from the Hasson Realtors, Sunriver Resort, Sun Country Tours and Seventh Mountain Resort. We had 1,548 kids participate. That was a new record. With that amount of kids, it was amazing that everyone started on time and ran smoothly. Our crew of volunteers are pro. Really the only glitch was discovering a minute before the start of the first wave was that our 1st Place Blue Ribbons were misprinted. They said “2nd Place.” I got some gray hairs after that one. But it of course all turned out just fine! The kids were good sports about it.

This was the first year that we put on the Central Oregon 500+ with Tom Lomax. This is where people rode their bikes 100 miles a day for 5 days straight. We had a small group but they got the royal treatment and are very excited about coming back for more.

We also put on the MBSEF Crit Series, presented by The Center. This was a bi-weekly criterium series that was held at Summit High School. The riders loved it and we are excited to offer it again. In fact, we are going to hopefully add a few more weeks so there are 8 instead of 6.

The Bend Memorial Clinic Cascade Cycling Classic brought lots of excitement since it was a week before the Olympics. Kristin Armstrong was here for the first three days of the race. And then everyone was wondering why she wasn’t racing in the crit. It caused a little bit of a frenzy. Everyone was asking, “Where is Kristin?” The team directors did not want her to risk an injury in the criterium, so she went on her merry way to London and took her 2nd Gold Medal in the Time Trial.

With the purchase of the Mt. Bachelor Bus Barn, the Skyliners Winter Sports Swap lost a home. So, right after the BMC CCC, John and I started seeking giant, vacant warehouse space. Howard Friedman who is the Vice Chair of our Board of Directors totally saved the day. He found us a perfect, temporary home that proved to be the perfect spot for the 2012 event. Thank you to the owner of the building, Rob Kirkpatrick for donating the space to us.

The 26th Annual Snowball in Sunriver was a perfect end to my event season. Suzanne Lafky had the idea of honoring our longtime coaches at the Snowball. She and I collected photos of coaches and quotes from kids about the coaches. And she made centerpieces out of them. They truly were lovely and classy. Just like Suzanne. The evening was a success because we had such generous contributors and supporters. Thank you everyone for attending and raising your paddle!

So now it’s just back to planning these events for next year, securing sponsorships and raising money! Happy Holidays everyone and thanks for all you do to help with my event world!
CONFESSIONS OF A PPP VOLUNTEER CAPTAIN

by Nick Campbell

As many of you know: when Molly calls, you have to answer.

Ms. Cogswell-Kelley asked for someone to be the new Pole Pedal Paddle Run Course Captain, and I thought, “I could do that. My voices carries.” Not like hers, but I’m competitive.

The night before the race, armed with many bags of flour and the help of volunteer extraordinaire Jennifer von Rohr, we marked the course with lots of arrows. All the while, I was looking skyward and hoping no rain would turn the flour arrows into paste.

Race Day: the run course volunteers assembled at 08:30am for a briefing. And more importantly, distribution of the box lunches and t-shirts. Once we talked through a few dry runs, everyone dispersed with their game faces on.

I had decided to patrol via my trusty steed, complete with high tech communications. Give the NFL their high-tech headsets: a walkie-talkie and duct tape worked just fine.

Patty Neumann, Chief Volunteer Signer-Upper, put together a superb team. Aid stations were quickly manned and assembled, food was laid out, drinks were poured. Bring it on, racers!

The first competitors are in a hurry, no time to stop for refreshments. I try hard not to be offended.

The von Rohr family has the first aid station: runners are VERY glad to see them. Same for the next station; Gretchen Virk and family are quite popular among the racing set, mostly because there is a long, hot stretch on the return from the turnaround.

Is that Porky Pig, or a respected local physician? Or both?

Everything is running smoothly. I make about 4 or 5 trips around the course during the race, making sure all stations have what they need. Great trail mix at the Braeburn stop; I decide to appoint myself Quality Control Inspector and sample liberally. This run captain job is hard work, after all.

It’s all good. The race goes without too many problems. Except when I was at the exit of the bike-run transition watching runners stream toward BMC, and I notice a very fast young lady running downhill toward me. She is on vapors, moving very fast, and without any sense of direction; she missed the turn from Mt. Bachelor Village to the River Trail. And she didn’t wonder why no one else was going in her direction.

