Greetings From The Director

by John Schiemer

Dear Parents:

We’re moving into the middle of the season for 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 earlier in January on Cliffhanger. We had over 160 athletes racing and it was a great day. Thank you to the parent volunteers who helped make this race a success. We cannot do it without you. Thank You!

Also, we recently held our first Freeride Development competition which was a ski and snowboard cross race. It was a great event and gave our Development athletes a taste of competition. In early February, there is another Development competition, a slopestyle event which will be held within walking distance of West Village. Again, thank you to the many parent volunteers who make these events so successful.

We continue to 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. 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.

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 had two community meetings in late January, and there will be two more in late February. If you would like to learn more about this project, please respond to Molly, there is limited seating for these events. I am passionate about this project and enjoy sharing our vision on this incredible opportunity for MBSEF. If all goes as planned, we are still on track to begin construction this October. Starting construction will depend on our capital campaign success over the next several months.
20% off any services by Robin Dennis

SKI TRACKS

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

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

Publisher: MBSEF
Editor: Kathy Kurtz

Story contributions are always welcome!

As a nonprofit, we appreciate in-kind and financial contributions supporting our Foundation.

Please have stories in by the third week of the month, for publication the following month.

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

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

20% off any services by Robin Dennis
Dr. Zack Porter and Skyline Dental is again offering our currently enrolled MBSEF junior athletes free exam, x-rays, and cleaning. Zack has also volunteered in the past as a Freeride Ski Development Coach but is fully dedicated to his family and career at this point in time. This will be the eighth year he has offered this service for MBSEF athletes.

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

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

Have a great season!

Zack Porter, DDS
Skyline Dental
2137 NE 4th Street, Bend, OR 97701
541-389-4807

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**Annie McCollan, Named To The 2019 U18 Nordic Nations Championship Team**


The best cross country skiers in the country including current US Olympic Team members competed in 4 races over the course of seven days.

Annie’s results qualified her to be named to the 2019 U18 Nordic Nations Championships Team that will spend a week of international racing in Otepää, Estonia.

Known as the Scando trip, Annie will be one of six U18 girls and six U18 boys representing the U.S.A.”

Go Annie!

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Coach Rob Cravens has once again secured MBSEF families and athletes 50% off Xevooptics top quality goggles. Order online at xevooptics.com and type “MBSEF” in the discount coupon code box. Thanks Rob!
Join us for A Place to Soar: MBSEF Community Meetings

Building the first permanent MBSEF facility and training center is a dream that our community has longed to achieve for many years. As we start 2019, the opportunity to actually build it has become all the more real. Now is the time to gather our MBSEF community to share an up-to-date look at the plans, celebrate how far we have come, and plan how we get to the finish.

Please make it a personal priority to attend at least one of the MBSEF Community Meetings this winter, hosted at the Deschutes Brewery Mountain Room. Attendance for each will be capped at 30, so please select the date you want early! The events will run from 6:00 p.m.-7:30 p.m. on Tuesday, February 26th and Thursday, February 28th. RSVP to molly@mbsef.org.

Appetizers and drinks will be provided. Adults only please. The Mountain Room is located at 901 SW Simpson Ave, Bend, OR 97702.

These are NOT fundraising events. You do not need to bring credit cards or a checkbook.

UPCOMING EVENTS

Feb 19-24................................. Alpine Sun Cup Race
Mar 1-2................................. OSSA Alpine High School Finals Race
Mar 6-8................................. OISRA Alpine High School Finals Race
Mar 16................................. Alpine MWC Finals Race/Banquet
Mar 23-26............................ Freeride SB/Ski Spring Break Camp 10-2
Mar 25-27............................ Alpine Spring Break Camp 9-1
Apr 3-26................................. MTB Club Cycling Session I
Apr 4-7................................. Alpine Masters Championship Race
Apr 26................................. MBSEF Annual Awards Banquet
Apr 26-28.............................. Alpine May Day Race
May 1-31............................... MTB Club Cycling Session II
May 4................................. Pre-PPP Nordic Race
May 18................................. Selco Pole Pedal Paddle
May 19................................. Selco Kid’s Mini Pole Pedal Paddle
May 24-27............................. Nordic Memorial Day Camp
2019 Great Nordeen
30km, 18km, and Fat Tire Bike Race
I’ve been involved in youth sports for—Yikes!—more than 50 years. As a child, I played Little League baseball and soccer, but my main sport was alpine ski racing (I know, not your typical suburban sport). Since then, I’ve been actively involved in youth sports as a mental coach. In these capacities, it seems as if I’ve seen it all, from the Olympic medal feasts to the medal famines, programmatic successes to abysmal failures, phenoms to late bloomers, with healthy doses of politics, ego turf, and stagnation, as well as inspiration, cooperation, and collaboration.

