Greetings From The Director

by John Schiemer

Dear Parents:

We’re moving into the middle of the season for most of our programs. Many athletes are traveling to competitions all over the country, while some are just beginning their competitions locally. We were able to hold our first Mini World Cup race this past weekend on 1-5 near the Rainbow chair. We had over 160 athletes racing and it was a great day. Thank you to the parent volunteers who helped pull this race off on short notice after it was cancelled on January 21st.

Also, we recently held our first Development competition which was a ski and snowboard cross race. It was a great event and gave our Development athletes a taste of competition. This weekend there is another Development competition and is a slopestyle event. This event will be held within walking distance of West Village.

We continue want to try and take advantage of “teachable” moments for our youth as they learn to interact with other athletes in our programs. Hopefully many of us have heard of the “Golden Rule” of treating others as you would like to be treated.

UPCOMING EVENTS

Feb 11.............................. XC Tour For The Heart Race
Feb 20-25.............................. Alpine Sun Cup Race
Mar 2-3.............................. OSSA High School Alpine Finals Race
Mar 7-8.............................. OISRA High School Alpine Finals Race
Mar 10.............................. XC Cascade Crest Race
Mar 24.............................. Alpine MWC Finals Race/Banquet
Mar 24-27.............................. Freeride Spring Break Camp
Mar 26-28.............................. Alpine Spring Break Camp
Apr 4.............................. MTB Club Cycling Session I Begins
Apr 13-17.............................. Alpine NWC Finals Race
April 20.............................. MBSEF Annual Awards Banquet
Apr 20-22.............................. Alpine May Day Race
May 2.............................. MTB Club Cycling Session II Begins
May 5.............................. Pre-PPP XC Race
May 19.............................. Selco Pole Pedal Paddle
May 20.............................. Selco Kid’s Mini Pole Pedal Paddle
May 26-28.............................. XC Memorial Day Camp at Mt. Bachelor

At MBSEF we like to operate by this rule, especially when it involves relationships between kids. Often times in the age of social media, and all the other electronic gadgets, it’s easier for kids to hide behind these devices and not learn how to deal with relationships.

With over 550 athletes in our programs, we are not always made aware of some of the challenges your child may be having in their group or with another athlete. However, we do want to know if these issues are occurring. And although I know that not all personalities always get along, all of our athletes must respect their teammates. Sportsmanship is one of our five values and part of sportsmanship is treating others with respect. So as we move through the remainder of the season, if your child is having a negative experience or if there are other improvements we can make please talk to your coach.

Finally, work continues on our A Place to Soar Capital Campaign to build our permanent facility. We have had several meetings with lead donors and there is a lot of excitement around the project. If you would like to learn more about this project, please do not hesitate to contact me. I am passionate about this project and enjoy sharing our vision on this incredible opportunity for MBSEF.
SKI TRACKS

SKI TRACKS is the official newsletter publication of Mt. Bachelor Sports Education Foundation, a non-profit, tax-exempt 501(c)(3) membership association.

SKI TRACKS is published six times per season (September, December, February, March, April and June). Publications are available to current members enrolled in an MBSEF program. Membership year runs September through August.

Publisher: MBSEF
Editor: Kathy Kurtz

Story contributions are always welcome!
As a nonprofit, we appreciate in-kind and financial contributions supporting our Foundation.
Please have stories in by the third week of the month, for publication the following month.

Mt. Bachelor Sports Education Foundation
563 SW 13th Street, Suite 201
Bend, OR 97702
Office: (541) 388-0002
Fax: (541) 388-7848
E-Mail: mbsef@mbsef.org
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Pocketweez
Purchase the revolutionary Pocketweez right here at MBSEF, and 45% of the purchase goes right into the MBSEF scholarship fund. The Pocketweez will be the last tweezer you will ever have to buy. Don’t get stuck without it! They make awesome stocking stuffers!!

