Greetings From The Director

by John Schiemer

As we enter the summer season, please remember there are still opportunities to participate in several training opportunities being offered at Mt. Bachelor and Mt. Hood through MBSEF. Due to the low snow year, our June Fundamental camp will be a 5 day camp for U14 Athletes and older. It will begin on June 13 and end on June 17.

The Nordic Fire and Ice Camp will be dryland only and will be on the same dates. The camp environment offers a unique opportunity for several consecutive days of focused training. Often times, camp training is where many of our kids take that “next step” in their progression as athletes. Special thanks to Mt. Bachelor for making the hill available to us for this training.

There are also several opportunities for additional training later this summer. The Alpine and Freeride groups are looking at camps at Mt. Hood in July. Nordic is offering training all during the summer several times a week as athletes look to increase their fitness in preparation for next season.

Our ever popular mountain bike program offers a chance for your athlete to stay connected with their MBSEF friends throughout the summer. We are also exploring the possibility of a summer dry land training program for our Alpine athletes. We will communicate this information if we are able to create a program that makes sense.

UPCOMING EVENTS

Jun 3-7 ......................... Central Oregon 500
Jun 13-17 ..................... Alp Fundamental Camp Mt. B
Jun 13-17 ..................... XC Fire and Ice Camp Mt. B
Jun 15-25 ..................... Club MTB Cycling Session III
July 1 ......................... 15/16 Program Enrollment Opens
July 6-16 ..................... Club MTB Cycling Session IV
July 22-26 ..................... BCBS Cascade Cycling Classic
July 16-22 ..................... Freeride HSCC Camp Mt. Hood
July 17-23 ..................... Freeride Windells Ski Camp
Hood
July 26-Aug 6 ................. Club MTB Cycling Session V
July 27-30 ..................... Alpine Mt. Hood Camp
Aug 17-27 ..................... Club MTB Cycling Session VI

Despite the challenging snow conditions, our PPP race was quite successful with about 2,400 participants. The trail run worked well, however, we look forward to bringing back the Nordic leg of this race next year.

As I have mentioned many times, we could not hold the PPP race without the help of about 600 volunteers. If you were one of our many volunteers, I want to sincerely thank you for donating your time.

Finally, registration for next season will begin in July. Due to overwhelming demand, we will again have to “cap” our Mini World Cup program. We continue to receive a lot of interest from families that would like to join this outstanding program. Unfortunately, we will not be able to accommodate all of these athletes and we will again be completing an athlete “evaluation” in late November to ensure that all new athletes entering our program are ready. If you are a returning MWC family, we will hold your spot until August 31, at that time we will open registration to new families.
Central Oregon 500+
“Eat, Sleep, Ride and Repeat”
June 3rd - June 7th, 2015

MBSEF Summer Snow Camps

**Freeride**
MBSEF/HCSC Snowboard Mt. Hood Camp July 16-23
MBSEF/Windell’s Freeride Ski Mt. Hood Camp July 17-23

**Nordic**
June Fire and Ice Camp Mt. Bachelor June 13-17

**Alpine**
June Fundamentals Camp June 13-17
June Development Camp July 27-30
Mt. Hood Fundamental Camp July 27-30

---

**MBSEF Nordic Summer Training**

Nordic Summer Training Program is in full swing! You can choose 1, 2, 3, 4 or 5 days per week. Training consists of a combination of dryland and fitness, roller skiing, strength, and games. All training is midweek so you have your weekends free.

Call MBSEF to get signed up. If you are already participating, please call the office to pay.

Training started May 1 and runs through September 4.

---

**Link for 2015/2016 Rossignol athlete gear.**

All Rossignol vendors are aware of this program. They offer various levels of USSA, results based, discounts to our athletes. If you have questions contact Rob Cravens or a Rossignol vendor. All Rossignol vendors have access to fill the orders.

athleteusa.rossignol.com

---

**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 sixtimes 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!*

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
mbsef@mbsef.org
mbsef.org
MBSEF Summer Cycling Program!

