Greetings From The Director

by John Schiemer

The season is approaching what we normally call “Championship Season.” There are a number of upcoming championship races that our athletes will be trying to put into motion everything they have learned during the past few months. On the Alpine side, these events include the PNSA U12 Championships being held at Mt. Bachelor on March 9-10. Then the PNSA U14 Buddy Werner Championships, which are being held at Mt. Hood on March 16-17. We have a few U16 athletes who will be traveling to Alyeska, AK for the Western Region U16 Championships. Finally, our older athletes will be participating in the Northwest Cup Finals in April which will also be held at Mt. Bachelor. Nils Eriksson, our Alpine Program Director, will accompany our U16 athletes to Alyeska representing PNSA as a divisional coach.

On the Nordic side, we had the good fortune of having the most athletes representing PNSA by qualifying 8 MBSEF athletes for the Junior Nationals. These championships are being held in Fairbanks, AK in early March. Dan Simoneau, our Nordic Program Director, will accompany our 8 athletes to Fairbanks representing PNSA as a divisional coach. MBSEF will also have a Nordic athlete representing OSU Cascades at the Collegiate Nationals in Sun Valley during March as well.

On the Freeride side, our athletes have been participating in a number of local and regional events. We also had one of our athletes compete in a Revolution Tour event in Pennsylvania. There will be several (possibly as many as 20) Freeride athletes competing at Nationals in April. This event is held annually at Copper Mountain.

The reason I mention these “Championships” is that MBSEF is a competition organization. One of the reasons we focus on competition is due to the life lessons that can be learned from competing. These lessons may include how to deal with disappointment. Our athletes learn how to react from things out of their control, such as weather and difficult snow conditions. Our athletes learn how to cope with occasional equipment failures. Finally, some of our athletes hopefully learn a little bit about humility. All of these things and much more can be discovered about ourselves from a little healthy competition.

We as parents can also learn much about ourselves watching our children compete. I have pinned to my bulletin board at the office an article that was published in 2002. It is entitled “Ten Easy Ways to Ruin Sports for your Child.” I look at it often and the article serves as a gentle reminder that sometimes we as parents forget the big picture. I’ve reprinted the article below.

Ten Easy Ways to Ruin Sports for Your Child

1) Force your child to play because you played.
2) Tell your child to tough it out through the pain and to ignore the injuries or sickness.
3) Relive – recreate, rewrite – your past through your child.
4) Scream, and curse at officials, coaches, players, parents and your child.
5) Never fail to give an ongoing and highly critical post-event analysis of their performance as you drive home, and later that day and throughout the next week.
6) Just before the start of the next event, remind your child of their mistakes from the previous event.
7) Frequently mention how much time and money you’re spending on this activity.
8) Expect or demand that they perform at a level not commensurate with their fundamental skills.
Greetings From the Director, Cont.

9) Teach them to believe that winning is everything – and the only thing in life that matters.

10) Keep trying to convince yourself that behaving this way is for their own good.

It is important to always remember to keep sports healthy and positive for your children. In closing, the guiding philosophy of MBSEF is to help student athletes achieve their individual athletic, academic, and personal goals by promoting the following values: Sportsmanship, Self-Discipline, Performance Goal Setting, Character Building and The Pursuit of Healthful Lifetime Activities.

We hope that so far your child’s experience has been a positive one, and we look forward to seeing them in a competition soon.

UPCOMING EVENTS

Mar 1-2 ......................... OSSA High School Finals
Mar 3 .......................... XC Par Fore the Course II
Mar 9-10 ....................... PNSA Zone Championships U12
Mar 17 ........................ Mike Puddy Memorial Race
Mar 23 ........................ XC Cascade Crest Race
Mar 23 ........................ MWC Finals/Banquet
Mar 23-26 ...................... Freeride Spring Break Camp
Mar 26-29 ...................... Alpine Spring Break Camp
Apr 4-7 ........................ PNSA Masters Championships
Apr 5-7 ........................ Skyliner Open
Apr 12-16 ...................... Northwest Cup Finals
Apr 26 .......................... MBSEF Annual Awards Banquet
Apr 26-28 ...................... May Day Race

Pocketweez

Purchase the revolutionary Pocketweez, the original folding tweezer, right here at MBSEF, and 20% of the purchase goes right into the scholarship fund. Designed and produced by Rick and Bev Francis, Pocketweez will be the last tweezer you will ever have to buy. Don’t get stuck without it!

