Greetings From The Director

by John Schiemer

As you may have heard our A Place to Soar campaign is 50% of the way towards its fundraising goal of $4M. It has been very humbling thus far to see the support that we have gained in a little over a year since we started the “quiet phase” of the campaign. MBSEF has touched a lot of lives over the years and has made a huge impact on a lot of families throughout our long history. I would like to sincerely thank those people that have gotten us this far, this success could not have happened without the generosity of our many supporters. Thank You!

In late January, we closed on the property and it is now owned by MBSEF. We will be going through the land use application process very soon. In late February, we held our third “community” meeting and we received a lot of good feedback and participation from these meetings. Each of these meetings was well represented across all our disciplines and I would like to thank you to all of you who were able to attend!

Our next milestone is getting $3M in commitments which will allow us to begin construction. We are targeting construction to begin this Fall provided we can achieve this goal. In addition to continuing our capital campaign we have been meeting with our architect and contractor so that once we have $3M in commitments we can begin construction immediately.

Moving forward, our campaign will start to have a larger and more straightforward presence on the MBSEF website with additional information and renderings of the proposed facility. MBSEF is building on a 90-year legacy from the original Skyliners, founded in 1927 as Bend’s first ski club. Stay tuned as we make some changes to our website over the next few months to show this information about our campaign and new facility.
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
Pocketweez
Purchase the revolutionary Pocketweez right here at MBSEF, and 45% of the purchase goes right into the MBSEF scholarship fund. The Pocketweez will be the last tweezer you will ever have to buy. Don’t get stuck without it! They make awesome stocking stuffers!!

Dr. Zack Porter and Skyline Dental is again offering our currently enrolled MBSEF junior athletes free exam, x-rays, and cleaning. Zack has also volunteered in the past as a Freeride Ski Development Coach but is fully dedicated to his family and career at this point in time. This will be the eighth year he has offered this service for MBSEF athletes.

“Supporting MBSEF and our community is something I love doing and feel lucky to be able to do it! It is awesome to have kids and families that share my love of skiing and the mountains in my practice!”

If it has been a while since your athletes have had their teeth cleaned, please give us a call and mention the MBSEF program!

Have a great season!

Zack Porter, DDS
Skyline Dental
2137 NE 4th Street, Bend, OR 97701
541-389-4807

2019 Pole Pedal Paddle Logo Contest Winner - Tanner Bjorlie from Fargo, ND

Coach Rob Cravens has once again secured MBSEF families and athletes 50% off Xevooptics top quality goggles. Order online at xevooptics.com and type “MBSEF” in the discount coupon code box. Thanks Rob!
MBSEF Alumni Party!
Friday, April 5th, 6:00 P.M. - 9:00 P.M.
Deschutes Brewery Mountain Room
901 SW Simpson Ave, Bend, OR 97702
RSVP to molly@mbsef.org by March 30th

Space Is Limited

If you raced with MBSEF back in the day, you are invited to come to this get-together to reconnect with your old ski racing friends. It is going to be super fun!

UPCOMING EVENTS

Mar 6-8 ...................... OISRA Alpine High School Finals Race
Mar 16 ........................... Alpine MWC Finals Race/Banquet
Mar 23-26 ..................... Freeride SB/Ski Spring Break Camp 10-2
Mar 25-27 ..................... Alpine Spring Break Camp 9-1
Apr 3-26 ....................... MTB Club Cycling Session I
Apr 4-7 ......................... Alpine Masters Championship Race
Apr 5 .............................. MBSEF Alumni Party
Apr 26 ........................... MBSEF Annual Awards Banquet
Apr 26-28 ..................... Alpine May Day Race
May 1-31 ...................... MTB Club Cycling Session II
May 4 .............................. Pre-PPP Nordic Race
May 18 .......................... Selco Pole Pedal Paddle
May 19 .......................... Selco Kid’s Mini Pole Pedal Paddle
May 24-27 ..................... Nordic Memorial Day Camp
MBSEF TRAVELING ATHLETES AND ACADEMIC ACHIEVEMENT

by Kathy Kurtz

All of us here at MBSEF are extremely proud of and impressed with all of our traveling athletes who manage to keep their grades in the 3.0 - 4.0+ range, while spending many days traveling and competing at events and races, and missing classroom time at school.

