Greetings From The Director

by John Schiemer

As we head into “March Madness” a number of our athletes have qualified for upcoming Championship events. We have one Alpine athlete that is competing at the U.S. Nationals in Maine. We have a couple of U21-U19 athletes that will be competing in Canada. We had 3 Alpine U16 athletes qualify for season ending championships at Big Mountain Resort in Montana. Finally, we have one U14 athlete competing in the U14 Western Region Championships at Alpine Meadows in the Tahoe area.

The Buddy Werner championships for U14 athletes will be held at Mission Ridge and I hope we have a number of athletes attending that event as well. On March 18-19, Mt. Bachelor will be hosting the Oregon U12 Zone Championships and we hope that many of our U12 racers will participate in this home event.

On the Nordic side we qualified 8 athletes for the Junior National Championships at Lake Placid. We are also taking a group of U14 athletes up to Snoqualmie Pass for their PNSA Division Championships. Although the invitations have not yet been issued for Freeride Nationals, we will likely take a large group to the USASA nationals in Colorado in early April. Finally, a number of OSU Cascades athletes will be participating in the US Collegiate Ski Association Nationals which are being held at Mt. Bachelor, March 7-11. There will be some great racing and competitions at this event all week.

The reason I mention these “Championships” is that MBSEF is a competition organization. We focus on the positive aspects of competition and the life lessons that can be learned by our athletes. These 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 disappointments can all be capitalized upon as teachable moments. Finally, great lessons can be learned about getting along with other athletes.

In closing, parents it is important to always remember to keep sport healthy and positive for your children. As we approach the end of the season, we hope that your child’s experience has been a positive one, and we look forward to seeing them in a competition soon.

UPCOMING EVENTS

Mar 3-4 ..................... OSSA Alpine High Schools Finals Race
Mar 6-11 ..................... Nordic College Nationals Race
Mar 11 .......................... Nordic Cascade Crest Race
Mar 25-28 ..................... Freeride SB/SKI Spring Break Camp
March 25 ........................ Alpine MWC Finals/Banquet
Mar 27-29 ..................... Alpine Spring Break Camp
Apr 5-26 ..................... After School Mountain Bike Session I
Apr 6-9 ........................ Alpine PNSA Masters Championships
Apr 8-9 ..................... Nordic Biathlon Competition
Apr 21 .......................... MBSEF Annual Awards Banquet
Apr 21-23 ........................ Alpine May Day Race
May 3-Jun 2 ........................ After School Mountain Bike Session II
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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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! They make awesome stocking stuffers!!
Catching Up With MBSEF Alumni Laurenne Ross

I had some fun today -- skiing more aggressively, coming through the finish in the lead (it’s been a while), and ending up 5th in the World Championships DH here in St. Moritz 2017.

Thank-you for all the love!!! Today was a step in the right direction, and I’m already anticipating the next World Cup races...

Also, I’m really proud of Lindsey Vonn for snagging her 7th World Champs medal and for being the oldest woman to medal at World Champs EVER (which is crazy cause she’s actually not that old...)! Anyway, congrats girl!!
Need Help With Your Schoolwork?

As the 2016-2017 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. Contact Nancy at 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.

Also available to help is Samara Learning Center at 1735 SW Chandler, 541-419-3324, info@samaralearningcenter.org. Visit Samara Learning Center online at www.samaralearningcenter.org to see the many different ways they can help.

"Kids Against Stealing" Fundraiser

story submitted by Heather Derosier

Sebastian Bowler (SeaBass), MBSEF Freeride Competition athlete, travelled to Mt. Hood and competed in two competitions February 11 (taking 1st place in both, by the way). There were lots of MBSEF kids up there in fact. Ellie DeRosier and Dominic Bowler were with him too. They skied all day and then stayed to do the night skiing too. At 8:45pm they were getting ready to leave and make the drive back to Bend. SeaBass (Sebastian) went into the bathroom before getting in the car. His skis were outside for 5 minutes. When he came out, they were GONE. Stolen. :-(

The skis were BRAND NEW and he’d just had his new bindings put on the DAY BEFORE. He was, as you can imagine, gutted.

