MANY SKIERS
MANY GOALS
ONE TEAM
MBSEF
Good Things Happen Here!
MBSEF Nordic Programs

**Stevenson Youth Program**
- 2nd to 5th Grade
- Non-Competitive
- Features Games and Special Events
- Low Coach to Athlete Ratio
- Season Long Learning Progression

**Middle School**
- 6th - 8th Grade
- Transportation with School Pick Ups Available
- Healthy Mix of Non-Competitive and Competitive
- Season Long Technique Progression
- Features games, technique, fitness, ski care, self reliance.
- Summer and Fall Training Available

**Winter Term**
- High School, U16-U20, Highly Motivated U14’s
- Transportation with School Pick Ups Available
- Supplements High School Skiing
- Racing and Travel Events available
- Features games, technique, fitness, ski care, self reliance.
- Summer and Fall Training Available

**Full Time**
- Highly Motivated Skiers with a focus on racing in High School, College, PNSA, Nationally, and Internationally
- Transportation with School Pick Ups Available
- Racing and Race Preparation is the focus
- Includes Fall Dryland Training
- Summer Dryland Training is available
Why?

Why do kids ski?
1. To have fun.
2. To be with friends.
3. To make new friends.
4. To have new experiences.
   • To do something they are good at.
   • To Improve skills.
   • To get exercise.
   • To compete.

Why do we do this?
• We love skiing.
• Skiing is a big and good part of our DNA.
• We love the outdoor endurance lifestyle.
• We love providing new experiences.
• We love the athletic development process.
• It’s not just about skiing, these are life lessons.
The Games Approach

Much of what we do is the application of “The games approach.”

This approach has the coach structure game-like situations so that players learn what they need to know to play well. Coaches do this using three methods: shaping play, focusing play, and enhancing play. It is all about teaching through the game.

Over the season we will incorporate the following events and games.

Games and Events
- Sharks and Minnows
- Capture the Flag
- 1000 Forms of Tag
- Drag Racing
- 1000 Forms of Agility
- Downhill Slalom and Skills
- Scavenger Hunt
- Nordic Amazing Race
- Relay Race
- Broom Ball
- Soccer
- Jumping
What We Do With Middle School and Older Skiers

In the Course of a Year

- Summer and Fall Training up to 5 days a week.
- Summer and Fall Camps
  - Memorial Day Camp
  - Fire and Ice Camp (June)
  - Trout Lake Camp (July)
  - Methow Camp (August)
  - Thanksgiving Camp Travel
  - Thanksgiving Home Camp
  - Christmas Home Camp

- In the Winter
  - Middle School up to 5 days a week with most 2-3 days
  - WT – Up to 4 days a week.
  - Full Time – 5-6 days a week fall and winter

Spring Training – On Snow

- 2020 Spring is TBD

Strength Training – Most of the Year

- At Recharge
- Paid to Recharge

Our Winter Schedule

- Monday – Rest
- Tuesday – Middle School, Winter Term, Full Time
- Wednesday - Middle School, Winter Term, Full Time
- Thursday - Middle School, Winter Term, Full Time
- Friday - Winter Term, Full Time
- Saturday - Middle School, Winter Term, Full Time
- Sunday - Middle School, Winter Term, Full Time
High School Skiing and Other Sports

• MBSEF encourages athletes to be well rounded physically, socially, and academically. To that end, we encourage skiers to do multiple sports especially at younger ages.
• Ultimately the athlete will decide on their level of participation in MBSEF Nordic and other club and school sports. MBSEF would like to understand the skier motivations and goals so that we can provide the program and daily development to support the skier.
• The more an athlete skis the better they will be at skiing, but ultimately it is their decision on how to spend their time.
• MBSEF will try to accommodate skiers non-MBSEF activities as much as we can functionally.
• Specifically, in the case of High School XC skiing, we encourage skiers to ski with their teams. How much they ski with their team and how much they ski with MBSEF is, again, their choice based on their motivations.
• In general in the winter MBSEF Nordic trains hardest on Tuesday and Wednesday and thus Thursday is a good day to train with the school teams. If a skier is only training one day with MBSEF a week; we would like them to ski with MBSEF on Wednesday.
The Refrigerator Sheet For Middle School, Winter Term, and Full Time

