Greetings From The Director

by John Schiemer

Thanks to all of you that participated either as a competitor or a volunteer at the 40th U.S. Bank Pole Pedal Paddle. We had over 2,600 competitors and it was a great race, although it started out a bit cold and snowy at Mt. Bachelor. Special thanks to Mt. Bachelor and ODOT for preparing the venue and keeping the roads clear. It was the first time in a long time that we had snow on the morning of the race. But in the end it was a great day for all. Thank you for making it another huge success.

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 later than normal release from the Bend-LaPine School District, our Alpine and Freeride camps will look a little different this year. We will have several 3, 4, and 5 day training opportunities beginning in early June. The Nordic Fire and Ice Camp will be after school is out on June 16-21, and promises to be another great training opportunity. The camp environment offers time 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. 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 group is looking at camps at Mt. Hood in late 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 will again have summer dry land training for our Alpine athletes. We will communicate this information very soon it will likely look similar to last summer’s Alpine dry land program.

Finally, registration for next season will begin in July. Due to overwhelming demand, we will again have to “cap” our Mini World Cup and Freeride Development programs. We continue to receive a lot of interest from families that would like to join these outstanding programs. Unfortunately, we will not be able to accommodate all of these athletes and we will again be completing an athlete “evaluation” in late November and early December to ensure that all new athletes entering our program are ready. Please register before August 31 to ensure we will have room for your children.
How do you fire up a passel of Nordic kids? You hold the annual MBSEF Nordic Candy Bar Race!!!

The MBSEF administrative office will begin summer hours Monday through Friday 9:00am to 4:00pm June 1 through the summer.

MBSEF Alpine Mt. Bachelor June Camp: June 10, 11, 13, 16, 17, 18 (June 3, 4, 5, 6 cancelled)

MBSEF Freeride Mt. Bachelor June Camp: June 2, 3, 4, 5, 8, 9, 10, 11, 12, 14, 15, 16, 17, 18

MBSEF Nordic Mt. Bachelor Fire and Ice Camp: June 16, 17, 18, 19, 20, 21

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.

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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.

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MBSEF Summer Mountain Bike Cycling Program

by Kathy Kurtz

Cycling season is in full swing! The kids are super stoked! MBSEF’s summer mountain bike sessions begin June 20! Grab your friends and come join the MBSEF Cycling program this summer!

We are offering Club Mountain Bike Cycling for ages 6-14 throughout the summer. Session III is June 20-30, Session IV is July 5-14, Session V is July 25-Aug 4, and Session VI is Aug 15-25. Ride days are Mondays, Tuesdays, Wednesdays, and Thursdays from 9-11am. You can choose 2, 3, or 4 days/week. We meet at different trailheads to give the kids a variety of experience on the trails.

Cycling is a fun way for our athletes to build and maintain their strength and fitness during the off-ski season. A limited number of loaner bikes are available, please contact MBSEF for more details.

Swing by the Foundation or hop on our webpage, mbsef.org, to sign up today! Please contact our office, mbsef@mbsef.org, 541-388-0002, or Cycling Director, Chuck Thomas, cat.4001@gmail.com, with any questions regarding our cycling programs.

Call the office if you need to split the sessions if your summer calendar is already filling up with all the fun things to do in the off-ski season.

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

We hope to see you out on the trails!
7 Things Parents Can Say and Do at the End of a Sports Season

by Jim Taylor, Ski Racing Magazine

The conclusion of a sports season can be a time of excitement, relief, and suffering for parents of athletes. The excitement comes when your young athletes have just concluded a season that exceeded their (and your) expectations. The sense of pride and satisfaction can be palatable and reinforces why you have your children involved in sports.

The relief is in simply having the long season finally over with. For many parents, this means no more schlepping to practice and competitions, sitting in interminable traffic, staying in cheap hotels, or separating from your spouse (and maybe your other children) on Fridays. It now means having some time to just hang around the house after school and on weekends and pursue your other interests.

The suffering comes if your children didn’t have as successful a season as they (or you) had hoped. They may be frustrated, discouraged, and sad. As their parents, you, at best, feel their disappointment acutely and want to alleviate their pain (and your own). At worst, your disappointment and frustration is palatable and only adds to your children’s misery (not a healthy thing, by the way).

Here are seven things you can say and do that will help your children through this difficult period and actually enable them to emerge more inspired and motivated than ever to pursue their sport dreams.