Teammate Ellie was there and saw how upset he was. She was telling Marley Leavitt the following day and they decided to try and do something to make it better for SeaBass. They decided to do a fundraiser to buy him a replacement. Buy him new new skis and bindings!!

It’s 100% them, their ideas, their creations, their marketing plan! They are doing the "Kids Against Stealing" fundraiser. They have made cookies, dog treats, and stress balls. All from scratch. 100% proceeds go to the Bas ski fund.

They launched at MBSEF dry land training! They have sold to parents, kids, classmates. They have made posters and business cards to drum up business!!! Their goal is $369 (the cost of new skis and bindings for Bas).

In the first 4 days they raised $130, and the grand total is now up to $219.05. Who wants to make an order?!

Cookies (chocolate chip) $4 a bag
Dog Treats (all natural) $5 a bag
Stress Balls $3 each.

SO AWESOME to see this team spirit!!! Donations can also be called in to 541-388-0002, and we will get the funds from you to Marley and Ellie for Bas. These girls ROCK!
Meet our new Cycling Coordinator, Jordan Church

Hey everybody, my name is Jordan Church and I am the new Cycling Coordinator for MBSEF. Originally from New York, I lived in Boston for five years and moved to Bend last summer. I came out here looking for big mountains and miles and miles of trails and it didn't take long to know I made the right decision.

I am really excited to be working for MBSEF and spreading the love of mountain biking. As a kid my favorite thing to do was ride my bike, and the older I got the more I gravitated towards it. Bicycles are the biggest motivating factor in my life; from majoring in Environmental Science and Biology, to moving to Bend, my goal has always been to increase access to trails and spread the joy I feel on two wheels. As the cycling director I am looking forward to helping influence the future stewards of our sport and having a ton of fun doing so.

Happy riding!
Ten Laws of Prime Training For Ski Racing

by Dr. Jim Taylor

It’s that time of year again when you have been on snow putting a lot of time into your gate training to fine tune your technique, tactics, and speed for the race season. How you use your training time determines how fast you ski and whether you will achieve your ski racing goals this winter.

Training is hugely important because whatever you do in training is what you will do in a race. Another way to look at it is to think of training as the time when you instill physical, technical, tactical, and mental skills and habits that you will use in a race. Here’s the catch. Depending on the quality of your training, you will either instill good or bad skills and habits. If you practice good skills and habits, they will come out in a race and they will help you ski fast. But, if you practice bad ones, those will come out in a race and they will cause you to ski poorly.

Just so we’re on the same page about what I mean as I discuss training and racing, here are two definitions you should know:

Prime Ski Racing: “Ski racing consistently fast under the most challenging conditions.”

Prime Training: “Maintaining consistently high training quality resulting in optimal preparation for competitive success.”

To help you understand the real value of training, let me introduce you to my 11 Laws of Prime Training:

First Law: Prime ski racing is not achieved on the day you race, but rather in the days, weeks, and months before the race. Many racers believe that if they’re ready to go on the day of the race, then they are prepared to ski their best. But I have found that success is determined more by what you do in the time leading up to the race. If you’ve put in the time and effort to develop your physical, technical, tactical, and mental skills and habits, you will have the capabilities and the belief to ski your fastest on the day of the race.

Second Law: Athletes should train like they race. Whenever I give a seminar to racers or coaches, I ask this question: Should you train like you race or should you race like you train? Most say, you should race like you train. Their response is understandable in some ways because if you could race in the positive, relaxed, and focused way that you train, then you would certainly ski well. But I believe that competing like you train is impossible for one simple reason: races matters. Training is easy because it doesn’t matter that much if you make mistakes. But if you ski poorly in races, you definitely do care.

The problem is that many racers train at 60-70% focus and intensity, then expect to be able to jump to 100% in a race and ski their best. Unfortunately, this leap is too great for most racers and they ski poorly. Training like you race means putting as close to the same level of motivation, focus, and intensity into training as you do in a race. It’s probably unrealistic to think that you can train exactly like you race, but if you can get close to it, say 90%, then the last 10% that comes in a race will be an easy step up. Only by training like you race can you race like you train.