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 four times per season (December, February, March, and April). 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.

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Caldera Grille - Creak, Justin and Stacy invite you to come in and try Caldera Grille. Show your MBSEF membership card, buy one appetizer and get another appetizer at 1/2 off.

Check out the early bird menu! Yumm . . . .
MIKE PUDDY MEMORIAL SKI RACE
March 17, 2013

In the spirit of skiing, racing, and having fun in the mountains!

by Cheryl Puddy

Mike grew up in Bend spending his youth skiing, climbing and biking Central Oregon’s mountains and trails. Racing became one of his favorite pursuits. Mike’s enthusiasm could be contagious; he was always keen to learn the intricacies of a “good turn” and share the finer points with fellow skiers. More than anything, he skied for pure joy and love of the sport.

Mike served on the Board of MBSEF for many years, believing strongly in their mission of providing outdoor sports education for youth. He was an appropriate ambassador for developing a lifelong appreciation for the values of competition, camaraderie, responsibility, discipline and fun. Mike’s own daughters, Sarah and Kate (now both in college), came up through MBSEF and Cheryl has maintained ties to the program racing in the Masters program and serving as Alpine Race Administrator.

This idea for this memorial race came about not only to honor Mike’s dedication to the sport, but also to raise scholarship funds for MBSEF athletes pursuing their own passions. Please join us on St. Patty’s Day for the 10th anniversary of the Mike Puddy Memorial Ski race. The format is fun, festive and informal.

Challenge your brother, sister, Mom, Dad or best friend down a dual course set up on Cliffhanger. The first one to the bottom (or with the best costume) wins! The gates will be set up from 10 – 12:00 p.m. - all ability levels welcome, including snowboarders, teleskiers and OAS adaptive sports participants!

Make as many runs as you’d like that time allows!

Entry fees:

Youth/student: $10.00
Adult: $15.00
Family: $35.00

If you can’t make the race but would like to make a donation, please direct it to the Mike Puddy scholarship fund at MBSEF.
Jorun Downing Wins the 2013 U.S. Bank Mini Pole Pedal Paddle Logo Contest!

by Molly Cogswell-Kelley

Jorun Downing’s art work was chosen as the official logo for the U.S. Bank Mini Pole Pedal Paddle t-shirt for 2013. She is a 3rd grader at Seven Peaks School. Her art work was selected among 40 entries. She will be awarded with a Round Table pizza party for her class, a gift from Saxon’s, shoes from Teva and a free team entry to the U.S. Bank Kid’s Mini PPP.

The top four winners included 4th grader Kaylee Carlton from W.E. Miller Elementary, 2nd grader Claire McDonald from Highland Elementary, 6th grader Sam Henry from High Desert Middle School and 6th grader Megan Anderson from Cascade Middle School. They will all receive gifts from Saxon’s and shoes from Teva.

The U.S. Bank Mini Pole Pedal Paddle will take place in the Les Schwab Amphitheater, May 19, 2013. Teams of six participants each ranging in age from 1st to 6th grade compete in river rafting (with a rafting guide), biking, an obstacle course and a run. All 6 team members paddle the raft with their rafting guide on board. One bike rider then rides the course. Four members each challenge the obstacle course and one final member runs the distance run course.
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?

Tutoring Available at MBSEF

As the 12/13 season begins, and kids start travelling to races and missing school, group and/or individual tutoring is again available to middle and high school MBSEF athletes for a low fee. The tutoring schedule will depend on athletes’ needs and the availability of a tutor for each subject. Most tutoring sessions will take place after practice at MBSEF. For more information, please contact Anna Schulz at anna.r.schulz@gmail.com, 802-760-0569. Or call Carolyn Daubeny at 541-610-7225.

Dr. Zack Porter, You’re Awesome!!

Dr. Zack Porter, DDS, with Skyline Dental, LLC, is again offering our currently enrolled MBSEF junior athletes free x-rays, exam, and cleaning. Zack also volunteers on weekends for MBSEF, coaching in the Freeride Ski Development program.

“This will be the third year I’m offering this service for MBSEF athletes and it has been awesome to have kids and families come in that love skiing as much as I do!

Supporting MBSEF and our community is something I feel strongly about doing and feel lucky to be able to do it. If it’s been a while since your son or daughter has had their teeth cleaned please give us a call.”