http://www.mbsef.org/nordic/nordic-home

Update 10/4/2019

www.mbsef.org
www.mbsef.org/nordic
www.facebook.com/mbsefnordic

Administration:
John Schiemer, Executive Director, john@mbsef.org, 541-388-0002
Kathy Kurtz, Membership, kkurtz@mbsef.org, 541-388-0002
Kristie Wild, Accounting, accounting@mbsef.org, 541-388-0002

Coaches:
Dan Simoneau, Nordic Program Director, USSA L200, dan@mbsef.org, 541-350-9126
Kelly Simoneau, Head Coach Winter Term, USSA L200, kksimoneau@bendbroadband.com, 541-280-4969
Bill Hokanson, Head Coach Full Time, USSA L200, xcskicoach@gmail.com, 801-949-2971
Zach Hill, Assistant Coach, USSA L200, coachzachhill@gmail.com, 907-444-4930
Dave Smullin, Coach, USSA L200, dsmullin@bendbroadband.com, 541-390-8957
Mark Jobson, Coach, USSA L100, mark@buddycat.com, 360-701-7321
Ed Micek, MS Coach, edmicek@mac.com, 541-241-4883
Mary Wellington, MS Coach, msschultzbend@gmail.com; 541-788-8638
Carolyn Daubeney, MS Coach, carolyndaubeny@hotmail.com, 541-610-7225
Gary Dalesky, MS Coach, daleskyland@yahoo.com; 541-480-8114
Zach Violett, Coach, zach@techsoft3d.com, 530-277-5165

Weekly Schedule:
Tuesday: Vans Pick at 2:30 or 2:45. Vans return to MBSEF at 6PM
Wednesday: Vans Pick up at 1:00pm or 2:00pm. Vans return at 5:30
Thursday: Vans Pick up at 2:30 or 2:45. Vans return to MBSEF at 6PM
Friday: Vans Pick up at 2:30 or 2:45. Vans return to MBSEF at 6PM
Saturday: Van leaves MBSEF at 8:30 am. Van returns at noon
Sunday: Van leaves MBSEF at 8:30 am. Van returns at noon
Earlier times are for Full Time and Winter Term skiers.

The link for Full Time and Winter Term training is: https://teamstuff.com/join/mbsef-fall-term-and/95ecd3f5

The Link for Middle School Training is: https://teamstuff.com/join/mbsef-middle-school/72bddba6

Training Session Checklist
- Skis (Skate or Classic)
- Boots (Skate or Classic)
- Poles (Skate or Classic)
- Hat
- Undershirt
- Training Top
- Jacket
- Gloves
- Long Johns
- Bottoms
- Warm up pants
- Glasses or Shields
- Water Bottle and Carrier
- Dry Socks
- Dry Shirt
- Dry Hat
- Pre and Post Snacks
- Extra Liquids
# 2019/20 Winter
Pick up and Start Times

## Winter Term and Full Time

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning, Full Time, Fall Term, and Motivated MS</strong></td>
<td>Rest</td>
<td>6:00am Power Strength Prepared U18/20</td>
<td>7:00am Short Ski at Meissner</td>
<td>7:00am Strength at Recharge*</td>
<td>8:30am Skiing</td>
<td>8:30am Overdistance</td>
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<tr>
<td></td>
<td></td>
<td>7:00am Strength at Recharge*</td>
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<tr>
<td><strong>Afternoon Full Time and Winter Term</strong></td>
<td>2:30pm Skiing</td>
<td>2:00pm Skiing</td>
<td>2:30pm Skiing</td>
<td>2:30pm Skiing</td>
<td>On Your Own</td>
<td></td>
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</tbody>
</table>

## Middle School

<table>
<thead>
<tr>
<th></th>
<th>2:45 Middle School Skiing</th>
<th>2:00 Middle School Skiing</th>
<th>2:45 Middle School Skiing</th>
<th>8:30am MS Skiing</th>
<th>8:30am MS Skiing</th>
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</table>

Times listed are approximate school pick up times from School. We depart for training about 30 minutes later from MBSEF. School pick up times may vary a few minutes and weekend departure times may change due to weather and traffic conditions.

