Greetings From The Director

by John Schiemer

As many of you know, we have been working hard to raise funds for our A Place to Soar campaign to build MBSEF’s first permanent home. On June 3rd, we announced that our new facility will be named after Bill Healy, the legendary community leader and ski enthusiast who founded Mt. Bachelor ski resort in 1958. The Healy Foundation has pledged $750,000 towards our new facility. This pledge brings MBSEF within $1 million of our $4 million goal and should allow us to begin construction this year.

Bill Healy was born in Portland and moved to Bend in 1950 to run his family’s furniture store. He served in the 10th Mountain Division of the United States Army in WWII and saw combat at age 21 in Italy’s northwest Apennine Mountains. After moving to Bend, he became active in the Skyliners Ski Club, which ultimately integrated into what is now known as Mount Bachelor Sports Education Foundation, or MBSEF. Bill and a few other avid skiers began pursuing the dream of opening a ski resort on Mt. Bachelor. In 1958, Bill raised $75,000 to start Mount Bachelor, Inc., and the rest is history.

In anticipation of beginning construction this year, for occupancy in the summer of 2020 we wanted to reach out to our membership and ask those families that involved in the construction trades. If you would like to be involved with building our permanent home, or work for a firm who may want to help please contact us. Kirby Nagelhout Construction Company (KNCC) has been selected as our general contractor and will manage the construction phase along with our architect Blaise Cacciola. We are in the process of formulating a list of potential partners who may want to help with the project and the campaign. We will be looking for qualified commercial construction partners who will consider providing some in-kind donations of labor and materials to help us complete our new home. We are looking for assistance in almost all phases of our project.
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.

---

**Summers Place Hair Salon**

Robin Summers Dennis
Owner/Hair Designer
541.382.2060

738 N.W. Columbia St. • Bend, OR 97701

20% off any services by Robin Dennis

---

**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

---

HEALTHY MEXICAN FOOD

**Longboard Louie's**

Bend, Oregon

---

**Mt Bachelor**

---
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!!!

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 athletes have 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

THANK YOU DESERT ORTHOPEDICS!!!
MWC TITLE SPONSOR

rebound
physical therapy

Five Talent
creative. mobile. web. custom.

Bennington Properties LLC
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. Submit qualifying transcripts to pnsa@pnsa.org.

4.0 MBSEF athletes who have submitted their qualifying 2019 GPA report to PNSA are Zachary Jayne, Katie Costello, Ashley Boone, Timmy Parsons, Leo Parsons, Zoe Garcia, Aidan Jacobus, and J.B. Nye. 3.0-3.99 MBSEF athletes who have submitted their qualifying 2019 transcripts to PNSA are Cooper Kirchmeier, Peter Vrbata, and Maximus Nye.

Tutoring Available

If you got behind on your school work and your grades suffered while you were traveling to races and competitions, and missing school, here are some tutoring options. 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.

UPCOMING EVENTS

June 5-9 ...................... Central Oregon 500+
June 8-14 ...................... Nordic Pre Fire and Ice Camp Training
June 15-19 ...................... Nordic Fire and Ice Camp
June 16-20 ...................... Alpine Mt. Hood Summer Camp
June 24-July 3 ...................... Summer Cycling Session III
July 1 .......................... 2019/2020 Program Registration Opens
July 8-18 ...................... Summer Cycling Session IV
July 17-21 ...................... XC Trout Lake Camp Hosted by BEA
July 22-Aug 1 ...................... Summer Cycling Session V
July 29-Aug 2 ...................... Alpine Mt. Hood Summer Camp
Aug 12-22 ...................... Summer Cycling Session VI
Aug 14-18 ...................... XC PNSA Methow Summer Camp

nourish your body

emerald city smoothie
How to Support Your Young Ski Racers After The Season Is Over

By Dr. Jim Taylor

The conclusion of a race season can be a time of excitement, relief, and suffering for parents. The excitement comes when your young ski racers have just concluded a season that exceeded their expectations. The sense of pride and satisfaction can be palatable and reinforces why you have your children in our oh-so-demanding sport.