I’m honored to offer free x-rays, exam, and cleanings to all current MBSEF Junior Athletes. Please call our office and mention the MBSEF program with Dr. Porter to set up an appointment.

Have a great season!

Zack Porter, DDS & MBSEF Freeride Ski Development Coach

Skyline Dental, LLC, 2137 NE 4th St., Bend, OR 97701
541-389-4807 zackporterdds@gmail.com
The Central Oregon 500+
Fundraiser benefiting Mt. Bachelor Sports Education Foundation Cycling Program

The Central Oregon 500+ is a week long riding adventure, based out of Bend, OR featuring 5 of the best rides in the area. The routes support distances of 100K or 100 miles daily. The rides mix in 2 days of flatter sections with 3 days of bigger climbs. There will be local ride guides for the lead, middle and back of the pack daily with food, water, mechanical and sag support. Some route changes may be necessary due to seasonal snow conditions or road closures. Ride all 5 days or as many days as you would like.

It's not a race. Ride groups will develop each day with guides helping all along. Each ride will have support vehicles covering feed and lunch stations with sag, mechanical support bringing up the back. It can be cold in the mornings. Recommend shoe covers, gloves, skull caps, and layers. Extra gear can be dumped in the support vehicles. Food, water, sports drinks etc., will be provided along each ride along with a short lunch stop and re-fuel food at the finish.

Sunday after the ride will be a BBQ and awards ceremony for the week's efforts. All ride guides are volunteers. 100% of the proceeds from the event will go towards Mt. Bachelor Sports Education Foundation cycling program scholarships and equipment.

Day 1 - June 5, 2013 - Wednesday
After a short tour of Bend, the ride heads up Century Dr. towards Mt Bachelor. We turn south and enjoy a long but pavement decent down the Sunriver road before heading west to circle clockwise around the Mtn. 100K riders finish at Elk Lake Resort. (They will be given a ride back to town). After the lunch stop at Elk Lake Resort we finish off the climb with the Sparks Lake Grade and a 25 mile cruise back to our start. Full distance 100 miles X 5000’ climbing.

Day 2 - June 6, 2013 - Thursday
This is a great tour of the High Desert east of Bend. The route goes through the Crooked River canyon, Prineville, and back through cattle country to Bend. 100K riders end at lunch in Prineville. (They will be given a ride back to town). Full distance 100 miles x 3500’ climbing.

Day 3 - June 7, 2013 - Friday
Climbing out and back. Today's route heads back up Century drive towards the Mtn., back down the Sunriver Rd then south and up to Newberry Crater. The climb tops out at 6000’ and we tour the Newberry crater on the way to lunch at East Lake, the end of the 100K ride. (They will be given a ride back to town). On the return we will climb back up the Sunriver Rd to Century drive and back to home base. Distance 121 miles, 6000’ climbing.

Day 4 - June 8, 2013 - Saturday
We head back to the alfalfa fields and cattle country for the Smith Rock - Sisters route. After we leave Prineville we roll out the O’Neil Highway to the lunch stop at Smith Rock State Park, the end of the 100K ride. (They will be given a ride back to town). From Smith Rock we head west through rolling country to Sisters. We will grab a quick coffee here to get us though the next 35 miles back home with the route highlighting some great local favorite riding roads. Distance 115 miles, 3500’ climbing.

Day 5 - June 9, 2013 - Sunday
Mackenzie Pass is the destination for the final ride of the week. We will work our way back to Sisters then out Hwy 246 towards Mackenzie Pass. The road is gated this time of year and the final 15 miles to the summit are car free. Be ready for the refrigerator affect when we reach the upper section with the road freshly cut through the snow banks. After a quick stop here we turn back to Sisters for lunch and the end of the 100K ride. (They will be given a ride back to town). After lunch a fast pace line towards Redmond will head us towards Bend, home base, beers and a finish BBQ. Distance 100 miles X 5000’ climbing.

Day 5 Option Mack Pass Super Sized
Add Santiam pass and a low point of 1000’ on the west side at Belknap Hot springs before climbing back up and over Mackenzie pass finishing on the same route back from Sisters. Distance 153 miles X 6000’ climbing. This option will require a 5am start and will be dependant on the pass being open. Parts of this stage will be unsupported.

Continued Page 7
Central Oregon 500 Continued

I started riding these routes a few years back on my 50th birthday week. In 2012 we organized the ride as a fundraiser for MBSEF cycling and began the first annual Central Oregon 500. Join us in 2013 for a great week of riding.