* Skiers should arrive to strength early and warm up for 15-45 minutes before strength. Warm up can be running, biking, or rollerskiing.
Nordic Transportation Schedule

Middle School pick-ups begin at the 6th period bell on Tuesday and Thursday. On Wednesday Middle School will be picked up at the Final Bell and High School at the end of 6th period. When a van picks up at multiple schools the 2nd school is about 10 minutes later.

Tuesday, 2:30pm Pick Ups
• Bend High
• Mountain View
• Summit

Tuesday, 2:45pm Pick Ups
• Cascades Middle School
• Baker Charter School*
• Pacific Crest
• Waldorf

Wednesday, 2:00pm Pick Ups
• Cascades Middle School
• Pacific Crest
• Pilot Butt
• Realms

Wednesday 1:00pm Pick Ups
• Bend High
• Mountain View
• Summit

Thursday, 2:30pm Pick Ups
• Bend High
• Mountain View
• Summit

Thursday, 2:45pm Pick Ups
• Baker Charter School
• Cascades Middle School
• Pacific Crest
• Waldorf
• Realms

Friday, 2:30om Pick Ups
• Bend High
• Mountain View
• Summit

Saturday and Sunday
With the ever changing traffic patterns on Century Drive it is impossible to estimate drive times. In place of a time to meet at Mt. Bachelor, we set a departure time from MBSEF. So, unless otherwise announced, vans leave MBSEF at 8:30am. If we all leave town at 8:30, we all arrive at the same time whether the drive takes 30 or 90 minutes. This really does work well.

On days with races at Mt. Bachelor we leave earlier. Times will be posted on Team Stuff.
Team Stuff is an important App to the Middle School, Winter Term and Full Time programs

- You tell us when you are skiing
- We know if you need a school pick-up
- We give you updates
- We send reminders
- Coaches get your contact info
- You can look at upcoming training.
- You can look at who is coming or not coming to a training session.
- You can look up a coach’s contact info
- You can set up an account that you and your skier share.

- The App is free for iOS and Android.
- The website is teamstuff.com

The link for Full Time and Winter Term training is: https://teamstuff.com/join/mbsef-fall-term-and/95ecd3f5

The Link for Middle School Training is: https://teamstuff.com/join/mbsef-middle-school/72bdaba6
Weekend Ski Times

• Traffic on Century Drive can make driving times to Mt. Bachelor variable.
• For Middle School, Winter Term, and Full Time programs we will set a departure time from town not a program start time at the mountain.
• On Weekend our “Departure Time” is almost always 8:30 am.
• We should all leave Bend at 8:30.
• If the driving is good we all arrive at the mountain 25 minutes later.
• If the driving is slow, we all arrive later but at the same time.
• It works, we all pull into the parking lot at the same time. We all walk into the lodge at the same time, we all start skiing at the same time.
• Mt. Bachelor is opening some lifts earlier which should reduce traffic.
MBSEF Nordic Programs and Events
As of 10/31/2019

- Winter Programs Begin
  - November 12
- Thanksgiving Travel Camp,
  - November 24-December 1
- Sovereign Lake Races,
  - November 30, December 1,
- Thanksgiving Local Camp
  - November 29-December 1
- Sun Valley SuperTour
  - December 14 - 15
- MBSEF Season Opener (skate and classic)
  - Dec 21, 10am
- Holiday Camp
  - December 27-29
- Senior Nationals, Houghton, Michigan.
  - January 2,3,5,7
- PNSA JNQ Mt. Bachelor,
  - January 11, Kings Court Skate Sprint
  - January 12, Classic Mass Start
- PNSA JNQ , Spokane
  - January 18, Cross Country Cross Skate Race
  - January 19, Classic Distance Race
- Great Nordeen 18k, 30k, Skate and Fat Bike Race
  - January 26, 7:30am
- PNSA JNQ , Methow Valley
  - February 1, Classic Sprint
  - February 2, Distance skate
  - PNSA JNQ , Methow Valley