After I get her sorted out, it’s back up past Touchmark and another circuit. A few hours later, here comes the 4x4 with a race marshal.

We’re done! I tell the aid stations to pack up and with many thanks for their efforts. It is a long day for volunteers, and yet I saw nothing but smiles all afternoon. I start to cruise back from Braeburn, looking forward to a long downhill coast to the MBSEF office.
Uh oh. Flat tire.

Not a huge problem; thick mountain bike knobbies, so I just take my time coasting on the down slope past Touchmark. I’m just about to go around the Reed Market Circle, when I see....

A runner. Going uphill toward Mt. Bachelor Village. And wearing a race number.

Oh, no.

Ever try to make a hairpin turn on a bicycle with a flat tire while going downhill? Not easy.

I huff and I puff back up that Touchmark Hill and catch up to our wayward guy. “Are you in the race?”

He grins and nods.

“Well, we’ve got a problem,” I say. “The aid stations are shut down.”

He laughs and says, “I’ll just turn down the River Trail and finish up.” Interestingly, I notice a German accent, and yet he obviously knows the course.

In addition to PPP day, it’s also the day of the European Soccer Championship pitting Chelsea against Bayern Munich. Our friend finished his bike segment, asked about the soccer match, and decided to duck into the Cascade Lakes Brewery to watch the finish. The match went into overtime and then to a shootout, and that is why our man was so late. He also consumed a few, uh, beverages while watching, which explains his somewhat cheery demeanor as the undisputed last-place racer.

Okay, so that’s yet another first in the annals of the Pole Pedal Paddle. See you next May!
MBSEF Teams Up With Cascades Academy Of Central Oregon

Upper School (9-12) Athletics

Upper school students at Cascades Academy have the unique opportunity to participate in any sports offered by the public high schools. We will gladly work with students to accommodate game and travel schedules.

Winter Ski Program

Every Thursday for 11 consecutive weeks between January and March, classes are compressed, and the students and faculty drive up to Mt. Bachelor at noon. Students take ability appropriate skiing or snowboarding lessons from 1-2:30. After lessons, they may ski and ride in small groups until the mountain closes at 4:00 pm. New skiers and boarders start with us each year, and the Mt. Bachelor Ski School staff does a wonderful job of introducing the students to the mountain. It can be difficult to be active with students outside in mid-winter in chilly Central Oregon, and Cascades Academy’s ski program promotes a healthy active lifestyle even in cold temperatures!

Winter Trimester for MBSEF Student-Athletes

New for winter 2012-13, Cascades Academy and MBSEF will join forces to provide MBSEF student-athletes a dynamic, college preparatory curriculum combined with world-class coaching, training, and competition.

MBSEF student-athletes will be fully integrated into the Cascades Academy middle and upper school program. Students will not only benefit from the school’s outstanding college-preparatory curriculum, but they will also receive the support and flexibility necessary to pursue their athletic passions.

November 26, 2012 - March 17, 2013 (14 weeks)

Who Qualifies

* Student-athletes in all disciplines (Alpine, Nordic, Freeride Snowboard, Freeride Ski)
* Students entering grades 8-12 who also meet Cascades Academy admission criteria
* Open to both local and boarding students
* MBSEF will assist with home stays for boarding students

Academic Costs

Cascades Academy Tuition: $4900*
Additional fees may be required for textbooks and special extra-curricular activities. For students requiring classes beyond those offered at the school, additional costs may be charged for online or supplemental courses.
(*Student-athletes may enroll in full year program; additional tuition and fees will apply.)

Schedule Considerations

The school will modify its winter academic term to limit the amount of academic material missed. School dismissal will vary depending on the training/competition schedule for each discipline. Cascades Academy will work with the home school counselors to coordinate transcript/credit matters. For more details, please contact Cascades Academy directly.

For more information about the academic program, call the school’s Admission Director, Julie Amberg, 541.382.0699.
Performance and results are two related but distinctly different things. Many athletes have suffered in their development by thinking performance and results are synonymous. The word performance stems from a verb. Result is a noun. Performance as described in this document is an action. A result is an outcome. Performance is one of the variables that affect an athlete's result. But in skiing and snowboarding in particular, the significance of the performance variable on outcome can be overshadowed by other factors out of the athlete's control. Here is where the danger lies in considering the two as being the same. Of course, results will determine who gets the medals, who gets selected to the championships, and usually who gets the glory and recognition. For this reason, understandably, an enormous amount of attention is paid to results by athletes, their parents, and coaches. The problem is, the athlete doesn’t have control over their results.