This is a quick recap of just one month, February 2019, and the MBSEF travel schedule:

Feb 1-3 Freeride Big Mtn. event at Stevens Pass, WA
Feb 1-3 Nordic PNSA Junior National Qualifier #3 Methow, WA
Feb 3 Freeride Mt. Hood Slopestyle #2 Timberline, OR
Feb 5-15 Freeride Rev Tour Copper Mtn, CO
Feb 7-10 Alpine NWC #2 Mt. Spokane, WA
Feb 8-9 Nordic IMJQ Bogus Basin, ID
Feb 8-9 Nordic Middle School Mt. Shasta, CA
Feb 14-17 Nordic PNSA JNQ #4 Mt. Spokane, WA
Feb 18 Freeride Mt. Hood Series USASA Timberline, OR
Feb 19-24 Alpine Sun Cup Speed Mt. Bachelor, OR (no travel, but missed school)
Feb 19-24 Freeride IFS Big Mtn. Crystal Mtn., WA
Feb 22-24 Alpine U14 Qualifier #2 Schweitzer, ID
Feb 23-26 Alpine Western Region FIS Elite Tech Park City/Snowbird, UT
Feb 24-Mar 3 Freeride USSA Rev Tour Seven Springs, PA

Whew. That’s a lot of missed school. The February trips above were attended by over 150 MBSEF traveling athletes. We recognize the extreme dedication by all of you, and the hard work you put in to keep your grades up.

Last April at the annual MBSEF awards banquet, we recognized over 45 athletes with the President’s Award of Academic Achievement. Athletes who qualify for the President’s Award must be enrolled in the alpine or Nordic full time or winter term programs, or freeride ski/snowboard competition, big mountain traveling, or full term programs. We ask these athletes to submit your latest transcript to kkurtz@mbsef.org for consideration at this year’s awards banquet on April 26. The deadline for submitting your transcript is April 10. Also submit your transcript to pnsa@pnsa.org, for them to post on their honor roll listing.

Good job everyone!

Tutoring Available

As the 2018-2019 season is well underway, don’t let your grades suffer while you are 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! Also available for tutoring help is Brian Kent, who tutors math/sciences for Middle School and High School students. Brian’s phone number is 541-350-5549. Tutoring is also available to Grades 7-12 for MBSEF athletes from the Think Tank of Bend by Jan Webb. Contact Jan Webb, Mathematics, 541-693-4749, thinktankofbend@gmail.com.

PNSA Academic Policy

PNSA promotes academic as well as athletic excellence. All PNSA athletes are expected to maintain throughout the year a minimum of a 2.0 G.P.A. on a 4.0 system, with no F’s. Weighted and non-weighted G.P.A.s are accepted. Academic scholarships are available to qualifying student athletes. PNSA athletes who wish to be included on the PNSA Honor Roll must be current U.S. Ski and Snowboard members and are encouraged to submit any qualifying transcripts (quarter, semester or year-end) by mail, email or fax to the PNSA Office. To qualify, an athlete must have a grade point average of 3.0 or better - weighted or non-weighted. Submit qualifying transcripts to pnsa@pnsa.org.

4.0 MBSEF athletes who have submitted their qualifying 2019 GPA report to PNSA are Zachary Jayne, Katie Costello, Timmy Parsons, Leo Parsons, Aidan Jacobus, and J.B. Nye. 3.0-3.99 MBSEF athletes who have submitted their qualifying 2019 transcripts to PNSA are Maximus Nye.
What Ski Racers Can Learn from George Costanza

By Dr. Jim Taylor

For you to become the best ski racer you can be, you have to be darned serious about your ski racing. You must be motivated, intense, focused, and give your best effort every time you click into your skis. You have to put in the time in the gym, watch a lot of video, keep your skis tuned, eat well, get plenty of rest, and keep up with your schoolwork.

The problem is that this dedicated approach will only get you so far toward being the best ski racer you can be. Let me explain. The above describes pretty much every World Cup skier and top junior I work with. They have experienced considerable success because of how thoroughly they have committed themselves our sport. Yet, for many that I work with, they get to a point in their skiing in which they feel stuck. They aren’t sliding backwards in any way, but they can’t seem to take the next step in their development. So, they come to me looking for ways to break free of their current inertia and continue their upward trajectory.