Cycling season is in full swing! MBSEF Cycling is great cross training for winter sports, so grab a friend and come join the MBSEF Cycling program this summer.

Two week mountain biking summer sessions will start up in June and run through August. Swing by the Foundation or hop on our webpage, mbsef.org, to sign up today! Please contact our Cycling Director, Chuck Thomas, with any questions regarding our cycling programs. Email cat.4001@gmail.com. Or, call our office or stop by.

We are offering Club Mountain Bike Cycling for ages 6-14. Cycling is a fun way for our athletes to build and maintain their strength and fitness during the summer. A limited number of loaner bikes are available, please contact MBSEF for more details.

Two week sessions of Club MTB will run in June, July and August, on Mondays, Tuesdays, Wednesdays, and Thursday. Two, three, and four days per week options will be offered. We will again offer a September Wednesday early release session, and Fridays for Seven Peaks.

If you have any questions please do not hesitate to contact us.

Club MTB June Session III: 2:30pm - 4:30pm June 15-25

Club MTB July Session IV: 9:00am – 11:00am July 6-16

Club MTB July/August Session V: 9:00am – 11:00am July 27 - Aug 6

Club MTB August Session VI: 9:00am – 11:00am August 17-27

Don’t wait til the last minute to register - both April and May sessions filled up!
Thank You Volunteers!!!

We want to acknowledge all of our hundreds and hundreds of volunteers who tirelessly help us with our races and events! Without all of you, we would not be able to hold our ski races, and events such as Pole Pedal Paddle, Ski Swap, Cascade Cycling Classic, etc.

So many of you come back year after year, helping us in so many different areas. The time and effort you so willingly give to us does not go unnoticed. We are so appreciative of all of you.

THANK YOU!

MBSEF Dirt Camp

June 22-26, 2015
9:00 a.m.-3:30 p.m.
$250

Dirt Camp will be led by Heidi Slominski who is a certified IMBA Level II Mountain Bike Skills Instructor. She also has her Wilderness First Aid and CPR certifications. In addition to Heidi, our most experienced coaches will be instructing as well.

Rider Requirements:

We are taking only 12 riders age 11-16 years old and are comfortable riding 10 miles at an easy pace.

Bikes must have front suspension.

Camp Goals:

A. Students will learn the fundamental elements needed for proper bike balance and control while riding over changing terrain, obstacles and at varying speeds.
B. Proper braking
C. Bike & body separation
D. Shifting, cadence & speed
E. High speed cornering
F. Climbing/descending
G. Wheel lifts
H. Basic bike maintenance – flat tire, dropped/broken chain, drive train cleaning
I. Intro to Race strategies/tactics – gear prep, pre-race prep, nutrition/hydration
J. Trail etiquette
K. Have FUN, gain confidence, learn to ride safely, and enjoy their passion for mountain biking
Meet a Few of the MBSEF Cycling Coaches!

Chuck Thomas, Cycling Director

Home Town: Rockford, IL
Years Mountain Biking: 30
Favorite Trail: Waldo Lake Loop

Reasons I enjoy coaching: I love helping kids develop new skills in all outdoor sports. Their fearless nature and enthusiasm makes it fun to be a coach. Also, kids say the funniest things.

Heidi Slominski, Cycling Coach

Heidi will be heading up Dirt Camp this June 22-26. We are only taking 12 kids age 11-16 for this camp. The camp is 5 days from 9am-3:30pm.

Heidi is a certified IMBA Level II Mountain Bike Skills Instructor who’s passion for all-things-cycling began after her first mountain bike ride 9 yrs ago. She has experience competing at the Expert level for MTB races up to 100 miles, 24-hour solo and team events, and has also given triathlon a whirl with a few sprint, half and full Iron Man triathlons.

As someone who learned most of her MTB talents through trial and error (aka crashes that lead to bumps & bruises!), Heidi loves being able to give back to the sport she loves by helping kids and adults of all ages hone their MTB riding skills and gain the confidence needed to ride safely, have fun, and enjoy the sport of mountain biking for years to come.