Tom Lomax

Registration: $300 for 5 days or $65 per day

5 day registration includes:

5 days 5 rides
Daily ride support
Frequent Rest Stops with gourmet snacks and lunch
Post ride re-fuel-sample of Bend Microbrews each day
Overnight bike storage at start/finish
Final day BBQ, awards, SWAG

Registration is by first come first serve, mail in registration to MBSEF. Registration must come with payment. Successful applicants will be confirmed by email.

Please make checks to MBSEF and mail to:

MBSEF,
c/o Molly
563 SW 13th St., Ste. 201
Bend, OR 97702

For questions and more information on the Central Oregon 500, email Tom Lomax at centraloregon500@gmail.com, or Molly Cogswell-Kelley at molly@mbsef.org. Route maps are posted at mapmyride.com.

The winning U.S. Bank 2013 Pole Pedal Paddle Logo by local artist Joe Kosanovic
On February 8-10 this year, almost fifty MBSEF athletes from ages nine to almost fourteen raced in the Oregon 4-Way at Mt. Hood Skibowl. Besides some fog, we had excellent race conditions and excellent courses. This race has four different races over a span of three days, jump and cross country on Friday, giant slalom on Saturday, and slalom on Sunday.

On Friday, the MBSEF athletes arrived bright and early to race the cross country; one of the events MBSEF is known for doing very well in. The U14’s raced a 3k and the U12’s and under raced a 2k. The course is downhill for half, and somewhat flat and hilly on the way back up. If you’ve ever been to Skibowl, the track runs from Green Chair, all the way across to Blue Chair. The results for the top ten MBSEF athletes were: (U12 GIRLS) 1. Jenelle Neumann, 2. Katherine Skovborg, 8. Carly Walther-Porino, 9. Stella Skovborg. (U12 BOYS) 1. Reed Kellar, 2. Jack Smith, 3. Jack Cauble, 4. Jace Marshall. (U14 GIRLS) 1. Angelina Lindsay, 2. Erin Smith, 3. Addison Beasley 4. Sophia Sahm, 5. Paget Rathbun, 8. Alexandra Kaiser, 9. Sidney Doyle, 10. Lili Bouchard. (U14 BOYS) 1. Minam Cravens, 2. Jonathan Wimberly, 3. Morgan Tien, 4. Laz Glickman, 8. Jake Klonsky.

After lunch, the athletes ride up the green chair and stand in line to do the jump. This year there were two ski jumps, right next to each other. One was a bit bigger than the other. The jump is a little intimidating considering it’s steep outrun, but once someone tries it once, it’s really quite fun. The results are as follows. (U12 GIRLS) 2. Alice Bouchard, 4. Stella Skovborg, 8. Carly Walther-Porino. (U12 BOYS) 1. Jack Smith, 2. Jace Marshall, 10. Jack Schaffer. (U14 GIRLS) 1. Erin Smith, 2. Lili Bouchard, 4. Addie Beasley, 5. Sidney Doyle, 6. Sophia Sahm, 8. Paget Rathbun. (U14 BOYS) 1. Minam Cravens, 3. Jonathan Wimberly, 4. Morgan Tien, 7. Laz Glickman, 10. Jake Klonsky.


To conclude the weekend, slalom on Sunday. Boy, that day was one not to forget. The course was set, the competitors had inspected, and we were all ready to race. The U12 girls had run their first run, when suddenly, the chair stopped. It had been five, ten, then twenty minutes. Then it was announced that the transmission on the chair had broken down. Nobody knew what was to become of the day, but all the U14 girls knew was that they weren’t getting any second run until everyone was evacuated off the chair. The ski patrol came and strung ropes to everyone and rappelled them off the chair. It was frightening for a few people, but the good news was that everyone got to be taken up to the top by snowmobiles for the rest of the day, which was definitely a perk. Everyone, boys and girls of all ages got their first and second runs in.

continued page 9
Oregon 4-Way, cont.


Lastly, the Skimeister. MBSEF took three out of four Skimeister awards. Erin Smith, U14 girl, Jack Smith U12 boy, and Minam Cravens U14 boy. Every MBSEF athlete had great victories this weekend, and this weekend was definitely one to remember.

Spring Break Mountain Bike Camp

by Kathy Kurtz

MBSEF will be offering a Spring Break Mountain Bike Camp, running March 26-28 (Tue/Wed/Thu) for ages 8 to 18. Ali Halpin, Cycling Coordinator, designed this camp for afternoon activity, following morning on-snow camps.