For some racers, all they need is a better understanding of what their ideal mental state is on race day. Their mental “muscles,” such as intensity, focus, and mindset, just need to be strengthened to ensure that they are strong and ready to be flexed when they slide into the gate.

For other racers, they just need some fine tuning to their minds with the use of mental tools such as self-talk, imagery, routines, and breathing. In both cases, I help them to figure out what works best for them mentally and how to do what works best for them every race.

AtomicBut for still other racers, “doing” more won’t help them get where they want to go. When these racers come to me, I don’t do the usual mental training stuff that, assuming you read my articles, you are all quite familiar with. To get these racers unstuck, I take a very different approach that usually goes against everything that these incredibly dedicated athletes believe. I call it the “Costanza Effect.”

If you were a Seinfeld fan from back in the day, you are familiar with George Costanza, the show’s hapless, irritating, yet endearing, loser who couldn’t get the job, the girl, or anything that he wanted. Until, in one episode, he decided to do the exact opposite of every urge that drove him down the road toward failure and loneliness. And guess what? By being the “anti-George,” he not only got his dream job with the New York Yankees, but also found a woman who loved him.

Now, you’re probably wondering what the heck George Costanza has to do with ski racing. Well, unlike George, many committed ski racers have found substantial success. But, like George, what they’ve been doing has not allowed them to get where they want to go. The fact is that the extreme devotion they have to ski racing has begun to act like a 50-pound weight vest that they don in the starting gate; it weighs them down with:

• Overthinking
• Trying to ski with their heads rather than their bodies
• Outcome focus
• Comparison with others
• Expectations
• Pressure
• Worry
• Concern for past and future results
• Doubt
• Fear
• Anxiety
• Skiing cautiously and tentatively
• Racing not to lose.
• No longer finding love, fun, and joy in ski racing

Clearly not a list that will bring success or happiness to any racer. But a list, nonetheless, that is difficult to replace in racers who are so determined to be their best.

Continued Page 7
What Ski Racers Can Learn from George Costanza, Continued

Then, one day, I was talking to one of the World Cup racers I work with and he said something that I thought was truly revelatory, “I wish I could go back to skiing like I did when I was 10 years old,” and that also fit nicely with the Costanzian Way of Living Inversely.

Consider how vastly different “skiing like a kid” is to the list above:

• Confident
• Happy
• Relaxed
• In the moment
• Immersed in the process
• Feeling it
• Clear mind
• Nothing to lose
• Bring it on
• Skiing crazy fast
• All about love, fun, and joy in ski racing

Once you do everything your dedicated self tells you to do to get ready to ski your fastest, go back to when you were a kid, when nothing mattered except bombing around the mountain as fast as you could with your buddies.

Go back to when there was no doubt, worry, stress, or pressure.

Ski like a kid!

Now that is a feel-good, ski-fast list if ever I saw one.

I’m not saying that, if you are getting too serious about your ski racing, to abandon everything that got you to that point. I’m not suggesting that you stay out late, eat junk food, ignore your skis, stop working out, or skip on-snow training. That practical level of dedication is necessary for ski racing success. But, it is also not sufficient for ski racing success. To get you to the next level, you must do something else, something different, something that is absolutely counterintuitive to being a committed ski racer. In other words, be George Costanza. Do the opposite of what every cell in your mind and body is telling you to do. Ski like a kid!

Once you do everything your dedicated self tells you to do to get ready to ski your fastest, go back to when you were a kid, when nothing mattered except bombing around the mountain as fast as you could with your buddies. When there was no doubt, worry, stress, or pressure. When you lived by one simple creed: Go big or go home!

So, when you’re in the starting gate of your next race, do the opposite of what you might normally do. Close your eyes and reconnect with that younger you. Think what you thought when you were a kid. Feel what you felt before ski racing started to “matter”—happy, free, light. Then, open your eyes, take a few deep breaths, smile, and just, well, ski like a kid!

And make George (and yourself) proud.