The relief is in simply having the long season finally over with. For many parents, this means no more schlepping up to the ski area every weekend (if you’re not fortunate enough to live the mountain life), sitting in interminable traffic, or separating from your spouse (and maybe your other children) on Fridays. It now means having some time to just hang around the house on weekends and pursue your other interests.

The suffering comes if your ski racing children didn’t have as successful a season as they had hoped. They may be frustrated, discouraged, and sad. Here are four things you can do that will help your children through this transition period and actually enable them to emerge more inspired and motivated than ever to pursue their ski racing dreams.

Offer Perspective

One of the challenges of being young is that children lack the wherewithal to see their lives beyond their immediate experiences. This is where you can lighten their emotional load in a healthy way. Where they see only the bad of their just-concluded race 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 racers with perspective in which they offer a more balanced view of their season.

Atomic Definitely acknowledge the bad parts of the season; the DNFs, 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.

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 downward trend line in stock valuations. It would be pretty darned discouraging and you’d probably never want to invest in stocks again. That is what your young ski racer may be seeing and feeling now. 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 ski racing: if they continue to invest in themselves and are patient, they can expect a very good return on investment in the future.

Identify Lessons

After a few weeks with their skis waxed and stored away, as the disappointing season fades into memory and your ski racing children focus their attention on other pursuits (e.g., school or spring sports), 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 next season?

These lessons are important because they ensure that your children understand what caused their poor season and give them guidance in how to learn from them and not repeat them next season.
How to Support Your Young Ski Racers at the End of the Season, Continued

Guide Them in Setting New Goals

With a clear understanding of what prevented your young racers from having a successful 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 some 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 race series. They should then make an immediate change to process goals that will alleviate the obstacles that resulted in the disappointing season your children just completed. These process goals should include any areas of their ski racing that they need to improve on to ensure that they don’t have a repeat of this last season, for example, physical conditioning, technique and tactics, and, of course, mental preparation.

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

Help Them Make a Plan

The next step in supporting your young ski racers after the race 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, on-snow opportunities for free skiing and gate training, and a thorough mental training program.

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

A Final Thought

Over all, the most important thing you can continue to do to help your children to stay passionate about their ski racing is to downplay results and keep them focused on just their love of ski racing and their progress toward their goals. In this results-obsessed world in which we live, nothing drives kids from our sport more than not getting the results they want as quickly as they want. When you constantly emphasize love of our sport, hard work, and the many much more important life-long benefits that your children get from ski racing beyond the results, you protect them from those toxic messages and fuel their desire to stay and strive to be their best in our sport. And that, I dare say, is a far bigger victory than any that could be gained in a ski race.

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

Article Submitted By
Coach Rob Cravens
It is Another Beautiful day for SYP Stevenson Youth Nordic! Photo Sent in by Karen Kenlan, SYP Program Director

2019 Nordic Junior National Qualifiers, Soldier Hollow, UT
Ryan Pape sent in this photo of Kate Pape and Sara Hutton on U12 Championship Race Day. He said “These smiles and their confidence is what it’s all about. Thank you MBSEF!”

Wyatt Hurl and Collin Havlin on the Podium at the 2019 Bantam Cup at White Pass, WA. Along with guess who? Why, Phil and Steve Mahre, of course! Good job boys!!!
JEFFREY BERT - U.S. SKYRUNNING TEAM

Editors Note: Several weeks ago, Dan Simoneau told me that Jeffrey Bert (Nordic Full Time Team Athlete) was named to the U.S. Skyrunning Team and will be competing for USA in Europe this summer. I asked Dan, “What is Skyrunning?” and Dan replied, “Get a story from the Bert’s, that would be a really cool story for the Newsletter.” So I shot an email to Jeffrey’s dad, Mike, and this is the story he sent in. To read more in depth about Skyrunning, here is the address for the International Skyrunning Federation website https://www.skyrunning.com/about-isf/ Congratulations Jeffrey!

Jeffrey Bert’s love for the mountain trails started back as a young kid hiking his rifle up and down the steep southwest Oregon Coast Range where he deer and elk hunts every fall. Years of backpacking all over the western U.S., a couple summers with Max King trail running camps and the fitness gained from coach Dan and Kelly’s endless nordic training honed his mountain running ability and desire. Jeffrey’s prize for all those trail miles was being chosen for the U.S. Skyrunning Team. He will compete for the U.S.A. against the world's best youth Skyrunners in early August at the Youth Skyrunning World Championships in L’Aquila, Italy.

