Greetings From The Director

by John Schiemer

During the past several months the MBSEF Board of Directors along with Staff has completed an exercise of reexamining our Mission, Vision and Values. This process began last May at our Board Retreat, when a discussion ensued of how our Mission Statement needed some updating. This past year, PNSA (Pacific Northwest Ski Association) completed a revamping of its Mission Statement and I, along with our MBSEF Board of Directors thought it would be appropriate to update ours as well.

Our existing Mission Statement was established many years ago and is affixed on the wall as you enter our office. It is old enough that it still refers to MBSEF as a “Ski Foundation” which was changed to the term “Sports Foundation” about 10 years ago. We felt that our Mission could be better described on our website. We plan to update our website with our newly created Mission, Vision and Values in the near future.

The exercise of reviewing our Mission Statement included establishing a committee to complete much of the legwork. I am thankful to Scott Agnew, Lea Hart, Anne Linton, Kirk Schueler, and Kyle Wieche for their work on this committee as well as the input from our Staff.

In its simplest form the “Mission” is “What” our organization does. The “Vision” is the “North Star” or that element of performance that is the ultimate goal. For Disneyland it is “The happiest place on earth.” The “Values” are “How” we as an organization conduct our business. Values are intended to help Staff and Athletes make daily decisions considered important to the stewardship of our organization, which ultimately is our Board of Directors. Roughly a dozen Values were discussed, all of which were very good. We felt an acronym could be used to help athletes, parents and coaches better remember them.

UPCOMING EVENTS

Mar 12 .......................... XC Cascade Crest Race
Mar 19-22 ...................... Freeride SB/SKI Spring Camp 10-2  
Mar 19 ............................ Alpine MWC Finals/Banquet
Mar 21-23 ........................ Alpine Spring Break Camp 9-1
Apr 1-3 ........................... Buddy Werner Champs Race
Apr 2 .............................. XC Spring Skate Race
Apr 6-27 .......................... MTB Club Cycling Session I
Apr 8-10 ........................... Alpine PNSA Masters Champ
Apr 13-18 ....................... FIS/USSA WR Spring Series Speed
Apr 22 ............................. MBSEF Annual Awards Banquet
Apr 22-24 ....................... Alpine May Day Race
May 4-Jun 3 ........................ MTB Club Cycling Session II
May 21 ............................. U.S. Bank Pole Pedal Paddle
May 22 ............................. U.S. Bank Kid’s Mini PPP

Upcoming Events

Our revised Vision statement will be as follows: “Our Vision is to positively impact the life of every athlete we serve.”

We will use the acronym “CHASE” to describe our Values, and it stands for the following:

- Commitment
- Honesty
- Accountability
- Sportsmanship
- Excellence

Obviously the word or acronym “CHASE” can resonate with many of our Athletes. During the next several months we will continue to roll out this information so that our athletes, parents, staff and coaches will have a clear message of the ultimate goals of our fantastic organization.
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
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Bend, OR 97702

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Web: mbsef.org

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!
Ashley Lodmell Wins Athletic Scholarship!!

Ashley Lodmell was awarded an athletic scholarship from the Far West Ski Association in the amount of $1,000 to be used to offset training expenses and event entry fees.

Congratulations Ashley! Well done!

Hunter Hess on the podium at the Canadian Open!

Hunter Hess on the podium! At the Aspen Open Hunter took 4th, and at the Canadian Open he took 2nd. Freeride Director Coggin Hill, states “These were the first two stops on the NorAm, so Hunter is sitting in first for this year’s NorAm Cup for half pipe!” The Calgary Stampeders, one of Canada’s professional football team, gave the white cowboy hats to the winners. According to them, the hats get you into any event without standing in a line!

Pine Mountain Sports organized the outing, MBSEF Nordic Director Dan Simoneau provided the coaching staff, and the Mt. Bachelor Nordic Center provided the Nordic ski gear.

Thank you everyone!
Need Help With Your Schoolwork?