Heidi also has Wilderness First Aid and CPR certifications.

When she isn’t riding a bike, Heidi loves hiking, snowboarding, yoga, traveling adventures and spending time with family and friends.
Next Race Season Starts...NOW!

by Dr. Jim Taylor

The race season is finally over. After a long and demanding winter, you’re probably tired of skiing (regardless of whether the season was a triumph or a disappointment). It’s time to hang up your skis, pack away your gear, kick back, relax, and forget about ski racing for a few months, right? WRONG!!

Being the best ski racer you can be is not a part-time activity. It requires a year-round commitment and consistent effort in your physical, technical, tactical, and, yes, mental training. If you’re a ski racer serious about achieving your competitive goals, the end of the race season simply means it’s time to start your preparations for next season. After a short period of rest and relaxation, say, a week or two, you need to begin your planning and your training that will get you ready to continue your progress toward your goals next winter.

Evaluate This Past Season

The first thing you want to do is to look back on the recently completed race season and evaluate how you did. Here are several questions to ask yourself (and your coaches):

- Did you improve physically, technically, tactically, and mentally?
- Did you achieve the results you wanted (if not, why not)?
- Did you make progress toward your long-term goals?
- What did you do well?
- What areas do you need to improve on?

With these questions answered, you can, in collaboration with your coaches, decide what in your training worked and what did not. You can then, again with your coaches, use this information to create an off-season training program to build on your strengths and alleviate your weaknesses.

It’s About Preparation

How you ski next year depends on what you do this spring, summer, and fall. The physical conditioning gains you make and the technical, tactical, and mental skills you develop in the off-season will determine how much you improve and whether you reach your competitive goals next winter. There are three areas in which you must focus to maximize your preparation.

First, commit to an intensive physical conditioning program. Ski racing has become a sport of “beef,” meaning you need muscle, strength, and power (plus, of course, agility and quickness). The only way to develop these areas is with an organized fitness program that may involve weight training, plyometrics, speed work, and stretching.

Second, most racers spend at least part of the summer and fall on-snow. Summer and fall skiing is essential for your technical and tactical development because you’re able to focus exclusively on improvements in your skiing fundamentals without the pressures of getting ready for races. It also enables you to test and adapt to new equipment (though my motto is: “If it ain’t broke, don’t fix it,” meaning if your equipment works for you, don’t mess with it. Testing distracts you from training and can cause you to question which equipment is best for you).

Finally, and just as importantly, the off-season is the best time to engage in mental training. Just like physical conditioning and technical skills, mental aspects of ski racing (e.g., confidence, intensity, and focus) take time and effort to develop. An organized program of mental training can have huge benefits when you enter the new race season.

Goal Setting

To help you figure out how to work on all of these areas, write down your goals for next season. The first goal you should look at is your long-term goal, that is, what you ultimately want to accomplish in your ski racing. Ask yourself whether that “dream” goal needs to be changed (upward or downward) or are you still on track for it. Next, set a seasonal goal for what you want to accomplish next winter in terms of results, rankings, etc.

Then, using the information you gained from your evaluation of last year and feedback from your coaches, set specific goals for your physical conditioning, technical and tactical development, and mental training to achieve those goals. These goals should be specific
(e.g., amount of weight lifted, frequency of workouts) and structured into a weekly training plan. The idea is that every day when you get up, you know exactly what you need to do that day to progress toward your goals.

**Mental Skills**

The off season is the ideal time to work on the mental side of your ski racing. Ask yourself whether your mind helped or hurt your ski racing this past winter. Also, consider whether you had the intensity and focus to get the most out of your on-snow training. Here’s my challenge to you: if you’re not engaged in a regular mental training program, you’re just not doing everything you can to achieve your ski racing goals!

**Motivation**

Your ability to commit to the goals that you set will depend on how motivated you are to put in the hard work, even when you’re tired, bored, or wanting to do things that are much more fun. If you have trouble motivating yourself, there are several things you can do.