- Plain Valley, WA
  - Cross Country Cross (U14/U16)
- USSS Western Region Super JNQ, Soldier Hollow, Utah
  - February 14–15, 2 distance races combined with the University of Utah Invitational. Yes, we’ll race the colleges.
- Junior Nationals
  - March 9-14, 2020, Auburn Ski Club - Travel days are March 6 and 15.
- Potential U14/16 Trip to Midwest XC festival and World Cup
  - March 12-17
- Pole Pedal Paddle,
  - May 16, 2020
- Possible USST Camp
  - May 17-26? TBA
- MBSEF Memorial Day Camp
  - May 21-25, 2020
- MBSEF Fire and Ice Camp
  - June 12-16, 2020
- You might note these event’s
- FIS World Cup, Minneapolis, March 14-17
- FIS World Cup, Canmore. Alberta, March 19-22.

Register @ mbsef.org for MBSEF Programs, Trips, Camps,
MBSEF Nordic
Middle School Appropriate Programs and Events
As of 10/31/2019

- Thanksgiving Local Camp
  - November 29-December 1
- MBSEF Season Opener (skate and classic)
  - Dec 21, 10am
- Holiday Camp
  - December 27-29
- PNSA JNQ Mt. Bachelor,
  - January 11, Kings Court Skate Sprint
  - January 12, Classic Mass Start
- High School Race
  - January 18, Hoodoo or Teacup
- PNSA JNQ, Spokane
  - January 18, Cross Country Cross Skate Race
  - January 19, Classic Distance Race
- XC Oregon Invitational
  - January 25, Mt. Bachelor
- Great Nordeen 18k, 30k, Skate and Fat Bike Race
  - January 26, 7:30am
- Teacup (Mt Hood) Classic

- February 9,
  - Plain Valley, WA
  - February 9, Cross Country Cross (U14/U16)
- Washington Cup Finals
  - February 29, Cle Elum, WA
- Potential U14/16 Trip to Midwest XC festival and World Cup
  - March 12-17
- Pole Pedal Paddle,
  - May 16, 2020
- MBSEF Memorial Day Camp
  - May 21-25, 2020
- MBSEF Fire and Ice Camp
  - June 12-16, 2020

- You might note these event’s
  - FIS World Cup, Minneapolis, March 14-17
  - FIS World Cup, Canmore. Alberta, March 19-22.

Register @ mbsef.org for MBSEF Programs, Trips, Camps,
PNSA Race Calendar

MBSEF will attend the following PNSA events. These events are the qualifying series for the USSA Junior Nationals as well as the most competitive races in the Northwest for junior skiers of all ages. When the event is not local we will send a team with coaches and support. For local events we will have waxing and coaching available. For travel events there is a fee that includes coaching, wax, housing, transportation, food at the location, and sometimes entry fees. Travel events are open to Winter Term, Full Time, and Middle School.

- Date Location Technique Distance (F16/18+ M16/18+)
- Jan 11, Sat Mt Bachelor sprint skate Kings Court - 1.3 K
- Jan 12, Sun Mt Bachelor mass classic 5/5 5/10
- Jan 18, Sat Spokane skate xcx sprint Kings court 1.26 K
- Jan 19, Sun Spokane individual classic 5/10 5/15
- Feb 1, Sat Methow classic sprint Kings court
- Feb 2, Sun Methow mass skate 5/10 5/10
- Feb 14, Fri SoHO, UT individual skate 5/5 5/10
- Feb 15, Sat SoHO, UT mass classic 5/10 5/10
PNSA Waxing Information

With the recent restrictions on the use and importing of fluorinated waxes, the marketplace has gotten very confusing about wax names and content. At the spring meeting the PNSA board approved the following rule:

1) For all age classes U14 and younger: No use of any wax containing fluorinated or Gallium components is allowed.