As the 2015-2016 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 literally tutored 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

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 Role. Follow this link to PNSA’s website to view the Honor Roll: http://www.pnsa.org/.

Email Paul at pnsa@pnsa.org
Photos of Your Alpine Racers

Mike Juliana Photography travels to PNSA races and photographs your athletes. If you would like to purchase photos, visit www.mikejulianaphotography.com.

Here are links for the U16 Qualifier at Ski Bowl February 13-15: http://www.mikejulianaphotography.com/keyword/2016-U16Qual2-MBSEF/. Photo of Cole Seymour

This link is for the Oregon 4-Way held at Ski Bowl February 5-7: http://www.mikejulianaphotography.com/keyword/2016-Oregon4Way-MBSEF/. Photo of Adis Galvin

ZOOM ZOOM!!!!

Thank you Robberson Ford!!! We love driving our new car!!!!

Jeff Robberson has generously donated a Mazda CX5 to MBSEF for us to drive for the season.

LOST AND FOUND ITEMS

It is that time of year when we have bags and bags of lost and found items. Some items have been left at JRC, some have been left here at the office, etc. If you are missing anything, please come by and check our lost and found pile. Or, stop in at the desk at JRC on the weekends.

2016 PPP Winning Logo Designed by Steven Louie
**USSA Alpine Training System**

The Alpine Training System describes the long-term athlete development of a ski racer from their introduction to the sport through the pinnacle of their racing career. It is built on a fundamental principle:

*Before an athlete can become a truly great ski racer, they must become a great skier.*

That is, the development should first focus on a skier’s athletic skills and their skiing foundation, before focusing extensively on ski racing. These core skills are developed to a large degree outside of traditional race courses.

But there’s more to it than just skiing skills. Kids are in it to have fun and be with friends as well. The Alpine Training System is designed to take all these factors into account and provide a blueprint for successful programming for clubs, coaches and athletes.

System matrix describes the sport participation, conditioning emphasis, technical and tactical emphasis, equipment selection and preparation recommendations, performance psychology emphasis and competition emphasis for ski racers in each of the training phases.

To read the full Alpine Training System Matrix following ages 2 through age 17+, follow this link: http://ussa.org/sites/default/files/documents/athletics/alpine/2011-12/documents/ats_matrix_september_09.pdf

A quick breakdown of the Matrix:

**Age 6-10:**

Ski/train 2-3 days/week, 50 days/year, at least 90% free skiing, 1-4 years in sport, with fun races, and play many other sports. Emphasis should be on play, fun, basic agility, balance and coordination. Incorporate activities that develop explosiveness (0-10 sec) and general endurance. This stage is for adventure, skiing all terrain. Includes free play, guided free skiing and drills. Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing. Introduction to carving, use of upper and lower body separation and pole plant. One pair of skis is sufficient for this group. Boots should fit properly with soft even forward flex for ankle movement to facilitate a balanced athletic stance. This age should begin learning teamwork and sportsmanship. Positive parental support is essential. Families should be involved and volunteer with their clubs. Competitions should be fun and local.

**Age Girls 10-13, Boys 11-14 (Pre Puberty, Before Growth Spurt):**

Ski/train 3-4 days/week, 70 days/year, at least 60% free skiing, 4-8 years in sport. Develop the skills to carve. Instill sound fundamental technical skills. Acquire specific technical and tactical skills including gate blocking, speed elements, course inspection, anticipation of terrain, line and turn shape. Free ski all terrain with competence, with an emphasis on balance and carving. Slalom and GS skis. Develop tuning skills. Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Should have positive self talk, work ethic and perseverance with a focus on the process, not results. Encourage the use of imagery and visualizing good technique. Demonstrate teamwork and sportsmanship. Positive parental support and club involvement. Local racing leads to state and divisional championships which may lead to regional events.

**Age Girls 11-14, Boys 12-15 (Growth Spurt):**

Ski 4-5 days/week, 100 days/year, at least 30-50% free skiing, 5-9 years in sport. Play complementary sports. Tactical stage - learning line and strategy. Actively maintain technical skills through the growth spurt. Emphasize use of tactics to achieve carved turns on the most appropriate line for the athlete. Develop speed and efficiency by refining carving and steering movements to achieve the desired turn radius in courses. Use a variety of course sets, conditions and terrain to teach the skier to adapt to different situations.