On the other hand, an athlete has much more control over their performance. U.S. Men's Alpine Head Coach Sasha Rearick defines performance as on-demand execution of what has been learned. Performance can be worked on and evaluated in training, not just in competition, with the support of coaches and parents. Performance can be improved upon. Good performance will lead to good results over time. This distinction is vitally important because most young athletes, and even many experienced competitors, tie their self-worth to their results. As such, they may be very pleased when their performance was actually subpar, or very disappointed when their performance was actually at its peak, due to outside factors which they may not be aware of. These reactions, and their impact on motivation, confidence, and approach to future training and races, may be exactly opposite of what is desirable from a developmental standpoint.

The athlete who is able to focus entirely on their performance is more likely to follow a consistent progression in their development. This is because day-to-day changes in performance are usually less drastic than those in results, and reacting to things within the athlete’s control enables them to make appropriate adjustments based on each performance. Furthermore, as an athlete that is focused on performance sees a discrepancy between their performance and their result (for example, poor result relative to performance), they will be more likely to try to figure out why and learn strategies to help bridge the gap. In the process, they devise methods to better cope with certain factors effecting results that are outside of their control, leading to improved performance and a greater likelihood that performance and results will match up in the future. This is one of the unique qualities of champions, and one that can only be obtained by understanding the results versus performance relationship.

Bode Miller was a classic example at Whistler for the Olympics. You may recall at the end of each run he took, just after crossing the finish line and before looking to the scoreboard or assessing the reaction of the crowd, he stood up straight, reflected on his performance in his run to himself, and reacted to his own appraisal of how well he executed on his run. It didn’t matter what the scoreboard said. After his races he spoke of his satisfaction in how he skied and that he would have been pleased with his performance whether or not he had medaled because he skied how he wanted to ski. One of the factors contributing to his success in Whistler lies in his focus on performance for those days, rather than an obsession with the result.

How can one remain appropriately centered on performance in the face of intense pressure? It is essential to face training and competition with a plan. Note that training with a plan makes competing with a plan more natural and the plan has a greater chance for success. With a plan, the skill of attentional focus keeps the athlete thinking about the right things to lead to peak performance. Hannah Kearney was a prime example of both of these in her Olympic mogul run at Vancouver. As she stood in the start, Canadian Jennifer Heil, the race favorite and Canada’s greatest hope for a first ever Olympic gold on home soil, laid down a stellar run to take...
the lead. Hannah had a couple choices. She could ski aggressively for the win, or play it safer and shoot for a podium spot. At the moment, there was no decision. Hannah had already made her decision, she was prepared ahead of time that her plan was to go for the gold medal and not settle for silver, so Heil’s result did not have an impact. She rehearsed ahead how she would react to this scenario. During her run, she said her skiing felt automatic, but in fact she had deliberate focus on a simple technical cue – a focus on her hands. This simple, centering focus helped her keep the distraction around her out, and effectively made her skiing automatic.

She performed flawlessly, earning the United States its first gold medal of the games, and kicking off a wave of momentum that led to a record USSA medal haul.

Preparation is the essential ingredient that brings performance and results closer together. Often the mistake made with a results focus is that the athlete, coach, or parent expects that a result is possible that would require a performance the athlete has never achieved before. It is not possible to perform above one’s ability. The goal, rather, is to consistently compete at the top of one’s ability. In pressure situations, we often see some athletes have a breakthrough performance, such as Andrew Weibrecht’s bronze medal run in the Olympic super G, and other athletes fail to meet expectations. Andrew’s result was not because he did things in his run he had never done before. Instead, he likely performed closer to his peak than he ever had before. Ironically, earlier in the season he made the following observation. “The last couple days I’ve figured out that my skiing is there and I don’t need to try to do anything fancy or special. I just have to ski within myself and it will all come together. It’s nice to know I don’t have to totally shoot the moon to have the results that I need.” So on the biggest stage in his life, he had an understanding he had done the preparation and simply needed to perform at the top of his ability. Bill Demong made a similar comment following his performance that earned the U.S. its first ever gold medal in Nordic combined. He said, “the really great thing about these Olympics is that we knew we only had to execute to medal, we didn’t need to do anything special or beyond what we’d already done.” When Demong refers to “what we’d already done”, he was referring to preparation and performance in training that he knew could be taken into competition. Same reason Weibrecht was able to put things together for the best result he’d ever achieved at the elite level. Both athletes, because of their preparation, had the confidence they would perform well by doing what they knew.