20% off any services by Robin Dennis
Former MBSEF and now Olympian, Kent Callister

MBSEF athletes and families were invited to meet former MBSEF snowboarder Kent Callister on Saturday December 30th to wish him well in the 2018 Olympic Winter Games, his second Olympic appearance. Kent grew up on the slopes of Mt. Bachelor, competing with MBSEF and attending Summit High School. Kent will compete in the half pipe for the Australian team, as his father is Australian, and Kent has dual citizenship. Some of you may know Kent from the competition circuit and he is a humble, gifted and determined athlete. It’s very exciting when a local boarder reaches these heights, so we all wish him well as he heads to Pyeongchang.

Olympic Boarder Kent Callister’s Bon Voyage Party was held at Dakine Café, 1142 NW Galveston. The event was organized by Chelsea Calicott, Chief Enthusiast, at Calicott Social PR, LLC. Her contact info is chelsea.calicott@outlook.com, (541) 410-4162, www.calicottsocialpr.com. The evening consisted of pictures and signatures with Kent, free raffles of clothing and gift certificates from Livin’ Bend Clotheslines, Dakine Café, and Aspect Board and Brews, and samples of superfood and drinks by Dakine Cafe.

Kent is sponsored by Mt. Bachelor, Nitro, Union Bindings and Livin’ Bend Clotheslines. Thanks to Dakine Café, MBSEF, Aspect Boards and Brews, and Mt Bachelor for their support of this bon voyage event.

MBSEF received this email from Kellie and Duncan Havlin after the event:

Thank you for the invitation. Our son Collin is 7 and this is his first year in the MBSEF Mini World Cup program. We attended Kent’s event and Collin was able to meet with Kent. He was very excited and enjoyed the opportunity. It was very inspirational for Collin.

He’ll be sure to cheer for Kent on TV this February!

Here are a couple of pictures of Collin and Kent. Thanks again!

Collin Havlin with Kent’s Autograph

Collin Havlin and Olympian Kent Callister

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Thank You To All The MWC Program Sponsors!

A great big HUGE thank you to all of our Desert Orthopedics alpine Mini World Cup Sponsors! We have 185 athletes age 7-14 training, racing, and having fun with their ski buddies again this year. This is all made possible by our sponsors of the program. Each sponsor represents a country with athletes racing in the World Cups.
Values In Youth Sports

by Dr. Jim Taylor

When you think of sports, values are probably not the first thing that comes to mind. Yet, whether you’re aware of it or not, the values that you instill in your children as part of their sports experiences have an immense impact on every aspect of their athletic lives as well as their life in general in the short term and well into the future. The values you convey to your young athletes act as the lens through which they view the entirety of their sports participation. As a consequence, you should be thoughtful, deliberate, and proactive in instilling in your children the values that you believe will lead them to a fulfilling and enjoyable sports experience, a positive and healthy lifelong relationship with sports, and a successful, happy, and value-driven life.

Why are Values Important

We often think of values as lofty ideals that have little connection to our daily lives. Yet, the values that you hold, in this case, about sports in particular and life in general, play a vital role in all aspects of your children’s athletic and personal development. You can think of values as: “a person’s principles and standards of behavior; one’s judgment of what is important...”. As such, the values that you have and those that your children embrace about their sports participation influence their priorities and goals, and act as road signs in determining the direction their athletic and personal lives take. In other words, the values that your children adopt as young athletes will dictate almost every aspect of their lives.

Values will influence how your children think about their sports involvement. For example, if you convey the importance of effort and fun over winning, they will focus on those values as they approach competitions. In contrast, if your children believe that you hold values such as winning and being the best above all else, they will think about upcoming competitions in a very different way.

In turn, the thinking that arises from the values that your young athletes hold will produce particular emotional reactions when they participate in our sport. Continuing the above examples, knowing that the emphasis is on effort and fun, they will likely experience emotions such as determination and excitement. Conversely, the values of results and winning may produce a very different emotional reaction, one involving worry, doubt, and fear of not living up to those values.

Your kids’ values, as filtered through their thinking and emotions, will have an impact on how they ski in competitions. Again, returning to the previous examples, performances derived from the values of hard work and fun will be suffused with intense effort and the goal of simply performing the best they can. In contrast, those originating in the values of results and winning may be tense, tentative, and disappointing.