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

Article Submitted By
Coach Rob Cravens
Freeride Fun for Big Mountain Team this February

by Coggin Hill, Freeride Director

Our Big Mountain team has been busy the past month traveling all over Washington. Stevens Pass was the first stop at the beginning of February for their first IFSA Regional event of the year. The event was held on Cowboy Ridge off of the Seventh Heaven chair where athletes hiked 15 minutes to the top of the ridge. Conditions were less than ideal but MBSEF athletes were still able to put down some solid runs. On the ski side Sydney Henley got 2nd in the Women’s 12-14 category and Eli Prochaska was 3rd in the Men’s 12-14 division. For the snowboarders Gavin Christian was 1st in the Male 12-14 and Gunnar Songstad was 3rd in the Male 15-18 division.

Next stop was Crystal Mountain for the IFSA National event with a field of over 130 athletes ranging all the way from Alyeska down to Squaw Valley/Alpine Meadows and as far east as Crested Butte. Being a National event the riding was a step up from the Stevens Pass Regional. The conditions were epic at Crystal as they had received 3-4 feet the week before and another foot overnight when we arrived. Qualifiers went down on Thursday in the Northway Bowl and 4 out of 5 athletes made it to finals. Finals on Saturday changed venues to the Bear Pits zone where the sun broke out and set the scene for an awesome day. With strong riding Sydney Henley landed herself in 5th place in the Women’s ski 12-14 and Gavin Christian came in 2nd in the Men’s snowboard 12-14. After everyone’s runs we took the athletes into the side country to explore new terrain and ride the awesome steeps that Crystal has to offer.

Next stop is back to Crystal Mountain for their IFSA Regional event and then on to Squaw/Alpine at the end of the month for the IFSA National event March 20-23. Congrats to all of the athletes that have been competing in these events as it’s exciting to see this new branch of MBSEF Freeride with a strong start.
As much as Alpine, Freeride, and Nordic are skill-oriented sports, it also
takes an incredible amount of strength, power, endurance and balance
to turn these skills into the beautiful arc made by the best competitors
in the world. At Rebound Physical Therapy our goal is to give all of our
athletes, including those from MBSEF, the tools to make this one of the
most competitive and healthy seasons ever!

Early season training can be what makes or breaks a season for a racer. Athletes who are able to develop proper strength, power
and balance in the pre-season will have much more success when getting onto snow and have a much lower injury risk throughout
the season vs. someone who skips this pivotal part of their training.

As a longtime MBSEF sponsor, Rebound continues to make every effort to be accessible and on call for MBSEF athletes and coaches,
as injuries from training and competition can occur both on and off the mountain. Whether it be a sore knee, back pain or a larger
injury; Rebound’s experienced and highly trained physical therapists will be able make an assessment, create training and exercise
recommendations and work with MBSEF coaches to get the athlete back on the
snow in their best condition as quickly as possible.

This season, as in the past, Rebound Physical Therapy will be offering all
MBSEF athletes and coaches FREE urgent care injury screens and treatment
recommendations, and collaborating with the MBSEF coaches to help athletes
achieve optimal performance all season long. We are thrilled to offer the following services to all MBSEF athletes and coaches:

- Beginning Wednesday, Dec 5th, from 4:30-5:30 p.m. and continuing weekly throughout the season, a Rebound Physical
  Therapist will be available onsite at MBSEF headquarters to provide injury screen, discuss treatment recommendations, and answer
  related questions, FREE of charge.

- Throughout the season, Monday-Friday, athletes and coaches may call and schedule a FREE injury screen at one of
  Rebound’s 10 locations in Central Oregon.

On behalf of everyone at Rebound we are truly thankful to be able to support and collaborate with MBSEF and we look forward to
helping make this a healthy and successful season for everyone!

Rebound Physical Therapy
reboundoregon.com
New Retailers and Discounts are added monthly. Watch for 2018-2019 additional member benefits listed in Ski Tracks Newsletters published throughout the year.