Skyrunning, defined as running in the mountains above 2000 meters where the incline is often above 30% and the climbing doesn’t exceed grade II, was officially founded as a sport in Italy in 1992. There are now over 50,000 racers worldwide from over 65 countries. The two races Jeffrey will compete in are the Vertical and the Sky. In the Vertical K, 1000 meters is run in less than 5K distance and the Sky race is longer - between 20 and 49 kilometers with a minimum of 1300 meters altitude gain. Jeffrey’s extensive racing history got him picked for the U.S. team. He has run several ultramarathons and numerous mountain races over the past several years in addition to competing at Cross Country Junior Nationals with MBSEF the past two years. Jeffrey has put in training runs on trails all over the world - in Australia, Switzerland, France, Brazil, Chile, New Zealand and Canada and he is highly motivated to wear the stars and bars representing the USA this summer.
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.

<table>
<thead>
<tr>
<th>Replenish, an eco friendly organic salon</th>
<th>New York City Sub Shop</th>
<th>Skyline Dental, LLC</th>
</tr>
</thead>
<tbody>
<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:zackportaldds@gmail.com">zackportaldds@gmail.com</a></td>
</tr>
<tr>
<td>Emerald City Smoothie</td>
<td>Race Place</td>
<td>Bennington Rental Properties</td>
</tr>
<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. Welcome to Bennington Properties - vacation rentals in Sunriver and Caldara Springs. There is something different about a vacation planned through Bennington Properties. It is personal and unique. Expires 8/31/19</td>
</tr>
<tr>
<td>FootZone</td>
<td>Longboard Louie’s</td>
<td>Summers Place - 738 NW Columbia</td>
</tr>
<tr>
<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>
</tr>
<tr>
<td>Carstickers.com</td>
<td>Peak Performance Physical Therapy</td>
<td>WebCyclery/WebSkis</td>
</tr>
<tr>
<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>
</tr>
<tr>
<td>Highest Potential Massage Therapy</td>
<td>Hutch’s Bicycle Store</td>
<td>Seventh Mountain Resort</td>
</tr>
<tr>
<td>$10 off your massage. One per customer. Brandi Jacobson LMT 541-420-8051 2100 NE Neff Road Suite B</td>
<td>10% off regular 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>
</tr>
<tr>
<td>Fireside Motel &amp; Overleaf Lodge</td>
<td>Bend Vacation Rentals</td>
<td>The Leffel Center for Plastic Surgery</td>
</tr>
<tr>
<td>Fireside Motel &amp; Overleaf Lodge</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, 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 <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>
</tr>
</tbody>
</table>

Sunnyside Sports

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.

Pocketweez

Purchase the revolutionary Pocketweez, right here at MBSEF, and 45% of the purchase goes right into our scholarship fund.
Mt. Bachelor Sports Education Foundation
Race Training Center
563 SW 13th Street, Suite 201
Bend, OR 97702

September Through May Office Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
June Office Hours: 9:00 a.m. - 4:00 p.m. Monday - Friday
July Through August Office Hours: 9:00 a.m. - 1:00 p.m. 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

Kirk Schueler, Chairman
Howard Friedman, Vice Chairman
Scott Agnew, Treasurer
Kyle Wuepper, Secretary
Andrew Bailey, Legal Counsel
Andrew Boone
John Duffie
Brett Gingold
Lea Hart
Don Horton
John McLeod
Ray Tien
Kyle Wieche
John Schiemer, Staff

Executive Director
Events Director
Membership Coordinator
Accounting Department
Alpine Director
Nordic Director
Freeride Director
Cycling Director

John Schiemer
Molly Cogswell-Kelley
Kathy Kurtz
Kristie Wild
Nils Eriksson
Dan Simoneau
Coggin Hill
Eric Fykerud

MBSEF Office
541-388-0002
Mt. Bachelor, LLC.
541-382-2442
Nordic Center
541-382-2607 x 2210
Mt. Bachelor Ski Report
541-382-7888