Greetings From The Director

by John Schiemer

The season is flying by and although it has been a challenging snow year, for the most part it has been a great training year for our Alpine and Nordic athletes, with good hard snow. Our Freeride athletes on the other hand most likely would have preferred additional snow. All in all it is difficult to complain as “our Mountain” has probably had the best season in the Pacific Northwest. At the moment only 5 of the state’s 14 ski areas are open. The lack of snow has caused a number of scheduling challenges for clubs as we have had to scramble to hold races. Thanks to Mt. Bachelor for being flexible and allowing us to race additional days and on unexpected weekends this season.

A number of our athletes have qualified for Championships which are normally held in March. We have 3 U21-U18 Alpine athletes that are competing at the nationals at Copper Mountain. We have 10 Alpine U16 athletes qualify for season ending championships either at Mt. Bachelor or in Canada. The Buddy Werner championships for U14 athletes will be held at Schweitzer and we have a number of athletes attending that event as well. On the Nordic side we qualified 5 athletes for the Junior National Championships down in the Tahoe area. The Freeride group wins the “road warrior” award this year as our athletes have traveled to Pennsylvania, Colorado, Utah, Idaho, California and Washington to compete. And, we will likely take our largest Freeride group ever to the USASA nationals in Colorado in early April.

As I have mentioned in the past, the reason I mention these “Championships” is that MBSEF is a competition organization. We focus on the positive aspects of competition due to the life lessons that can be learned by our athletes. The lessons often times include how to learn from success as well as disappointment. We are primarily a winter sports club, and many times our athletes have to learn how to cope with things out of our control, such as weather and varying snow conditions. Equipment failures and other day of race challenges can all be capitalized upon as teachable moments. Finally, great lessons can be learned about getting along with other athletes.

Finally, Parents it is important to always remember to keep sport healthy and positive for your children. 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 your child’s experience has been a positive one, and we look forward to seeing them in a competition soon.
Pocketweez
Purchase the revolutionary Pocketweez right here at MBSEF, and 20% of the purchase goes right into the scholarship fund. The Pocketweez will be the last tweezer you will ever have to buy. Don’t get stuck without it!

20% off any services by Robin Dennis

Red Lion Inn & Suites™

SKI TRACKS

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

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

Publisher: MBSEF
Editor: Kathy Kurtz

Story contributions are always welcome!

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

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

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

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

Five Talent
creative. mobile. web. custom.

candace bell
hair stylist/colorist

replenish
an eco friendly/organic salon
325 nw Vermont pl #103
bend oregon 97701
707 223 2496
NORDIC PAINTBALL DAY

PHOTOS BY KAREN CAMMACK

THANK YOU, ALL VOLUNTEERS, FOR HELPING TO HELP MAKE THIS A FUN DAY!!!!! AND,
THANK YOU, MT. BACHELOR!!!!!
This is Claire’s third time being in the top 5 in the art contest. She is in our SYP program and an amazing Cross Country Skier.

Here is the breakdown of the top five: 5th place Cierra Lafferty, Ensworth Elementary, 4th Place-Teaghan Knox, 5th grade, homeschool and an amazing MWC kid, 3rd Place Eli Boone, 1st grade at High Lakes Elementary, 2nd Place Katelyn Jolley, High Desert Middle School, 6th grade, and 1st Place Claire McDonald, Highland Elementary, 4th grade.

All winners received a $100 gift card to BOGS Footwear and jewelry from Saxon’s Fine Jewelers.

Need Help With Your Schoolwork?

As the 2014-2015 season shifts into high gear, with MBSEF athletes travelling to races and competitions, and missing school, math tutoring is available from long time MBSEF supporter, Nancy McCormick. Nancy specializes in Middle School to High School, grades 6-12, in all types of math. Nancy’s contact information is:

541-389-9314,
theduckfarm@msn.com

Nancy has tutored literally dozens of MBSEF kids over the years!

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
FUN IN THE SUN ON THE NORDIC TRAILS WITH THE SYP PROGRAM!!!

Photos by Molly Cogswell-Kelley
6 Things Parents Can Say and Do at the End of the Race Season

By DR. JIM TAYLOR In SKI RACING

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. As their parents, you feel their disappointment acutely and want to alleviate their pain (and your own).

Here are six 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 ski racing dreams.

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 racer 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 and their feelings toward you.

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 by assuaging, placating, or distracting them from their decidedly unpleasant emotions. But, though offering short-term benefit, such efforts undermine their long-term achievement and emotional development.

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

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 you offer a more balanced view of their season.

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
The End of the Race Season, Cont.

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.

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 final 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.

Story sent in by Rob Cravens
Central Oregon 500+
“Eat, Sleep, Ride and Repeat”

4th Annual Central Oregon 500+, June 3rd-7th, 2015

Do you like fun people? Do you like to ride your road bike? Do you like to challenge yourself? Do you like really good food? Do you like beautiful scenery? Do you like to socialize?

If you have answered yes to any of these questions, than you should sign up for the Central Oregon 500+ ride. Ride your bike 100 miles or 100 km a day with a group of really fun people. You will have ride guides for the pace group that you are in, SAG, support and food! We take care of everything. All you do, is just show up and ride! We fill up, so, don’t delay. We have registration forms here at MBSEF or you can download them at www.mbsef.org.
RACER READY!!