These stories are all examples where performance and results were in line with each other. While we’ve talked about how results and performance are distinctly different, the goal is to make them match up. The reality is that this takes years of practice, both sport-specific technical and tactics training and focused mental skills training. We cannot expect junior athlete’s results to consistently fall in line with their performances. Just as the Alpine Training System emphasizes process over outcome goals through phase four, the young athlete, coach and parent need to emphasize performance over results. Through this period, we should be asking “how well did you perform today” not “how were your results today”. Then, as athletes move into phase 5 and 6, we need to spend extra time with performance planning, mental rehearsal routines, and strategies to help bridge the gap between the two. Ultimately, we all set out to improve performance. The fact that every athlete in sport is capable of improving on their performance is one of the things that makes competitive sport so captivating and rewarding.

Article written by Jon Nolting, USSA Sport Education Director.

Shaun White showed the world it is not just about results on the Olympic half-pipe at Cypress Mountain. He had already sealed victory before he began his second run. He could have simply slid down the center of the pipe to receive his gold. But he came to the Olympics to perform. He went all out in his second run, pulling off his new signature Double McTwist 1260, delighting the crowd and adding to his score. Could he have done it if the pressure was on? We could speculate, but having taken this opportunity he certainly increased the odds that he will successfully pull off the big time air the next time the stakes are high.
On The Road With Jordan Schweitzer, November 2012

Well life is nothing but an adventure for me. 18 years young and traveling around the country for ski racing is a total fantasy. I feel extremely blessed to be able to see and experience the things I do. In September I went to Chile for a two week training camp. The sun blared on us at 12,000ft elevation, and with limited oxygen walking up the many stairs we had to trek everyday was a workout! Chile was such an amazing experience. Traveling with four pairs of skis, two bags, boots, and computer with 30 other athletes was nothing but a struggle, but it was possible to say the least. I couldn’t of asked for a better camp, the skiing was world cup training, and I made more life long friends.

Now a few months later I’m ready for the race season. I planned to drive back to Colorado on November 3, so my grandparents came a few days before to help me get ready for my six week trip. Grandma went above and beyond of what she needed to do. Snacks and vitamins for the full six weeks is just one of the amazing things she did. The way I live can be a bit of a struggle sesh, so I can’t help but laugh at the situations I can get myself into. One thing I missed my car appointment at Les Schwab, so had to reschedule, no big deal though. The following day my grandparents had friends over so couldn’t drive me to get my car, so I decided to ride my bike. Not to mention Les Schwab is completely across town. So on my ride to get my car it starts to pour down rain, I thought it was hilarious! People probably thought I was a freak because honestly I was kind of enjoying it. My car was all set to go with maintenance, but yet another “funny” thing happened. We realized I didn’t have a car registration. Who knew how long I was driving without that, sorry Dad... Anyways like always my grandpa takes care of me and we go to the DMV no problem and finish it all up. Finally I was ready to go, had to say my goodbyes to the Grands and was ready to drive all the way to Colorado! Wow this will be interesting I thought.

10.5 hours later occupied by Hunger Games on Audio I made it to Salt Lake City, Utah where I stayed the night. I visited my ski friend Margret who now goes to Westminster. It was interesting to visit that college. After visiting I realize I don’t even have to apply there, it was not my cup of tea. Of course I couldn’t give my body a rest, as soon as I arrived I went straight to their gym to get a light cardio workout in. Aunt Sue/Uncle Dean my tennis shoes are getting plenty of miles in! Waking up the next morning was easy as it was hard to hold in my excitement to be one day closer to skiing. Making a nice trip out of this drive, I stop in Steamboat Springs to visit my good friend Willy. We walked around the cute little ski town and had a pleasant lunch. I recommend visiting this place sometime during the winter if you’re looking for a ski vacation. It was only one more night until I get to see my best friends and get to Copper.