*Continued Page 7*
USSA Alpine Training System, Continued

Slalom, GS and Super G skis. Refine tuning skills. Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results. Continue to use imagery and visualize good technique. Teamwork and sportsmanship. Positive parental support and club involvement. Local racing leads to state and divisional championships which may lead to regional events and Junior Olympics.

Age Girls 12-16, Boys 14-17 (After Growth Spurt):
Ski/train 4-5 days/week, 120-140 days/year, at least 15% free skiing, 6-11 years in sport.
Technical and tactical refinement stage - event specific technical and tactical skills. Refine technique and tactics after growth spurt. Integrate the increased strength, power and body size to achieve a more optimal line. Refine event specific technical and tactical skills (jumps, terrain, traverse, long turns, etc.). Advanced tactics for difficult situations (a-rhythmic course sets, difficult conditions and terrain. SL, GS and Super G skis. Tuning continues to improve. Waxing and grinding necessary for speed skiers. Boots have proper fit, flex, and performance. Develop and refine race day plan. Develop mental rehearsal routines, refine goal setting, focus, develop “athletic plan” to approach training sessions and life. Parents continue to support the commitment of the athlete in the sport. Local, national, and international races.

Age Female 16+, Male 17+ (Biological Age):
Ski/train 4-5 days/week, 130-150 days/year, at least 10% free skiing, 10+ years in sport. Mastery or innovation stage - Event specific technical and tactical mastery of skills based on the individual’s style. Optimizes line for ability level and conditions in race situations. Apply equipment innovations. Equipment testing including skis, boots, plates, bindings and poles is recommended to maximize performance. Race and training skis for all disciplines. Professional support or consultation is recommended for preparation. Boots - Discipline specific boots may be necessary to maximize performance. Refine performance psychology skills; imagery, goal achievement, performance planning, attention and focus, self regulatory talk and confidence. Identify optimal performance state. Dealing with competition, risk, failure and fear. Parents continue to support the commitment of the athlete in the sport. Regional FIS Series and USSA races.

Article From USSA Website
MBSEF Sports Injury Clinic

Rebound Physical Therapy, official medical provider for USSA, is offering complimentary sports injury screens to MBSEF athletes and coaching staff. Screens will include an injury assessment, instruction for self care and treatment direction, return to snow guidance, and referral to an appropriate medical provider for follow-up as needed. Rebound can usually accommodate sports injury screens on a walk-in basis. However, you may also call and schedule at one of Rebound’s 8 clinic locations in central Oregon.

BEND-WEST  BEND-EAST  BEND-SOUTH  REDMOND-RAC  REDMOND  LA PINE  SUNRIVER  PRINEVILLE
(541) 585-1022  (541) 382-7876  (541) 322-9045  (541)504-2350  (541) 504-2350  (541) 536-7443  (541) 585-3148  (541) 416-7476

Official Physical Therapy Provider

Sunnyside Sports

emerald city smoothie
nourish your body
**Slostyle 3, Mt. Hood Meadows, Feb 14** - Ellie Duchow 1, Aida Brown 2, Gavin Christian 2, Chance LeSage 4, Jaden Freitas 6, Emma Brown 1, Jared Elston 1, Tucker Fitzsimons 1, Fletcher Johnson 2, Jake Flatt 3, Ethan Carlson 4, Kellen Larson 5, Zavier Paz 6, Kainoa Pyle 1, Maddie Riley 1, Kirby Wachs 3, Morgan Tien 4, Jackson West 6, Tristan Hatch 7, Max Mansour 8, Annika Paz 4, Hannah Johnson 6, Cody Collins 1, Jack Guthrie 4, Micah Brown 5.