**Plan**

Develop an organized weekly training program to help you build your training into your daily activities. If you have a plan, you’re more likely to stick to it. Also, find a training partner to work out with; you’ll be less likely to skip workouts when you feel unmotivated because your partner will be counting on you and you’ll work harder because someone is pushing you to do that extra rep, set, or drill. And post reminders where you can see them of your biggest competitors (“Am I working harder than them?”), racers whom you admire, or inspirational quotes that fire you up.

**Confidence**

A major purpose of off-season training is to build confidence. Think of it as putting money in the bank: The more confidence “money” you deposit now, the bigger confidence “debits” you’ll be able to write next winter. If you’re working hard and improving during the off-season, when the winter begins, you’ll have the confidence that you have done everything possible to ski your best and achieve your goals. See my earlier article about confidence on specific strategies you can use to build your confidence.

**Intensity and focus**

An important off-season goal for you is to identify and learn to control your intensity (e.g., get fired up or calmed down) and focus (e.g., avoid distractions). You can work on developing your intensity and focus skills during both physical conditioning and on-snow training. See my earlier articles about intensity and focus on specific strategies you can use to develop each area.

**Mental imagery**

Mental imagery is perhaps the most powerful tool you can use in your mental training during the off-season. Mental imagery, which involves regularly imagining yourself in different training and race situations, is like weight training for the mind, it can strengthen your technical, tactical, competitive, performance, and mental “muscles.” I will go into more detail about mental imagery in my final article of the season next week.

**Getting Going**

Getting going for next season starts with that first step of deciding how important ski racing is to you. Here are some questions to ask yourself:

- How big are your ski racing goals for next season?
- How hard are your competitors going to be working in the off-season?
- How badly do you want it?!?!

The key to achieving your goals next winter is to start now! Talk is cheap. It’s easy to say you want to be a great ski racer; it’s an entirely different thing to actually do the work necessary. If your goals are at all high, the only chance you will have is to commit to intensive off-season physical, on-snow, and mental training programs. Your goal when you get in the starting gate of your first race next season is to be able to say: “I’m as prepared as I can be to achieve my goals.” And, with all of that hard work in the off-season that you “deposited in the bank,” the chances are you will be successful and reach your goals.

*Article submitted by Rob Cravens*
Dear Parents and Athletes:

Thank you for your participation in an MBSEF program this season! Our mission is to provide an excellent coaching staff that raises our athlete’s existing skills to a higher level in a fun, friendly and supervised environment. We hope all of our participants have achieved more confidence and have experienced improvement in their skiing, boarding, or cycling. We believe the camaraderie gained from meeting new friends and training with them each week is one of the keys to the success of our program and a benefit to all the participants. Our coaching staff has enjoyed coaching your children and hope they have enjoyed their time with us.

Our goal is to have all of our members come back next season, focusing on continued improvement in the program they enjoyed best or challenging themselves by joining a different program to experience the next level of participation.

We are in the process of developing and refining our programs for next season. We hope to email our next season enrollment materials to you in late June. We intend to again offer early season discounts for early enrollment in July and August, so plan early!

Thank you again for participating in an MBSEF program this past season and supporting our Foundation. Please plan to join us next season, and tell your friends!

Kathy Kurtz, Membership

_____________________________

That

It was great to see such a huge gathering for our Annual Awards Banquet held on April 24. The support shown to our award recipients with your presence was well appreciated. Acknowledgement of the hard work everyone does throughout each season is very important. While we would love to recognize everyone that supported MBSEF this past season, there are only so many awards to go around. There are always hard decisions for the awards committee to make in choosing award recipients, and this year was no exception. Thank you to all the volunteers who helped with the banquet. All of this helped make our banquet this season the best ever!

_____________________________

And What Not!!

MBSEF will again have limited summer office hours from 9am to 4pm, beginning May 18 and continuing through September 25. Have a great summer from all of us here at MBSEF!