Finally I arrive at Copper, Mtn, staring at the beautiful speed track right above our condo. I see my best friends Karina, Haley, and FirstYear(Anna), and can’t help but squeal with excitement. The last two days we have been skiing super G on the USST speed track. The weather has been amazing, sunny but perfectly hard snow. Trying to enjoy it because the weather report says it’s supposed to get cold this weekend, you can’t enjoy sunny days without some rainy ones right? Well in this case frigid days. I can see my hard work paying off slowly as my skiing is starting to become faster and faster. Everyday I have gone to the gym and been one of the only ones working on recovery, strength and flexibility. I want to be that much more prepared than the other athletes. The schedules for the next five days are Super G again this afternoon, then my favorite, downhill the next three days.

Downhill is my jam. I was extremely pumped to run a full length World Cup type downhill, while others were a bit intimidated. I’m not going to lie, I still get pretty nervous before, maybe even slightly fearful, but isn’t that the beauty of ski racing? Well I felt 10 times more comfortable on my downhill skis and just pointed them down the hill. We sectioned the course mid way through just so we could execute the whole hill, and ease our way into it. I didn’t slay it or anything but I do think I am improving my skills, so I am pleased with the outcome of yesterdays training.

Hope all is well! God Bless!

Oh side note I got into the pre NORAM race, I know that you probably don’t know what that means, but it’s a good thing! WHOOOO!

~Jordan
Dr. Zack Porter, DDS, with Skyline Dental, LLC, is again offering our currently enrolled MBSEF junior athletes free x-rays, exam, and cleaning. Zack also volunteers on weekends for MBSEF, coaching in the Freeride Ski Development program.

“This will be the third year I’m offering this service for MBSEF athletes and it has been awesome to have kids and families come in that love skiing as much as I do!

Supporting MBSEF and our community is something I feel strongly about doing and feel lucky to be able to do it. If it’s been a while since your son or daughter has had their teeth cleaned please give us a call.”

I’m honored to offer free x-rays, exam, and cleanings to all current MBSEF Junior Athletes. Please call our office and mention the MBSEF program with Dr. Porter to set up an appointment.

Have a great season!

Zack Porter, DDS
MBSEF Freeride Ski Development Coach

Skyline Dental, LLC
2137 NE 4th Street
Bend, OR 97701

541-389-4807
zackporterdds@gmail.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 2012-2013 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

| **New York City Sub Shop** | 20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/13. |
| **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 |
| **Emerald City Smoothie** | 10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/13. |
| **FootZone** | 10% discount, excludes sales merchandise. Expires 08/31/13. |
| **Hutch's Bicycle Store** | 10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/13. |
| **Cloud 9 Photos** | 10% off all prints for MBSEF families. Expires 08/31/13. |
| **Longboard Louie's** | 10% off any order. Expires 08/31/13. |
| **This Could Be Your Business!** | Contact Kathy, mbsef@mbsef.org to find out how to advertise your business/service here! |
| **Discover Sunriver Vacation Rentals** | MBSEF members receive 15% off a Sunriver vacation! |
| **Summers Place - 738 NW Columbia** | 20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/13. |
| **Race Place** | 5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund. |
| **This Could Be Your Business!** | Contact Kathy, mbsef@mbsef.org to find out how to advertise your business/service here! |
| **Fireside Motel & Overleaf Lodge** | 15% off lodging to MBSEF members, excludes holidays, school vacations, and use during special events. Expires June 30, 2013. |
| **WebCyclery/WebSkis** | 15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/13. |
| **Sunnyside Sports** | 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. Expires 08/31/13. |
| **Seventh Mountain Resort** | 20% off any recreational activities - ice skating, white water rafting trips, kayak tours, and Cascade Kid's Eco-Challenge Camp. |
| **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. |
| **This Could Be Your Business!** | Contact Kathy, mbsef@mbsef.org, to find out how to advertise your business/service here! |

This Could Be Your Business! Contact Kathy, mbsef@mbsef.org, to find out how to advertise your business/service here!
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.