In sum, the values that your children live by and express in their sports clearly delineate the following statements:

- This is who I am.
- This is what I value.
- This is what I stand for.
- This is what guides my sports.
- This is how I will behave.
- This is what I want out of my sports.

Healthy and Unhealthy Sports Values

Of course, the $64,000 question in this discussion is: What are healthy and unhealthy sports values? I will admit that there can be some disagreement about the answer to this question. Though I might disagree vehemently that winning is a healthy value, given the competitive nature of sports, some might argue convincingly for its recognition as a healthy sports value. I will also say that I'm not here to tell you what values you should teach your children about sports. That decision is up to you based on your overall value system and your specific experiences and beliefs about the purpose of youth sports.

At the same time, I believe that there are some values related to youth sports that we can all agree on and those are the ones that I wish to focus on. Other criteria that could be considered in judging whether a sports value is healthy or not is whether children have control over the fulfillment of the value and whether our society in general would hold a value in high esteem.

Additionally, determining what values you want to instill in your children as they enter their sports participation should be grounded in what you want your children to get out their sports participation. Using this measure of the healthiness of a sports value, you can then ask yourself: “Will this value help my children become the athletes and, more importantly, the people I want them to become?”

Continued Page 7
Values In Youth Sports Continued

become?” With these criteria as my guide, here is a list of values that I think will serve your children well as they immerse themselves in sports and as they leave those youth sports experiences behind (in no particular order):

- Honesty;
- Commitment;
- Work ethic;
- Pursuit of personal excellence;
- Love of sport;
- Fun;
- Respect of self and others;
- Being a good sport;
- Humility;
- Teamwork;
- Patience;
- Perseverance;
- Resilience;
- Best effort;
- Embrace failure;
- Balanced life;
- Physical health.

A useful way to introduce your children to the importance of healthy sports values is to also identify unhealthy values in sports and help them see the differences between the positive and negative values. As I noted above, though opinions may vary on what might be considered healthy and unhealthy values, I believe you can apply the “duck test” to make this determination: “If it looks like a duck, swims like a duck, and quacks like a duck, it’s probably a duck.” An extension of the duck test might be whether you would like your children to express these values in their sports participation. Applying the duck test to sports values, I would argue that the values listed below meet that test:

- Winning is the ultimate goal;
- Win at any cost;
- Bravado;
- Selfishness;
- Machismo;
- Callousness;
- Pursuit of fame and fortune.

Using examples of both healthy and unhealthy values can help you illustrate how these values help or hurt your young athletes, your family, their team, and our society as a whole, respectively. You can also really bring the different types of values to light by pointing them out when they arise in the media and using these opportunities to create conversations with your children to help them better understand sports values and to guide them in choosing the healthiest values for them.

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

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

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

Email Paul at pnsa@pnsa.org.

Need Help With Your Schoolwork?

As the 2017-2018 season starts heating up, don’t let your grades suffer while you are travelling to races and competitions, and missing school. Math tutoring is available from long time MBSEF supporter, Nancy McCormick. Nancy specializes in Middle School to High School, grades 6-12, in all types of math. Contact Nancy at 541-389-9314, theduckfarm@msn.com. Nancy has literally tutored dozens of MBSEF kids over the years!

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

Tutoring is also available to Grades 7-12 for MBSEF athletes from the Think Tank of Bend by Jan Webb. Contact Jan Webb, Mathematics, 541-693-4749, thinktankofbend@gmail.com.

Also available to help is Samara Learning Center at 1735 SW Chandler, 541-419-3324, info@samaralearningcenter.org. Visit Samara Learning Center online at www.samaralearningcenter.org to see the many different ways they can help.
Rebound/MBSEF Free Sports Injury Clinic For all MBSEF Athletes and Coaches

by Caitlin Bjornstad
Director of Marketing and Referrals

When US winter Olympians go to South Korea next month, watch for our local MBSEF athletes, two of whom are making incredible comeback from injury.