Over the last decade, there has been rising concern about the changes that are occurring in youth sports (I wrote about this issue in greater depth in December). Youth sports used to be about kids: fun, physical health, teamwork, and developing positive life skills. Now, it seems like it’s all about winning, fame, wealth, and glory. I can it the “professionalization of youth sports” and “the youth-sport-industrial complex” in which the focus is on adults including parents who have delusions of grandeur for their children, overzealous coaches, and a private training industry sells college athletic scholarships and professional or Olympic fame to parents who have been seduced by the winning at all costs, early specialization messages they are bombarded with in youth sports.

But, with the 2019 having just arrived, I’m not writing this article to pile on the criticism of youth sports. To the contrary, though I also have concerns about the present state of youth sports in our country, I do believe in approaching challenges in a positive light. I also like to provide balance to the divergent perspectives that are expressed. All with the goals of bringing people together, finding a shared vision, and catalyzing a coordinated effort to solve the decidedly first-world problems that everyone in youth sports faces.

So, today I would like to talk about what’s right about youth sports in America in the hope that the positive tone of my article ensures that all those who are involved in youth sports can join hands, sing Kumbaya, and work as one to return youth sports to the children and to the many benefits it provides to young people. Okay, maybe there won’t be any Kumbaya, but you know what I mean.

**What’s Right**

As I work with athletes and families, speak at youth sports organizations, and attend competitions, I see tremendous passion for children and sports. Children’s participation in sports is high and the opportunities for kids to play many different sports can be found all over the country.

I see kids who are out there for “grins and giggles” and others shooting for the impossible dream. I see those same kids practicing in cold, heat, rain, and snow, doing endless drills, failing and doing it again and again until they get it right. All for what? Not results, but for the joy of being playing, the satisfaction of mastering new skills, and the plain fun of hanging with their buddies.

I see young athletes with endless drive and determination striving to be their best despite the financial and physical challenges they face. Every young athlete with big dreams who is climbing the competitive ladder deserves our admiration and support.

I see parents who are willing to shoulder the expense of their children’s sports and drive their kids to practices at 5 am and 7 pm, and to competitions hours away. Parents who see the value in sports for their children, not in the results, but in the life lessons their kids learn on the field, court, course, rink, hill, trail, etc. Parents who volunteer their time to manage teams, organize competitions, raise money, and build community.

I see so many coaches, from those still coaching from back in my day to young coaches who want to make coaching their life’s work to coaches who have “real” jobs, but love sports enough to commit inordinate amounts of time to helping children gain its
many benefits. Being a coach can be really hard work, between the long hours and days, bad weather, organizing practices and competitions, the list goes on (and most aren’t paid very well either). Their commitment, love of youth sports and their dedication for kids is so worthy of respect and admiration.

And, I see a lot of very smart people all over the country who are dedicated to making youth sports better. Some are seasoned professionals who bring decades of experience and “institutional wisdom” to table. Others are newer to the game, but bring knowledge and experiences from other domains that can help challenge the status quo and bring fresh ideas to the fore. What I know for sure is that when you combine smart and passionate people with a shared vision, an openness to change, a culture of innovation, and a spirit of collaboration, good things will happen. And the real winners are our children.

Finally, thanks to all those who read and comment on my posts. It has been a joy and privilege to be a part of the youth sports community and to have the opportunity to share my own personal passion and dedication to making youth sports better.

I hope everyone has had a great holiday and is now gearing up for a wonderful 2019!

Dr. Jim Taylor is an internationally recognized authority on the psychology of sport and parenting.

Article Submitted By Coach Rob Cravens
PNSA Academic Policy

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

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

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

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

U.S. Ski and Snowboard SafeSport Training

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

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

Need Help With Your Schoolwork?

As the 2018-2019 season starts heating up, don’t let your grades suffer while you are 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. Brian’s phone number is 541-350-5549.

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

Also available to help is Samara Learning Center at 1735 SW Chandler, 541-419-3324, info@samaralearningcenter.org. Visit Samara Learning Center online at www.samaralearningcenter.org to see the many different ways they can help.
As much as Alpine, Freeride, and Nordic are skill oriented sports, it also takes an incredible amount of strength, power, endurance and balance to turn these skills into the beautiful arc made by the best competitors in the world. At Rebound Physical Therapy our goal is to give all of our athletes, including those from MBSEF, the tools to make this one of the most competitive and healthy seasons ever!

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

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

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

- Beginning Wednesday, Dec 5th, from 4:30-5:30 p.m. and continuing weekly throughout the season, a Rebound Physical Therapist will be available onsite at MBSEF headquarters to provide injury screen, discuss treatment recommendations, and answer related questions, FREE of charge.

- Throughout the season, Monday-Friday, athletes and coaches may call and schedule a FREE injury screen at one of Rebound’s 10 locations in Central Oregon.