2) For all age classes U16 and older: On the glide zones of skate and classic skis only hydrocarbon-based waxes, which may be non-, low-, or high-flouro compounds, are allowed. Pure flourinated solid blocks, sprays and liquids, and waxes containing gallium products are not allowed. Liquids that are the same formulations as permitted HF hydrocarbon waxes are allowed. All products are allowed in kick zones of Classic skis.

*Functionally, PNSA will create a list of waxes we all agree meet the above criteria and all teams will limit their waxing to the waxes on the list.*
Become Familiar with the MBSEF Website.

http://www.mbsef.org/nordic/nordic-home
Become Familiar with the MBSEF Website.

http://www.mbsef.org/nordic/nordic-home
MBSEF Loaner Equipment

• No Skier has ever not been able to ski because of equipment
• We don’t charge.
• We don’t track.
• We hope it comes back.
• Please don’t sell it.
Strength Training @ Recharge
Open to all who are ready.
6pm Tuesday
6 pm Thursday

We work on:
Stability
General Strength
Power
Speed
Core

$100 for a 10 day punch card.
Misc. Stuff

- [https://www.facebook.com/mbsefnordic](https://www.facebook.com/mbsefnordic)
- The Nordic Facebook page is active with photos, events, and amazing things of interest to our skiers and families. Please “Like” us.
- **1st TUESDAY and WEDNESDAY WE WILL NOT SKI.** We will do dryland training at Skyline Park. Have running shoes, clothes for the weather, water, etc. This gives us one day as a dry run for school pick ups. We will be back to MBSEF by 5:00 on Tuesday and 4 on Wednesday because we are just in town.
- **MBSEF Parking:** When you pick up at MBSEF, please park on the street. We have so many vans and skiers now that if we all try to use the MBSEF lot, we will have gridlock.
- **Cell Phones:** The coaches carry cell phones when we train. However, we don’t answer calls while training. If you have an emergency and you really need to reach us while we’re training, call back immediately. If our phone rings repeatedly we know it’s a parent and a reason significant enough to interrupt things.
- We are also OK with kids carrying their phones as long as they are only used for emergencies.
- **Ski Care and Wax Clinic:** The coaches will hold a ski care and wax clinic following training on the first Wednesday of actual skiing. Parent’s and skiers are welcome. This is a basic session for those of you who are pretty new to caring for equipment. We also stay at the office for an hour after training every Tuesdays to allow kids to work on skis. This is another opportunity to help skiers and parents learn to care for equipment.
- **Watching Your Kids:** Parents are welcome to hang around and watch all our sessions knowing that if you hang around enough you might get put to work. We ask for two things if you are there, please don’t interfere with or distract the group.
• **Mt. Bachelor Opening:** Mt. Bachelor will open the Nordic Center as soon as they have the snow to groom. They will not wait for the alpine hill to open. After our first day of Middle School, we will announce by email if we plan to ski or dryland on a daily basis.

• **Water Bottles and Water Bottle Carriers:** The kids need water and a pre and post skiing snack. It’s really good if they have a little pack to carry their water bottle. But don’t overdo it. They need to carry ONE water bottle. They don’t need a backpack carrier or a multi-bottle carrier. We typically ski for about 90 minutes and one water bottle is enough while skiing. A second bottle for the drive home can be left in their pack. When we do bigger and longer things we’ll arrange to have additional water available.

• **Equipment:** The Special Team Pricing from Sunnyside and Webskis has expired. You might want to still walk in and ask for the price.

• **Names on everything:** Especially on the outside of backpacks. It also helps for have the school name on your pack.

• **Season Passes:** Please get to the Mt. Bachelor office to get your season pass ASAP. Let’s try to avoid having kids without passes which ties up coaches. If you don’t have a season pass daily passes are $11. The Mt. Bachelor season pass office is in the Sun Country Tours Office. Get your pass now to avoid the lines at the mountain.