One such competitor and MBSEF alum, Laureenne Ross quickly rose to become a top US alpine skier before sustaining a potentially career ending injury last spring. Laureenne worked hard throughout the summer and fall to regain strength and confidence to head back to her team and begin training for 2018.

Laurenne was charging through race season and had just won the national title in super-G. On her last day of competition for the season, during the giant slalom event she slipped on an icy course, fell hard and almost immediately felt the intense pain of injury. Laureenne headed home to Bend and into Rebound Physical Therapy where physical therapist Ellie Meyrowitz began treatment almost immediately after surgery. “An average Joe wouldn’t be able to handle what we put her through,” said Ellie. A combination of Ellie’s well-versed experience with elite athletes and Laureenne’s determination to be back on snow and training with her team created the perfect recipe to help this alpine skier reach her goals. PT and patient worked together, often multiple times a day; Ellie even going over to Laureenne’s house on weekends to work with her. Day by day then month by month Laureenne grew stronger both mentally and physically and the fight inside her flourished more with each milestone met.

Less than a year later we will see just what the future holds for this champion and her snow planks. Our money is on Laureenne Ross and the discipline that got her to this level in the first place. Whether that be on an Olympic podium or right here in our own back yard at Bachelor, she is back on skis and ready to ride.

Tommy Ford is another MBSEF athlete who has battled his way back from injury to return to the Olympic stage. In 2013 Ford, was a top US alpine skier when he slipped out and hit a tree, causing major damage to much of his lower left side. His surgeon inserted a metal rod from his hip down to his knee and rehab began. Rene Bates, PT at Rebound Physical Therapy in Bend worked with Tommy on regaining strength while avoiding full weight bearing as he walked with crutches for five months following his initial surgery. The metal rod was then removed and Tommy came back to physical therapy with Rene at Rebound. This time the focus was on returning not just to walking but to speed skiing. Through years of extraordinary hard work, Tommy has reclaimed his spot on the A Team, and will once again have his shot for a podium at the Olympics.

Please join us in cheering on these local legends and all the athletes striving for a place on the podium at the 2018 Winter Olympic Games!

* Each Wednesday from 4:30-5:30pm, 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!
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 seventh year he has offered this service for MBSEF athletes.

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

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

Have a great season!

Zack Porter, DDS
Skyline Dental
2137 NE 4th Street, Bend OR 97701
541-389-4807
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 2017-2018 additional member benefits listed in Ski Tracks Newsletters published throughout the year.**

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<tr>
<th>Replenish, an eco friendly organic salon</th>
<th>New York City Sub Shop</th>
<th>Skyline Dental, LLC</th>
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<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 8/31/2018)</td>
<td>740 3rd Street, next to Ace Hardware. MBSEF members show your card, 1/2 sandwich, chips, cookie, small drink $7.99. Expires 8/31/2018</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:zakporterdds@gmail.com">zakporterdds@gmail.com</a></td>
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<th>Emerald City Smoothie</th>
<th>Hutch’s Bicycle Store</th>
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<tr>
<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/18</td>
<td>10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/18</td>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
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<th>FootZone</th>
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<td>10% discount, excludes sales merchandise. Expires 08/31/18</td>
<td>10% off any order. Expires 08/31/18</td>
<td>All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/18</td>
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<td>10% discount off any regularly priced merchandise. Expires 8/31/2018</td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/18</td>
<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
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<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/18</td>
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<th>Fireside Motel &amp; Overleaf Lodge</th>
<th>This Could Be Your Business!!!</th>
<th>Seventh Mountain Resort</th>
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<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, 2018</td>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
<td>10% off any recreational activities - ice skating, white water rafting trips, and kayak tours.</td>
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<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>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 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>. 20% discount 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 8/31/18</td>
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563 SW 13th Street, Suite 201  
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Winter/Spring Office Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday  
Summer/Fall Office Hours: 9:00 am - 4:00 pm Monday - Friday  

mbsef@mbsef.org  
www.mbsef.org

**MBSEF MISSION STATEMENT**

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

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

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

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