Third Law: Preparation is the foundation of all physical, technical, tactical, and mental skills. There is no magic to acquiring skills. There are no special techniques that enable you to learn faster or better. Developing skills of any sort requires three steps: (1) Awareness of what you’re doing incorrectly and what is the proper execution; (2) Control to engage in the skills correctly; and (3) Repetition to engrain the new skills. Only with this preparation will you be able to use those skills effectively and with confidence in races.

Fourth Law: Take responsibility for everything that impacts your ski racing performance. The only way that total preparation can be achieved is if you know every area that influences your ski racing performance. These areas include all of the components of physical, technical, tactical, and mental preparation. If you address every one of these areas consistently in your training, you can be sure that when you get to the race, you will be totally prepared to ski your fastest.

Continued Page 7
**Fifth Law:** Ski racing preparation is about the Grind. To be your best, you have to put a lot of time and effort into your training. I call this the Grind, which involves having to put hours upon hours of time into training, well beyond the point that it is fun and exciting. If you let these immediate negative aspects of your training override your long-term goals of working hard and putting in the time, your motivation is going to suffer and you’re not going to ski your best in the big races. You must accept the grind because, though it is periodically tiring, painful, and boring, failing to achieve your goals is much worse.

**Sixth Law:** Patience and persistence are essential to achieving prime ski racing. Good skills and habits take time to develop and you will experience plateaus and down periods along the path toward your goals. You may become frustrated, impatient, and want to quit. If you let frustration and impatience overwhelm you, you will never achieve prime ski racing. If you understand that progress takes time and that there is no way to hurry progress, you will have the patience to experience prime ski racing. Drawing on that patience, if you persist long enough in the face of setbacks and obstacles, the improvement will come and you will make prime ski racing the rule rather than the exception in your skiing.

**Seventh Law:** Prime preparation requires clear purpose, prime focus, and prime intensity. You must have a clear purpose that tells you what you’re doing in training every day. You must consistently maintain focus on your purpose during training. Your body must be physically capable of performing the purpose by being rested, healthy, and at your ideal level of intensity.

**Eighth Law:** Consistent training leads to consistent race performance. Consistency is essential for prime ski racing and is one of the most important qualities that put the best racers above the rest. Consistency in ski racing comes from consistency in training. Consistency relates to every aspect of your training and life. In addition to the obvious areas such as conditioning, technique, and tactics, it also pertains to attitude, effort, focus, intensity, emotions, sleep, and diet. Any area that influences your performance must be consistent before you can be consistent in your racing.

**Ninth Law:** Failure is essential for ski racing success. I know that sounds contradictory, but you cannot succeed without failing. Failure shows you what is not working. It means that you are moving out of your comfort zone. Failure means you are taking risks and pushing your limits. Failure teaches you how to deal positively with adversity. Only from failure can you find true success.

**Tenth Law:** Prime ski racing comes from “one more thing, one more time.” You can assume that most of your competitors are working hard to become the best racers they can be. If you want to defeat them, you must ask yourself, “What can I do to get the edge over them?” Here is a simple rule I learned from Bernhard Russi, the 1972 Olympic downhill champion: “One more thing, one more time.” Anytime that he thought he was done with his training, he would think about what his biggest competitors were doing, and then take one more run, do one more set of weights, or do one more lap on the track. By doing one more thing, one more time, you are doing that little bit extra that will separate you on the day of the race. Note: This law needs to be balanced with the realization that doing too much can lead to burnout.

**BONUS: Eleventh Law:** Prime preparation is devoted to readying yourself to ski your fastest in Prime Time. I define Prime Time as racing against the toughest competition, on the most difficult hill, under the most demanding conditions, in the most important race of your life. I’m not interested in your performing well in unimportant races, under ideal conditions, against a field that you know you can defeat; anyone can do that. Your ultimate goal is for you ski your fastest when it really counts.

By following these 11 laws, you set yourself up to ski your fastest in your equivalent of the Olympics or World Championships.

Article sent in by Rob Cravens, from Ski Racing Magazine
Ski Racing is Fun!