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<thead>
<tr>
<th>Replenish, an eco friendly organic salon</th>
<th>New York City Sub Shop</th>
<th>Skyline Dental, LLC</th>
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<tr>
<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 8/31/2019</td>
<td>740 3rd Street, next to Ace Hardware. MBSEF members show your card, 1/2 sandwich, chips, cookie, small drink $7.99. Expires 8/31/2019</td>
<td>Dr. Zack Porter, DDS, with Skyline Dental, is again offering currently enrolled MBSEF junior athletes free x-rays, exam, and cleaning. 2137 NE 4th Street, Bend, OR 97701 541-389-4807 <a href="mailto:zackporterdds@gmail.com">zackporterdds@gmail.com</a></td>
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<tr>
<th>Emerald City Smoothie</th>
<th>Race Place</th>
<th>Bennington Rental Properties</th>
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<td>10% off any smoothie or any retail product, for card carrying athlete. Expires 05/31/19</td>
<td>5% of all MBSEF member purchases is donated back to the MBSEF scholarship fund.</td>
<td>15% off during low/ski season with promo code MBSEF. This code will work for MBSEF families wishing to book online at benningtonproperties.com. Phone 888-976-3085 for assistance. Welcome to Bennington Properties - vacation rentals in Sunriver and Caldera Springs. There is something different about a vacation planned through Bennington Properties. It is personal and unique. Expires 8/31/19</td>
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<th>FootZone</th>
<th>Longboard Louie's</th>
<th>WebCyclery/WebSkis</th>
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<td>10% discount, excludes sales merchandise. Expires 08/31/19</td>
<td>10% off any order. Expires 08/31/19</td>
<td>15% off all ski products, bike parts and accessories. Excludes complete bikes, sale items and labor. Expires 05/31/19</td>
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<tr>
<th>Carstickers.com</th>
<th>Summers Place - 738 NW Columbia</th>
<th>Seventh Mountain Resort</th>
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<tr>
<td>10% discount off any regularly priced merchandise. Expires 8/31/2019</td>
<td>20% off any hair salon services by Robin Dennis, 541-382-2060. Expires 08/31/19</td>
<td>10% off any recreational activities - ice skating, white water rafting trips, and kayak tours.</td>
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<tr>
<th>Highest Potential Massage Therapy</th>
<th>Peak Performance Physical Therapy</th>
<th>Hutch's Bicycle Store</th>
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<tr>
<td>$10 off your massage. One per customer. Brandi Jacobson LMT 541-420-8051 2100 NE Neff Road Suite B</td>
<td>All MBSEF junior athletes receive a free injury evaluation (Redmond). Exp 8/31/19</td>
<td>10% off regularly priced bicycle parts, clothing and accessories. Expires 08/31/19</td>
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<tr>
<th>Fireside Motel &amp; Overleaf Lodge</th>
<th>Bend Vacation Rentals</th>
<th>The Leffel Center for Plastic Surgery</th>
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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, 2019</td>
<td>Bend Vacation Rentals delights in pairing you with your ideal choice from among the largest selection of lodging on the west side of Bend. Our options range from luxury homes, cottages, downtown lofts and town homes at Broken Top, Widgi Creek and Mt. Bachelor Village. Bend Vacation Rentals also offers long term rentals and are pet friendly. Our staff knows Mt. Bachelor! We ski, snowboard, and cross country ski almost every day. We can help you arrange lodging, discount lift tickets, snow sport lessons, car rentals and more. Email us at <a href="mailto:info@bendvacationrentals.com">info@bendvacationrentals.com</a> to see what discount we offer on lodging to MBSEF members.</td>
<td>20% off Freeze the Fat CoolSculpting and Ultherapy, 15% off Obagi, Latisse, Skincaretica &amp; Love My Body Skincare, 10% off fillers and Botox, 25% off sunscreens, Elta MD and Glominerals. 541-388-3006, 1725 SW Chandler Ave, <a href="http://www.leffelcenter.com">www.leffelcenter.com</a>. Expires 8/31/19</td>
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<tr>
<th>Sunnyside Sports</th>
<th>Pocketzee</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>Purchase the revolutionary Pocketzee, right here at MBSEF, and 45% of the purchase goes right into our scholarship fund.</td>
<td>20% off Freeze the Fat CoolSculpting and Ultherapy, 15% off Obagi, Latisse, Skincaretica &amp; Love My Body Skincare, 10% off fillers and Botox, 25% off sunscreens, Elta MD and Glominerals. 541-388-3006, 1725 SW Chandler Ave, <a href="http://www.leffelcenter.com">www.leffelcenter.com</a>. Expires 8/31/19</td>
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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 Office Hours (July-August): 9:00 am - 1:00 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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