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

Rebound Physical Therapy
reboundoregon.com
MBSEF Card Members - Show your MBSEF Membership Card at these businesses to get great deals! Remember to tell the stores thank you! And remember, at most stores the discount is for the card carrying athlete only, not for family and friends.

New Retailers and Discounts are added monthly. Watch for 2018-2019 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

<table>
<thead>
<tr>
<th>Replenish, an eco friendly organic salon</th>
<th>New York City Sub Shop</th>
<th>Skyline Dental, LLC</th>
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<tr>
<td>New clients first appointment, 1/2 price all hair services! (Excludes product and merchandise. Call Candace Bell 707.223.2496, 325 NW Vermont Pl. #103 Expires 8/31/2019)</td>
<td>740 3rd Street, next to Ace Hardware. MBSEF members show your card, 1/2 sandwich, chips, cookie, small drink $7.99. Expires 8/31/2019</td>
<td>Dr. Zack Porter, DDS, with Skyline Dental, is again offering currently enrolled MBSEF junior athletes free x-rays, exam, and cleaning. 2137 NE 4th Street, Bend, OR 97701 541-389-4807 <a href="mailto:zackporterdds@gmail.com">zackporterdds@gmail.com</a></td>
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<th>Emerald City Smoothie</th>
<th>Race Place</th>
<th>Bennington Rental Properties</th>
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<tr>
<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/19</td>
<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
<td>15% off during low/ski season with promo code MBSEF. This code will work for MBSEF families wishing to book online at benningtonproperties.com. Phone 888-976-3085 for assistance.</td>
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<th>FootZone</th>
<th>Longboard Louie’s</th>
<th>Summers Place - 738 NW Columbia</th>
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<td>10% discount, excludes sales merchandise. Expires 08/31/19</td>
<td>10% off any order. Expires 08/31/19</td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060. Expires 08/31/19</td>
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<th>Carstickers.com</th>
<th>Peak Performance Physical Therapy</th>
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<td>10% discount off any regularly priced merchandise. Expires 8/31/2019</td>
<td>All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/19</td>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/19</td>
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<th>Highes Potential Massage Therapy</th>
<th>Hutch’s Bicycle Store</th>
<th>Seventh Mountain Resort</th>
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<td>$10 off your massage. One per customer. Brandi Jacobson LMT 541-420-8051 2100 NE Neff Road Suite B</td>
<td>10% off regularly priced bicycle parts, clothing and accessories. Expires 08/31/19</td>
<td>10% off any recreational activities - ice skating, white water rafting trips, and kayak tours.</td>
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<tr>
<th>Fireside Motel &amp; Overleaf Lodge</th>
<th>Bend Vacation Rentals</th>
<th>The Leffel Center for Plastic Surgery</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, 2019</td>
<td>Bend Vacation Rentals delights in pairing you with your ideal choice from among the largest selection of lodging on the west side of Bend. Our options range from luxury homes, cottages, downtown lofts and town homes at Broken Top, Wedgi Creek and Mt. Bachelor Village. Bend Vacation Rentals also offers long term rentals and are pet friendly. Our staff knows Mt. Bachelor! We ski, snowboard, and cross country ski almost every day. We can help you arrange lodging, discount lift tickets, snow sport lessons, car rentals and more. Email us at <a href="mailto:info@bendvacationrentals.com">info@bendvacationrentals.com</a> to see what discount we offer on lodging to MBSEF members.</td>
<td>20% off Freeze the Fat CoolSculpting and Ultherapy, 15% off Obagi, Latisse, Skinceuticals and Love My Body Skincare, 10% off fillers and Botox, 25% off sunscreens, Elta MD and Glominerals. 541-388-3006, 1725 SW Chandler Ave. <a href="http://www.leffelcenter.com">www.leffelcenter.com</a>. Expires 8/31/19</td>
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<th>Sunnyside Sports</th>
<th>Pocketweez</th>
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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>Purchase the revolutionary Pocketweez, right here at MBSEF, and 45% of the purchase goes right into our scholarship fund.</td>
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Mt. Bachelor Sports Education Foundation
Race Training Center
563 SW 13th Street, Suite 201
Bend, OR 97702

Winter Office Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Summer Office Hours (July-August): 9:00 am - 1:00 pm Monday - Friday

mbsef@mbsef.org
www.mbsef.org

MBSEF MISSION STATEMENT
Our Mission: Mt. Bachelor Sports Education Foundation creates opportunities through competitive snow sports programs to support athletes in achieving their individual athletic, academic, and personal goals.
Our Vision is to positively impact the life of every athlete we serve.
CHASE is the acronym describing our Values:
Commitment
Honesty
Accountability
Sportsmanship
Excellence

BOARD OF DIRECTORS
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