• **Race Days:** On days when we have races at Mt. Bachelor, the vans leave MBSEF an hour earlier and the change will be announced.

• **Race Days:** On weekends with one race we would like all non-racers to come on the non-race day. If the race is Saturday we’ll have programs for non-racers on Sunday.

• **Be Prepared:** It might be the greatest lesson from this program.
  – Correct skis, boots, poles for skating or classic
  – Dry shirt, hat, socks for after practice,
  – Snack,
  – Extra water,
  – More food!
  – The unprepared impact the experience for the whole group.
Every MBSEF staff person and coach has completed Safesport Training. With this new emphasis in all sports you will continually see changes in how sports operate and communicate.
MBSEF Code of Conduct

• Every skier and parent should read and discuss together the Code of Conduct.
• We are all here to ski, train, and be friends.
• No one is here to administer Code of Conduct issues.
• You have agreed to it during registration.

2019/2020
MBSEF Code of Conduct
For Athletes, Parents and Coaches

The purpose of MBSEF’s Code of Conduct is to uphold the MBSEF core values that can be derived from the acronym “CHASE” and stands for the following: Courage, Honesty, Accountability, Sportsmanship and Excellence. The MBSEF Board of Directors stands behind our Code of Conduct and take all matters seriously. Participating in MBSEF is a privilege and each athlete should know and understand the following rules. Violations of rules and policies will result in disciplinary action imposed by MBSEF Coaches, Program Directors and the Executive Director.

Serious violations will be reviewed by an Athlete Conduct and Discipline Committee and a mandatory meeting with the athlete and parents may be necessary. Failure to participate in the athlete meeting will result in immediate suspension from the program including all training with MBSEF. All consequences imposed by the Committee are subject to appeal by the athlete. A MBSEF Board of Directors approved Appeals Committee will review, evaluate and recommend action to be taken by the Board, based on a case presentation by the athlete through a formal review.

Please note that the discovery process and convening the Committee for the review of a serious violation may take a period of time. MBSEF will make every effort possible to expedite this process, please be patient. We want to ensure that the process is thorough in order to reach the best possible outcome for the parties involved and MBSEF.

The consequences imposed for violations of the Code of Conduct are as follows:

Serious Violations:

• Breaking the law while participating with MBSEF.
• Conduct detrimental to the program while traveling to a race or training camp.
• Use of tobacco, marijuana, alcohol or illegal drugs

Consequences for first violation:
• One week suspension from all team activities for tobacco, alcohol or illegal drug violation.
• Two week suspension of all team activities for breaking the law and conduct detrimental to the program while traveling to a race or training camp.

Consequences for second violation:
• Removal from MBSEF program without refund.
### MBSEF Nordic Staff

| **Dan Simoneau**  
Nordic Program Director, Head Middle School Coach. Joined MBSEF in 2008. Dan is father of three and has been married to Kelly Simoneau for 35 years. Dan was raised in Livermore Falls, Maine, graduated from the University of Oregon, and is USSS Level 200 trained coach. A three time Olympian, 12 year member of the US Ski Team, and the second American to ever podium in an XC World Cup, Dan is best known in Bend as a three time winner of Pole Pedal Paddle. “This sport has given me so very much; I just want kids to experience all it has to offer them.” |
|---|