The rides will include:
* Maston on Tuesday
* Peterson Ridge on Wednesday - (stop at Angeline’s on way home for treats)
* Horse Ridge on Thursday.

Tentative Daily Schedule:
1:30pm meet at MBSEF for lunch and load bikes
2:00pm vans loaded
2:15pm depart for ride destination
2:45pm arrive at ride location
3:00pm ride
4:30pm load bikes on van
4:45pm depart for MBSEF
5:30pm parent pick up from MBSEF

Cost:
$75 includes 3 day rides and 3 day lunch by MBSEF
$60 includes 3 day rides (bring your own sack lunch)
$25 per day with lunch
$20 per day bring your own lunch

Ability Level: Must be able to complete a 2 hour ride with few to no stops, and be able to tackle technical terrain such as rocks and steep climbs. Questions? Contact Ali at halpin.ali@gmail.com.
SYP Paintball Biathlon

by Jason Albert

Pumping his ski poles and shifting his weight from one ski to the other, 9 year old Jack Strang sprints the final 100 meters to the shooting range. With the assistance of a parent volunteer, Jack lifts and aims a paintball rifle. The barrel slowly steadies as Jack fights to control his breathing. Then wap, wap, wap; a flurry of paint splotches cover the targets. Applying the rules of biathlon, every miss amounts to one short penalty lap before skiing the 1.5km loop. Jack skis two quick penalty laps.

For the past four years, coaches with MBSEF’s Stevenson Youth Program have organized a weekend of paintball biathlon. SYP participants range in age from 6 to 11 and have a wide range of abilities. As with any emerging athlete, it’s easier to foster a love of sport if each individual experiences success and fun. Yet XC skiing is physically taxing. This is perhaps why we adults are so keen on perfecting technique and willing ourselves to glide up grinding slopes. But what gets us hooked can often be a deterrent for kids.

And that’s where activities like paintball biathlon play a key role. If a kid’s not having fun, we can forget about them willingly skiing uphill; which accounts for about 50% of our skiing.

Our paintball biathlon day begins with a tutorial from Major Sean Nixon. He’s a SYP parent and member of the US National Guard biathlon team. Major Nixon teaches kids about “range protocols”. In other words, kids learn to be safe and mentally present while handling a paintball rifle. This also includes techniques to promote accurate and safe shooting. Which, as you can imagine, can be difficult when the heart is pounding.

Then they’re off. Each skier skis a loop. As they ski into the shooting range, they drop their poles and lie “prone” on the snow, settling in for a series of four shots. If they shoot “clean”, it’s off again to ski another loop minus any penalty laps. And it’s about now that kids get tired. On the second shooting round, the skiers shoot standing.

The Stevenson XC program aspires to not simply produce fast skiers, but to cultivate kids with high self-esteem, social responsibility, and skiers who know how to smile. It seems paintball biathlon is great vehicle towards that ends.
4th Annual Snow To Flow

This year we had a little change of pace for our 4th annual Snow to Flow Fundraiser. We decided to take the day off from shredding at Mt. Bachelor and headed down to Mavericks’ at Sunriver for an early morning wave session. This event was designed as an avenue for our comp team athletes to step outside of their comfort zones and raise money for USASA Nationals and our annual Spring Trip. The USASA Nationals is the year end event that all of our athletes strive to qualify for while competing in our local Central Oregon Enter the Dragon Series. Nationals take place at Copper Mtn Resort the first 2 weeks in April. Ski and Snowboard Nationals are split up into 2 separate weeks, due to the split of these events the costs of traveling out to Colorado as a team have increased. Our annual Spring Trip is designed as a reward for athletes that worked hard all season but were unable to qualify for Nationals. It provides them and any others that want to go with a fun trip at the end of the season to experience how awesome traveling to a new mountain with the team can be.

For the 4th year in a row, our Freeride Competition team athletes have been obtaining pledges from friends, family, businesses, and community members to help subsidize the costs of these 2 trips. Each of the past 2 years they have been successful raising over $3,000 each year, giving those individuals a chance to participate in these trips that may not typically be an option.