RESULTS

USSA Rev Tour Jan 26-30, Seven Springs, PA - Chris Colgan 16th Pipe.

PNSA JNSQ Soldier Hollow Jan 30-31 - Emily Hyde 3, Casey Shannon 5


MBSEF Skate Race Mt. Bachelor Feb 22 - 2k U10 Isabelle Rodhouse 1, U12 Katelyn Costello 1, Oliver Scofield 2. 6k U14 Ann McColgan 1, Liv Downing 2, Will Lange 1, Anton Micek 2. U16 Jack McColgan 1. 13k U16 Gemma Munck 1, Olivia Colton 2. U20 Emily Hyde 1.


Sun Cup Feb 17-22 Mt. Bachelor - SG1 Carina Bracy 1, Elle Truax 9, Addie Beasley 13, Sophia Sahm 15. Grant Hamlin 1, Tanner


Sun Cup Feb 17-22 Mt. Bachelor Overall Winners - Carina Bracy and Grant Hamlin both on the podium for second place! Great effort Carina and Grant!


Freeride Coach Randal Seaton sent in this photo. MBSEF Freeriders Hiking the Summit on a beautiful day at Mt. Bachelor!
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 has also volunteered on weekends for MBSEF, coaching in the Freeride Ski Development program. This will be the fourth year he has offered this service for MBSEF athletes and it has been awesome to have kids and families from MBSEF come in for free x-rays, exams and cleaning!

Supporting MBSEF and our community is something Zack feels strongly about doing and lucky to be able to do it. If it has been a while since your athlete has had their teeth cleaned, please give Zack a call. He is honored to offer free x-rays, exam, and cleanings to all current MBSEF Junior Athletes. Please call his 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
| 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.
<table>
<thead>
<tr>
<th>New Retailers and Discounts are added monthly. Watch for 2014-2015 additional member benefits listed in Ski Tracks Newsletters published throughout the year.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Replenish, an eco friendly organic salon</strong></td>
</tr>
<tr>
<td><strong>Emerald City Smoothie</strong></td>
</tr>
<tr>
<td><strong>FootZone</strong></td>
</tr>
<tr>
<td><strong>Carstickers.com</strong></td>
</tr>
<tr>
<td><strong>Red Lion Inn &amp; Suites</strong></td>
</tr>
<tr>
<td><strong>Fireside Motel &amp; Overleaf Lodge</strong></td>
</tr>
<tr>
<td><strong>Sunnyside Sports</strong></td>
</tr>
<tr>
<td><strong>Pocketweez</strong></td>
</tr>
<tr>
<td><strong>New York City Sub Shop</strong></td>
</tr>
<tr>
<td><strong>Hutch’s Bicycle Store</strong></td>
</tr>
<tr>
<td><strong>Longboard Louie’s</strong></td>
</tr>
<tr>
<td><strong>Summers Place - 738 NW Columbia</strong></td>
</tr>
<tr>
<td><strong>Bickler-West Orthodontics</strong></td>
</tr>
<tr>
<td><strong>WebCyclery/WebSkis</strong></td>
</tr>
<tr>
<td><strong>Seventh Mountain Resort</strong></td>
</tr>
<tr>
<td><strong>Bend Vacation Rentals</strong></td>
</tr>
<tr>
<td><strong>The Leffel Center</strong></td>
</tr>
</tbody>
</table>
MBSEF

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

Winter Office Hours: 8:00 a.m. - 5:00 p.m. Monday - Friday
Summer/Fall Office Hours: 9:00 am - 4:00 pm Monday - Friday

mbsef@mbsef.org
www.mbsef.org

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.

BOARD OF DIRECTORS

Kirk Schueler, Chairman
Howard Friedman, Vice Chairman
Scott Agnew, Treasurer
Kyle Wuepper, Secretary
Andrew Balyeat, Legal Counsel
Jeff Eager, Legal Counsel
Peter Carlson
Lea Hart
Don Horton
Anne Linton
Dave Rathbun
Ray Tien
Cara Walther
Kyle Wieche
John Schiener, Staff
Nilz Eriksson, Staff
Coggin Hill, Staff
Dan Simoneau, Staff
Molly Cogswell-Kelley, Staff
Mike Lafferty, Emeritus
Jeff Roberson, Emeritus
Frank Cammack, Emeritus

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Director</td>
<td>John Schiener</td>
</tr>
<tr>
<td>Events Director</td>
<td>Molly Cogswell-Kelley</td>
</tr>
<tr>
<td>Membership Coordinator</td>
<td>Kathy Kurtz</td>
</tr>
<tr>
<td>Accounting</td>
<td>Kristie Wild</td>
</tr>
<tr>
<td>Alpine Director</td>
<td>Nils Eriksson</td>
</tr>
<tr>
<td>Nordic Director</td>
<td>Dan Simoneau</td>
</tr>
<tr>
<td>Freeride Director</td>
<td>Coggin Hill</td>
</tr>
<tr>
<td>Cycling Coordinator</td>
<td>Chuck Thomas</td>
</tr>
</tbody>
</table>

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