If we were to describe a simple philosophy for our youth programs, that philosophy might be:

*Having Fun*
- Learning to Ski
- Learning to Race

**Having Fun:** Very few kids continue to enthusiastically participate in any activity if they are not having fun. Fun means engaging in an exciting activity, like skiing, with friends and family. Fun also means being appropriately challenged and improving, interacting with your team, being treated with respect, and going fast while feeling safe. Having fun is at the top of the list.

**Learning to Ski:** Most parents and coaches understand the importance of becoming a very good skier. Competing at a high level demands excellent skiing skills. Regardless of a young athlete’s final result, parents hope their child will continue to enjoy the sport as a very good, competent skier. Coaches should challenge their athletes using varied terrain and conditions, using the tools available from SkillsQuest, and promoting purposeful skills practice while still having fun.

**Learning to Race:** Kids love to run courses, they love to train and race, and they want to measure themselves. Young skiers know when they perform well or not, and they want to know they are getting better. Learning to race is more than learning racecourse tactics and strategy. It’s learning to recognize improvement and to celebrate results, and it’s learning to rebound from disappointment. Every young skier who is improving is winning. Keeping the sport fun, exciting and rewarding will bring our young skiers back, year after year.

Good luck to all from The Western Region staff. We hope everyone is having a good year, on and off the snow.
Stevenson Youth Program Director and Head Coach, Karen Kenlan, sent in these photos. SYP kids and paintball are a fun mix!
Mt. Bachelor announced that it will donate an additional $112,900 in cash to Central Oregon non-profit organizations this year, raising its ongoing charitable contribution total above the $1,000,000 mark for the first time.

Central to Mt. Bachelor’s donation programs are its Charity Ski Weeks. Skiers and snowboarders purchase discounted lift tickets and, in turn, Mt. Bachelor donates all of the sales proceeds to the participating non-profit organizations.

Local organizations benefitting from the 2017 Charity Ski Week program include:

- Central Oregon Film Office – for youth education program funding
- Children’s Forest of Central Oregon – to fund an outdoor recreation program for underserved youth
- Make-A-Wish Oregon – to grant one child’s wish
- Mt. Bachelor Sports Education Foundation – for the purchase of a van
- Oregon Adaptive Sports – for a new sit-ski
- The Environmental Center – to fund new local sustainability initiatives
- United Way of Deschutes County – for a Slate sponsorship

“Although we’re very proud of our charitable contributions to date, a million dollars is just the beginning,” said John McLeod, Mt. Bachelor’s president and general manager. “Mt. Bachelor and its owner, POWDR, are grateful to the local charities for their efforts to make Bend and Central Oregon a better place to live and work. We look forward to our continuing our cash support for local non-profits in the years to come.”

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 sixth 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
541-389-4807
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 2015-2016 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

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<th>New York City Sub Shop</th>
<th>Skyline Dental, LLC</th>
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<td>New clients first appointment, 1/2 price on all hair services! (Excludes product and merchandise. Call Candace Bell 707.223.2496, 325 NW Vermont Pl. #103 Expires 8/31/2017)</td>
<td>740 3rd Street, next to Ace Hardware. MBSEF members show your card, 1/2 sandwich, chips, cookie, small drink $7.99. Expires 8/31/2017</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>
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<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/17</td>
<td>10% off regular priced bicycle parts, clothing and accessories. Expires 08/31/17</td>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
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<td>10% discount, excludes sales merchandise. Expires 08/31/17</td>
<td>10% off any order. Expires 08/31/17</td>
<td>All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/17</td>
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<td>10% discount off any regularly priced merchandise. Expires 8/31/2017</td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060, expires 08/31/17</td>
<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
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<th>WebCyclery/WebSkis</th>
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<td>$10 off your massage. One per customer. Brandi Jacobson LMT 541-420-8051 2100 NE Neff Road Suite B</td>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/17</td>
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<td>Fireside Motel &amp; Overleaf Lodge 15% off lodging to MBSEF members, excludes holidays, school vacations, and use during special events. Expires June 30, 2017</td>
<td>Contact Kathy at <a href="mailto:mbsef@mbsef.org">mbsef@mbsef.org</a> to advertise your business here!</td>
<td>10% off any recreational activities - ice skating, white water rafting trips, and kayak tours.</td>
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<th>Sunnyside Sports</th>
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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>
<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, Widgee 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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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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