Once we arrived, kids threw on their swimsuits and started slashing the Flowrider. After a few years of running this event everyone really started to shred and were laying down some impressive times. Following an hour of practice each rider had 5 timed runs that would add up for their total score. When the waves settled, these were the final results. Nate Jacobson almost doubled his time from last year with 266.9 seconds, in a close 2nd was Keaton Green with 192.1 seconds, and Cooper Brown in 3rd with 92.2 seconds. For the women Zoe Kern was 1st with 85.8 seconds, Molly Kern 2nd with 21.7 seconds and right behind was Shelby Boudreau with 20.9.

I would especially like to thank Mavericks’ at Sunriver for their continued support of this event and encourage everyone to try out the Flowrider on Monday - Sunday nights from 5:30-7:30pm, and additionally on Saturday and Sunday from 3-5pm. Another big thanks to all the athletes and families for participating in this event and the generous donors who make it all possible.
Balance and Agility Training: Don’t forget it!

by Tyson Langeliers, M.S. ATC, Desert Orthopedics

In season training is often focused on speed, strength, power, endurance and or repetition. Balance and agility is something we use on a daily basis during skiing and snowboarding, but during the season is often forgotten about. Spending time focusing on balance and agility will allow the athlete to have a better presence of mind of where their body and extremities are in space, while needing to change and adapt to new stimulus and the ever changing environment.

Balance and agility exercise can be fit in during a variety of times during training session. It is most effectively utilized as a tuning agent, meaning doing it at the beginning of a training session and or between drills or runs. There is a tremendous amount of balance and agility exercises out there with a variety of difficulties. First one should have a goal in mind with the balance and agility training. Goals can be as simple as “just maintain balance” or a simple change of direction, to as complicated as maintaining balance with a change of direction and outside stimulus at the same time. Let’s touch on a few of these for examples.

Basic balance exercise can be done with a variety of single and double leg positions, as well as different body position and movements. An athlete could do a double leg position with knees slightly bent maintaining balance over feet. To increase difficulty, one could simply add an unstable surface under foot starting with towels or foam and progressing to a Bosu ball, Dyna Disc or Trampoline. Another option could be maintain the firm surface and play catch with a ball and a partner. You can also increase these by adding more weight to the ball or adding an unstable surface. Another way of challenging balance is to simply close one or both eyes. This takes away visual cues, or add extremity movements to the balance activity which will require more stability.

Agility - we are now looking at changing direction while maintaining balance. Agility in its simplest form would be walking and then stopping and change of direction. For athletes we try and make this a little more dynamic, and can be done with the 5 dot drill which is a combination of double and single leg jumps going forward and back, with no rotation direction changes. Another style of this would be speed ladder work which may or may not have rotational changes. Another fun way to do agility drills is shadow drills. This can be done by trying to mirror the person in front of you. Goal is to stay balanced and match persons activity, ie., which way they cut, move, body position, turn shapes, etc.

Balance and agility play a significant roll in our training and should not be forgotten about as the season proceeds. Doing just one or two balance and agility activities can not only center and make ready our body, but also warm it up for high performance. If you are interested in more balance and agility activities and injury prevention, feel free to check out the Kneebound program, which is a knee injury prevention program that utilizes a lot of balance and agility exercise, through Desert Orthopedics, or feel free to contact myself. See you on the snow!
MBSEF Freeride Coaches ROCK!!!!!!

We received the following response to an email from our Freeride Development Head Coach, Adam Sather. It is such a nice email, in reply to Adam’s very nice weekly update, that I thought we would share it with everyone.

Thank you for an outstanding event and first experience! More than the contest, our family thanks all the coaches and the organization for leading our kids toward responsible ridership and for guiding these young minds to be kind, supportive, and healthy individuals. Although you all might think you are just coaching freeriders, you are actually making a HUGE IMPACT on our little people! They talk about you DAILY! Thank you for all you do and for making this a wonderful experience!!

Please forward this on to your boss - if they don’t know already - you all are priceless!!

Thanks, The Korman Family

On Feb 5, 2013, at 3:47 PM, Adam Sather wrote:

Hello Freeride Families,

Thanks to everyone for such a great contest weekend. The weather was perfect for a slopestyle contest and the athletes performed well. For many, this was their first ever ski or snowboard contest and they should be proud to have been a part of it. It was exciting to see what the kids have been working on and the direction that they are heading. Many are already planning what they are going to do in the next contest. Things to think about for the next contest on March 10th: grab the skis or snowboard longer in the air, be relaxed and show good athletic stance between features, spin both ways, show style on the box. In these contests, riders are judged on mastery of the course. This includes line choice, amplitude, style, and variety. Attitude helps as well. Judges can tell which riders are having fun by the way they ride the skis or snowboard. If you are having fun, you are probably landing tricks clean and enjoying styling out each trick. Riders, spectators, coaches, and judges love to watch this kind of freeriding. Be ready for the next contest with a smile and some new tricks!