**NWC No Bull, Crystal Mtn, Feb 6-7** - GS Casey Molt 7, Zoe Simpson 6, Sophia Sahm 11, Casey Molt 12, Minam Cravens 4.

**Collegiate Laramie Loppet, Laramie, WY Feb 14** - Sierra Foster (OSU)5, Helen Cutting(OSU) 10, Rylie Nikolaus (OSU) 19, Imran Wolfenden (OSU) 10, Alex Chadney (OSU) 19.


**Tour de Lowers, Mt. Bachelor, Feb 21** - U12 4k Simone Monaco 1, Henry Micek 1, Adrian Gonzalez 2. U14 4k Katelyn Costello 1, Anton Micek 1. U16 4k Ethan Barker 1. U20 17k Alex Chadney (OSU) 1, Rylie Nikolaus 1. Sr/Master 17k Helen Cutting (OSU) 1.

Sun Cup Podium Photos by Rob Cravens
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 fifth 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 athlete has 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
541-389-4407

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New Retailers and Discounts are added monthly. Watch for 2015-2016 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

<table>
<thead>
<tr>
<th>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.</th>
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<tbody>
<tr>
<td><strong>Replenish, an eco friendly organic salon</strong></td>
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<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 8/31/2016</td>
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<tr>
<td><strong>New York City Sub Shop</strong></td>
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<tr>
<td>Two locations, 1075 NW Newport Avenue, and 740 3rd Street, next to Ace Hardware. MBSEF members show your card, 1/2 sandwich, chips, cooke, small drink $7.99. Expires 8/31/2016</td>
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<tr>
<td><strong>Skyline Dental, LLC</strong></td>
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<tr>
<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>
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<tr>
<td><strong>Emerald City Smoothie</strong></td>
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<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/16</td>
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<td><strong>Hutch’s Bicycle Store</strong></td>
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<tr>
<td>10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/16</td>
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<td><strong>This Could Be Your Business!!!</strong></td>
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<tr>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
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<tr>
<td><strong>FootZone</strong></td>
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<td>10% discount, excludes sales merchandise. Expires 08/31/16</td>
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<tr>
<td><strong>Longboard Louie’s</strong></td>
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<tr>
<td>10% off any order. Expires 08/31/16</td>
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<td><strong>Peak Performance Physical Therapy</strong></td>
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<tr>
<td>All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/16</td>
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<tr>
<td><strong>Carstickers.com</strong></td>
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<tr>
<td>10% discount off any regularly priced merchandise. Expires 8/31/2016</td>
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<tr>
<td><strong>Summers Place - 738 NW Columbia</strong></td>
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<td>20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/16</td>
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<tr>
<td><strong>Race Place</strong></td>
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<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
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<tr>
<td><strong>Fireside Motel &amp; Overleaf Lodge</strong></td>
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<tr>
<td>Fireside Motel &amp; Overleaf Lodge 15% off lodging to MBSEF members, excludes holidays, school vacations, and use during special events. Expires June 30, 2016</td>
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<tr>
<td><strong>Bickler Orthodontics</strong></td>
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<tr>
<td>Bring in your current MBSEF Membership Card and receive a $500 discount off orthodontic treatment. Expires 8/30/16</td>
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<tr>
<td><strong>WebCyclery/WebSkis</strong></td>
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<tr>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/16</td>
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<tr>
<td><strong>This Could Be Your Business</strong></td>
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<tr>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
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<tr>
<td><strong>Seventh Mountain Resort</strong></td>
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<td>10% off any recreational activities - ice skating, white water rafting trips, and kayak tours.</td>
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<tr>
<td><strong>Sunnyside Sports</strong></td>
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<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.</td>
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<tr>
<td><strong>Bend Vacation Rentals</strong></td>
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<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, Welgi 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>
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<tr>
<td><strong>Pocketweez</strong></td>
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<td>Purchase the revolutionary Pocketweez, right here at MBSEF, and 45% of the purchase goes right into our scholarship fund.</td>
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<tr>
<td><strong>The Leffel Center for Plastic Surgery</strong></td>
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<tr>
<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 8/31/16</td>
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</table>
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
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

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