#1: Don’t Express Your Disappointment to Them

Perhaps the best thing you can do is actually something you don’t do, namely, show your own disappointment. Your young competitor is feeling bad enough coming to grips with their own disheartening season. You add insult to injury when they feel your disappointment in their season. That burden will not only place an even heavier weight on their shoulders, but may also have a long-term and more damaging impact on their self-esteem, their motivation to continue sport, and their feelings toward you.

#2: Allow Them to Feel Bad

As parents, you hate to see your children suffering, so it’s natural for you to want to ease their ill feelings after a poor performance or a disappointing season by assuaging, placating, or distracting them from their decidedly unpleasant emotions. But, though offering short-term benefit, namely, your kids don’t feel so bad for very long (which means you don’t feel so bad), such efforts undermine their long-term emotional development and achievement efforts.

My advice to you is: Let your children feel bad. Though far from a pleasant experience for either them or you, giving them the time and space for them to grapple with their own emotions can teach them many important lessons including how to understand and react to their unpleasant emotions, how to respond to and overcome failure, and how maintain a positive attitude and motivation in the face of setbacks.

#3: Offer Perspective

One of the challenges of being young is that children lack the wherewithal to see their lives beyond their immediate experiences. A difficult loss or a disappointing season can loom so large in their young psyches. This is where you can lighten their emotional load in a healthy way. Where they see only the bad of their just-concluded competition season, you can help them see their season in a more nuanced and, as a result, less awful way. In other words, you can provide your young competitors with perspective in which you offer a more balanced view of their season.

Definitely acknowledge the bad parts of the season; the poor results, the lost chances, the frustrations and disappointments. At the same time, help them recognize the good that came from the season. If their season was really bad, you may need to stretch quite a bit to find the silver lining, but I’m sure it is there. Help them to see the improvements they made, the small though infrequent successes, the fun they had, the friends they made, the places they went, the crazy adventures you shared as a family.

Finally, help them view the season from a long-term perspective. An analogy will help here. If you look at a bad year in the stock market, such as during the Great Recession, you would see a steady and steep downward trend line in stock valuations. It would be
pretty darned discouraging if you invested in the stock market and you’d probably never want to invest in stocks again. That is what your young athlete may be seeing and feeling about their own disappointing season. But, if you look at the stock market over the last 60 years, you will see a jagged line that climbs steadily higher. This is the perspective you want your children to have about their sport: if they continue to invest in themselves and are patient, they can expect a very good return on investment in the future.

**#4: Identify Lessons**

After a few weeks with their sports gear stored away, as the disappointing season fades into memory and your children focus their attention on other pursuits (e.g., school), you can expect that their anguish will slowly recede as well. With the benefit of some emotional distance from the unsatisfying season, they may now be receptive to a gradual shift from the past to the future. A key part of this transition is to help them analyze last season and gain valuable lessons that they can use to plan for next season. Questions to ask include:

- What did I do well?
- What areas held me back?
- What do I need to work on to achieve my goals next season?

These lessons are important because they ensure that your children understand what caused their season to go as it did, whether good, bad, or really ugly, and give them guidance on how to learn from them and do better next season.

**#5 Guide Them in Setting New Goals**

With a clear understanding of what prevented your young athletes from having a successful season or knowing what worked really well this past season, you can now help them redirect their focus from the past to the future. They can use the information gained from their examination of the lessons learned to set new goals for next season.

These goals can begin with realistic outcome goals to strive for, in terms of results, rankings, or new levels of competition. They should then make an immediate shift to process goals that will alleviate the obstacles that resulted in their disappointing season or build on the benefits they gained from their outstanding season. These process goals should include any areas of their sport that they need to improve on to ensure that next season is better than their last, for example, physical conditioning, technique and tactics, and, of course, mental preparation.

This goal setting will, hopefully, close the door completely on the last season and provide them with the inspiration and incentive to begin working hard toward next season.

**#6: Help Them Make a Plan**

The final step in supporting your young athletes after the competition season is to help them develop a plan that will put their goals into action. This detailed plan, in collaboration with their coaches, should include a comprehensive physical conditioning program, ongoing practice opportunities to continue their technical and tactical development in their sport, and a comprehensive mental training program.

With clear goals to work toward and a plan for achieving them, your young athletes are now in a position to put last season in its entirely behind them and to direct their gaze toward a successful next season.

**Bonus #7: Love Them and Support Their Dreams**

Perhaps the most important thing you can do at the end of the season is to not make too big a deal about it, regardless of whether it was a breakthrough season, a stuck-in-neutral season, or a full-reverse season. If you keep your kids’ sport in perspective and focus on all of the wonderful things they get out of our crazy sport, they are more likely to as well.