This next weekend we will be focusing on spins out of features. This generally refers to boxes and rails yet we will have a constant focus on spinning 180’s to the left or right off of jumps. Our progression will start by spinning 180’s on flat ground. Then we will do straight glides on easy terrain with a pop off the snow at the end of the glide. We then pop 180’s out of a straight glide on easy terrain. Finally, straight glide on to a flat box with a pop off the end followed by a straight glide onto a flat box with a 180 off the end. This seems like a lot of steps yet this style of teaching is very effective. For all freeriding skills, we have progressions that help riders improve. Keep in mind that all riders improve at different rates so we do not expect anyone to perfect these drills instantly. That said, it is important to introduce the skills so the riders know what to be working toward. During the day next weekend, riders should talk to their coaches about their contest runs and should be focusing on runs for the next contest.

We are proud of all MBSEF athletes and encourage everyone to continue to better their freeriding skills. We love to see all of you on the hill having fun and smiling with friends and family. We can only hope that all of our athletes will continue to freeride and truly enjoy lifelong passion for the mountain experience. Thanks again for being part of such an incredible culture.

See you on the slopes,
“Radam” Adam Sather
MBSEF Freeride Development Team Head Coach

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Kathy Kurtz
Recent Top Results - Good Job Everyone!

Soldier Hollow Super JNQ Feb 1-2 - Emily Hyde, 2nd in 10K CL, Leo Lukens, 7th in 5K CL, Skyrer Kenna Quarterfinals Sprint, Leo Lukens Quarterfinals, Sprint.

Northwest Cup #3, Stevens Pass, Feb 8-10 - GS Jordan Schweitzer 2, Carina Bracy 7, Megan Olson 16, Chase Ganim 12, Jack Botti 14, Tanner Lujan 15. SL1 Carina Bracy 6, Megan Olson 7, Anna Rischitelli 12, Tanner Olson 14. SL2 Jordan Schweitzer 2, Carina Bracy 6, Wilder von Rohr 2, Tanner Lujan 11.

Oregon 4-Way, Skibowl Mt. Hood Feb 8-10 - See story by Addison Beasley on page 8.

Great Nordeen, Mt. Bachelor, Feb 9 - Joe Lukens 8 in the 17km.

Bogus Basin JNQ Feb 16-17 - 5km Freestyle Emily Hyde 9, Leo Lukens 1, Zeb Millslagle 10. 10km CL Emily Hyde 4. 5km CL Leo Lukens 8, Zeb Millslagle 16.


50th Annual Sun Cup, Mt. Bachelor, Feb 19-24 - SG1 Megan Olson 5, Carina Bracy 8, Anna Rischitelli 14, GChase Ganim 5, Grant Hamlin 9, Jack Botti 9, Tanner Lujan 13, Tanner Olson 15. SG2 Carina Bracy 5, Megan Olson 6, Anna Rischitelli 12, Tanner Lujan 2, Grant Hamlin 4, Chase Ganim 6, Tanner Olson 7, Jack Botti 15. DH1 Carina Bracy 4, Megan Olson 8, Anna Rischitelli 16, Tanner Olson 2, Chase Ganim 4, Grant Hamlin 5. DH2 Carina Bracy 3, Megan Olson 8, Tanner Olson 5, Chase Ganim 12, Tanner Lujan 16.


A big THANK YOU to the following sponsors of the PNSA U12 Oregon Zone Championship Race:

The Anjulicia Foundation

Deschutes Land Trust

The Center Orthopedic Neurosurgical Care & Research

Silverado Jewelry Gallery

Mt Bachelor

Pape Machinery

The Leffel Center for Cosmetic, Plastic and Laser Surgery
**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 2012-2013 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Caldera Grille</strong></td>
<td>Show your membership card, and buy one appetizer, get one at 1/2 off. Check out our early bird menu! Yummmm . . . . . . . . . 932 NW Bond Street.</td>
</tr>
<tr>
<td><strong>New York City Sub Shop</strong></td>
<td>Two locations, 1043 NW Bond Street downtown, 740 3rd St. MBSEF members show your card, 1/2 sandwich, chips, cookie, small drink $7.45. Expires 8/31/2013.</td>
</tr>
<tr>
<td><strong>Skyline Dental, LLC</strong></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>
</tr>
<tr>
<td><strong>Emerald City Smoothie</strong></td>
<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/13.</td>
</tr>
<tr>
<td><strong>FootZone</strong></td>
<td>10% discount, excludes sales merchandise. Expires 08/31/13.</td>
</tr>
<tr>
<td><strong>Hutch’s Bicycle Store</strong></td>
<td>10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/13.</td>
</tr>
<tr>
<td><strong>Cloud 9 Photos</strong></td>
<td>10% off all prints for MBSEF families. Expires 08/31/13.</td>
</tr>
<tr>
<td><strong>Longboard Louie’s</strong></td>
<td>10% off any order. Expires 08/31/13.</td>
</tr>
<tr>
<td><strong>This Could Be Your Business!</strong></td>
<td>Contact Kathy, <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to find out how to advertise your business/service here!</td>
</tr>
<tr>
<td><strong>Discover Sunriver Vacation Rentals</strong></td>
<td>MBSEF members receive 15% off a Sunriver vacation!</td>
</tr>
<tr>
<td><strong>Summers Place - 738 NW Columbia</strong></td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/2013.</td>
</tr>
<tr>
<td><strong>Race Place</strong></td>
<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
</tr>
<tr>
<td><strong>This Could Be Your Business!</strong></td>
<td>Contact Kathy, <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to find out how to advertise your business/service here!</td>
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<tr>
<td><strong>Fireside Motel &amp; Overleaf Lodge</strong></td>
<td>15% off lodging to MBSEF members, excludes holidays, school vacations, and use during special events. Expires June 30, 2013.</td>
</tr>
<tr>
<td><strong>Athletic Club of Bend - Scanlon’s</strong></td>
<td>Show your MBSEF card and receive 10% off your meal ticket. Excludes alcohol and kids menu items. Expires 8/31/2013.</td>
</tr>
<tr>
<td><strong>Seventh Mountain Resort</strong></td>
<td>20% off any recreational activities - ice skating, white water rafting trips, kayak tours, and Cascade Kid’s Eco-Challenge Camp.</td>
</tr>
<tr>
<td><strong>WebCyclery/WebSkis</strong></td>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/13.</td>
</tr>
<tr>
<td><strong>Bend Vacation Rentals</strong></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>. 20% discount on lodging to MBSEF members.</td>
</tr>
<tr>
<td><strong>Sunnyside Sports</strong></td>
<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. Expires 08/31/13.</td>
</tr>
<tr>
<td><strong>Pocketweez</strong></td>
<td>Purchase the revolutionary Pocketweez, right here at MBSEF, and 20% of the purchase goes right into our scholarship fund.</td>
</tr>
<tr>
<td><strong>This Could Be Your Business!</strong></td>
<td>Contact Kathy, <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a>, to find out how to advertise your business/service here!</td>
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Mt. Bachelor Sports Education Foundation
Race Training Center
563 SW 13th Street, Suite 201
Bend, OR 97702

Address Service Requested

MBSEF MISSION STATEMENT

The Mt. Bachelor Sports Education Foundation is a non-profit organization dedicated to the development and support of competitive Alpine, Cross Country and Snowboard race training and competition in Central Oregon. MBSEF provides the opportunity for introduction to advanced levels of race training and competition.

Our main objective is to assist student athletes in achieving their individual athletic, academic and personal goals. The program’s guiding philosophy is to encourage academic achievement and promote the positive values of competitive sport: sportsmanship, self-discipline, goal setting, character building and the pursuit of healthy lifetime activities.

MBSEF
563 SW 13th Street, Suite 201
Bend, OR 97702

Office Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
mbsef@mbsef.org
www.mbsef.org

Executive Director: John Schiemer
Events Director: Molly Cogswell-Kelley
Membership Coordinator: Kathy Kurtz
Accounting: Kristie Wild
Alpine Director: Nils Eriksson
Nordic Director: Dan Simoneau
Freeride Director: Coggin Hill
Cycling Director: Ali Halpin

MBSEF Office: 541-388-0002
MBSEF Fax: 541-388-7848
Volunteer Hotline: 541-385-1999
Mt. Bachelor, Inc.: 541-382-2442
Nordic Center: 541-382-2607 x 2210
Mt. Bachelor Ski Report: 541-382-7888