| **Kelly Simoneau**  
Head Coach Winter Term Group, Assistant Full Time Coach  
Kelly grew up in Bend and is nearly a ‘native’. A gymnast and avid distance runner growing up, Kelly began XC skiing in college. She qualified (back when one had to qualify) for the Olympic Trials and raced many Senior National Championships. Kelly was a member of the Fischer/Salomon/Swix Marathon Ski Team, racing The Great American Ski Chase series across the country. She competed in World Masters Championships, where she won several golds and brought team USA from last place up to a bronze medal in the relay. Kelly founded the first Junior XC program here in Bend back in the ‘80s- the original predecessor for our current MBSEF program. She has coached youth sports for nearly 30 years, having coached XC skiing for elementary, middle, and high school age kids, as well as at an NCAA Div 1 college, and Masters’ programs. Kelly has a Level 200 coaching certification and is a certified Assistant Technical Delegate. She has been with MBSEF for 12 years, coaching in all programs, serving as XC Race Coordinator and PPP Volunteer Coordinator. She has a degree in Psychology emphasizing sport psych and learning theories and has a Masters Degree in Teaching, so she is well equipped to work with youth. Kelly is Mom to three college age kids, and is married to Dan Simoneau. XC skiing is her passion and she strives to help youth learn to love this life-long sport passionately too! |
|---|
MBSEF Nordic Staff

Bill Hokanson
Head Coach Full Time
Bill is a recent addition to the Bend Nordic skiing community, having moved from Utah with his wife Karen in June 2019. Bill began cross country skiing and ski racing decades ago (1965!!) as a young boy in Sweden. A passion for ice hockey temporarily interfered with his pursuit of skiing interests. After a host of injuries suffered during his college career (Penn State) forced retirement from competitive hockey, Bill rediscovered the joy of Nordic skiing and racing, and subsequently found a new passion for coaching young skiers. Bill has been coaching high school, junior, and senior skiers for over three decades. Most recently, Bill founded an competitive junior and post-grad ski program in Utah (the Wasatch Nordic Ski Academy). Bill served as Head Coach and Program Director for seven years, during which time Wasatch Nordic skiers achieved many successes, including 36 Junior National All American results, 11 Junior National podiums (2 wins), and many graduates skiing with NCAA collegiate teams. Bill is totally thrilled to join the MBSEF family and share his passion for Nordic skiing and his unique coaching methods and style with developing MBSEF junior skiers (“we’re gonna have fun, achieve goals, and find success in skiing and in life”).

Zach Hill
Full Time and Middle School Coach
Zach has been in Bend for 5 years and Nordic skiing his whole life. He grew up ski racing in Alaska, and later at the University of Denver. He has a passion for all things sliding on snow, and getting outside with his wife Lisa and Chocolate Lab Kuma. He hopes to teach our skiers to love working hard to achieve goals and to enjoy being outdoors. He has coached previously at the University of Nevada, and Bend Endurance Academy. He is also the Nordic Director for PNSA Skiing.
### MBSEF Nordic Staff

<table>
<thead>
<tr>
<th>David Smullin, Assistant Middle School and Winter Term Coach &amp; Head Coach Redmond Community Ski Team. Dave moved to Bend in 1991 and started out as a MBSEF parent. He has been associated with MBSEF as parent, volunteer, race official and coach since through the years. Dave is a Level 200 USSA certified Nordic coach and a Level 2 Nordic Technical Delegate. He started alpine skiing at 2 in Vermont and started Nordic ski racing in 1977 when he moved to Fairbanks, AK. Dave started the Redmond ski team in 1999 and has been coaching that team for 20 years! <em>I coach Nordic skiing because I love getting kids excited about a healthy life sport and achieving their goals in skiing and life.</em></th>
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</thead>
<tbody>
<tr>
<td>Mark Jobson, Assistant Middle School Coach. Mark moved from Olympia to Bend in 2015 with his wife Nancy and daughter Celia. He resumed Nordic skiing after having a long break while he was working as an attorney. He began with the SYP and moved up to coach the middle and high school teams three years ago. He still jumps into the occasional ski or bike race. His goal is to use skiing to help develop happy and successful young people.</td>
</tr>
<tr>
<td>Mary Wellington, Asst Middle School Coach. has been skiing and racing since she was 8. First in the Bill Koch Ski League, at Stillwater High (MN), Northern Michigan University and now with XC Oregon. Mary loves to ski with her husband and daughter. Mary has coached with MBSEF for 7 years-first with the Stevenson program and now at the middle school level. Nordic skiing is her passion and she loves to share it with middle school kids--not only teaching them how to ski but also how to have fun.</td>
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