Then, tell them you will continue to support them as long as they have dreams in their sport they want to pursue. Next, send them the most powerful message of all, that will make them feel good whether their season was worthy of celebration or mourning. Give them a big hug and say “I love you.” When you’ve done that you know you’ve done your job as sport parents.

Finally, ask your children where they want to eat!
2016 POLE PEDAL PADDLE PHOTOS!!!

Photo Credit Dina Boswell, D Boswell Photography
MBSEF Alpine Racing, From The R.A’s Perspective

by Cheryl Puddy, Alpine Race Administrator

Working in the capacity of Race Administrator for MBSEF I have had the opportunity to work with coaches, athletes, volunteers, and parents from our own PNSA clubs as well as regional clubs across the country, and internationally during FIS races. I love the personal interactions, but maybe not so much the detailed minutiae of race files, databases and TD reports!

Until you’ve worked behind the scenes for a ski race you have no idea the number of man hours before, during and after that it takes to put on a 1 minute (or less) timed run! We have some of the BEST coaches, course workers, and race volunteers doing everything from manning the timing shack, hauling B-nets, watching gates & crossings, collecting bibs, spreading dye and often at the end of the day cleaning up JRC! No race could happen without everyone’s involvement, and MBSEF has the reputation of putting on the best races of any club in the NW. That’s both an honor and a curse!

Each year to keep me around, John (Schiemer) tells me “we only have 4 races this season Cheryl,” but then four additional races seem to find their way onto the MBSEF race calendar! As paper work from the previous race is still piling up, last minute schedules are being shifted and everyone on race duty is cross eyed and sleep deprived, we begin to question the benefit of being the mountain with the best late season snow, a great race track for speed events, and the race crew who doesn’t fold no matter what!

Obviously, as much as I tell John I’m getting too old for this and I can’t work 12 hour days any more.... I look around and see the passionate, hard-working, dedicated people I get to work with and I can’t really complain! Being acknowledged with this year’s Barney Duberow Award is a privilege and an honor; totally surprising and unexpected. I’m sorry I was not present at the awards banquet to accept it in person, but I want the MBSEF staff and club members to know how appreciated it is. I’m honored to join the ranks of others on Barney’s trophy, and I’m proud to be a part of a great organization.

With thanks and gratitude,

Cheryl

Editors Note: The Barney Duberow Award is an annual award given to an individual in recognition of their service and support of skiing over a period of 15 years. The previous winners of the award nominate candidates each spring, then cast their ballots voting. The award has been given out annually dating back to 1983, when Barney Duberow was awarded the trophy for the first time. Barney and his wife Rosanna were lifetime supporters of MBSEF, back when we were still the Bend Skyliners club. Barney and Rosanna’s four children grew up ski racing with our organization. Barney passed away in July of 2012, at the age of 92.

Some of our fondest memories of Barney are from the finish line. Barney cheered for each and every racer to cross the line. He cheered just as loudly and enthusiastically for the last racer as he did for the first. He cheered for every racer, at every race, every day, every year!
Central Oregon 500+
“Eat, Sleep, Ride and Repeat”

June 8-12, 2016

5 Days of Classic Central Oregon Road Rides

100 mile and 100k (Metric Century) Ride Options Each Day

Come explore Central Oregon’s classic road rides. We will provide ride guides, lunch every day, rest stops with plenty of food, hydration and porta potties! We take great care of our riders. This year, we will have two starting points for the Wednesday and Friday rides. A Westside and Eastside start in Bend. Also, we will begin the McKenzie Pass ride in Sisters, OR. Also, new this year, we will have our BBQ on Saturday night so more people can come! More info to come. Check out our Facebook Page too for up to date info!

THE RIDES!

Wednesday, June 8th..... Mt. Bachelor Loop
Thursday, June 9th......Crooked River Canyon
Friday, June 10th............ East Lake
Saturday, June 11th .......... Smith Rock
Sunday, June 12th.......... McKenzie Pass

We are capping it to 50, 5 Day Riders for the week. However, we will take an additional 20 day riders for Saturday and Sunday. So, don’t delay because we will fill up.

• Ride Guides for FAST, MEDIUM, and SLOW packs provided.

• Frequent rest stops with gourmet food and lunch each day.

• SAG and bike support provided each day.

THANK YOU ALL FOR ANOTHER SUCCESSFUL SEASON!!!

HAVE A WONDERFUL SUMMER FROM ALL OF US HERE AT MBSEF!!!