2019-2020
Stevenson Youth Program
Parent Handbook
Welcome to the 2020 Stevenson’s Youth Program. My name is Karen Kenlan and I will be leading the SYP program this year. I look forward to working with both you and your family as we introduce your kids to the great sport of cross country skiing.

A little about my background. I have been involved in nordic skiing and ski racing since moving to Bend over 20 years ago. Involvement in the Nordic programs at MBSEF have allowed me to become a better skier and now I look forward to sharing that love with the kids I introduce to the sport.

The Stevenson Youth Program is designed to foster a lifelong appreciation of the sport of cross country skiing, a love for the outdoors and basic understanding of our amazing winter environment. We will be working on a skills progression that will utilize group games, trail adventures and fun races, while also learning about ski equipment and how to care for it.

Our sessions will be led by experienced coaches and allow for small group sizes that are based on age, focus and ability.

Please take a moment to look through this handbook as it contains valuable information on how to prepare your child for the best experience possible while they are out on the snow.

I will be communicating with you on a weekly basis once the program begins via email about the upcoming lessons and weather situation.

Please feel free to call or email with questions or concerns throughout the ski season.

Thank you!
Karen Kenlan
MBSEF Stevenson Youth Program Director
syp@mbsef.org
541.788.6227

We are excited you have joined the team this year and we’re looking forward to a great ski season. The SYP program will focus on having fun on skis and encouraging each participant to improve their skiing skills. Our sessions will be organized around a steady continuum of technique building, laughter, and exploring winter.

In the following pages you will find detailed information important in creating a positive experience for you and your child.

1. Please head out to your garage today and see what equipment you may have outgrown, or need to look for. If you are new to skiing, a Nordic equipment guide is posted on our website, www.mbsef.org and included in this handbook. This is a great resource for starting to understand what equipment works well, and what doesn’t.

2. The MBSEF Nordic program has a limited supply of skis, boots, and poles in the event your child would like to borrow equipment for the season. Contact us and we can go through our equipment and see if we can find something that will work for your child.

3. www.mbsef.org. The MBSEF website is a great resource to be familiar with. On it you will find the following information:
   • Local race schedule- we always need racers and volunteers.
   • Make sure that mail from mbsef.org is on your ‘safe-list’ for emails as we use email for most of our in-season program correspondence.
   • Flexible Classic and Skating Sessions. It is critical that these young skiers have successful skiing experiences and at times the weather in the Cascades can make that a challenge. To accomplish this, MBSEF will announce the schedule of classic and skating sessions by email and on the MBSEF Nordic Calendar (based on weather reports, grooming, etc.) before each weekend. There does come a point where skiers need to learn to ski in all conditions, but at this age our number one goal is help the skiers find success and have fun.

4. If you are a new or returning member of the Stevenson Youth Program please review the Parent-Athlete Handbook at www.mbsef.org. Please read it carefully and if you have any questions, feel free to contact an MBSEF Nordic staff member by calling 388-0002.
Stevenson Youth Program

HISTORY

The Stevenson Youth Program is the very first level of the MBSEF Nordic development pipeline. Dan Simoneau is the Nordic program director and oversees all aspects of the Youth, Middle School, Winter Term, Full Time and Masters Nordic programs and events.

In memory of their youngest daughter Angie, the Stevenson Family gave generously to the Mt. Bachelor Ski Education Foundation’s Endowment Fund to support a sports psychology program and develop programs for young junior athletes. Angie Stevenson was a member of the MBSEF Cross Country Elite Team and had grown up skiing in the Skyliner’s program. She was an accomplished athlete excelling in cross country skiing, running and biathlon. Angie won the US Bank Pole Pedal Paddle in 1993 and 1996. Angie passed away in February of 1997. Since her death, many donors from all over the country have made contributions to the program in Angie’s memory.

SEE YOU ON THE TRAILS!!

MBSEF Nordic Staff
563 SW 13th Street Suite 201 • Bend OR 97702
541-388-0002 • www.mbsef.org • mbsef@mbsef.org

MISSION STATEMENT

The Mt. Bachelor Sports Education Foundation is a nonprofit organization dedicated to the development and support of competitive Alpine, Cross Country and Snowboard training in Central Oregon.

- MBSEF provides the opportunity for introductory to advanced levels of race training and competition.

- MBSEF’s main objective is to assist student athletes in achieving their individual athletic, academic and personal goals. The program’s guiding philosophy is to encourage academic achievement and promote the positive values of competitive sport: Sportsmanship, Self-discipline, Goal Setting, Character Building and the Pursuit of Healthy Lifetime Activities.

- The Stevenson Youth Program is one of the many programs that the Mt. Bachelor Sports Education Foundation offers for young Cross Country and Alpine skiers and Snowboarders. The youth program provides competitive and non-competitive program options to introduce skiers to the sport.
The Stevenson Youth Program (SYP) is designed to foster a lifelong appreciation for the sport of Nordic skiing, a love for outdoors, and a basic understanding of our amazing winter environment. In the SYP skiers in 2nd through 5th grade, (ages 7-11) will participate in a 3 day Winter Camp followed by 10 Saturdays and/or 10 Sundays, of progressive, age appropriate activities that will develop their XC skiing skills, fitness, environmental awareness, and love for the outdoors in a fun and challenging environment.

SYP participants are offered a fun environment where they can play group games, embark on trail adventures, experiment with racing, learn how to take care of their equipment and ski in small groups based on age, focus and ability.

**Daily Schedule:** Saturday and/or Sunday. Athletes meet their coach outside of the Mt. Bachelor Nordic Lodge at 9:00 a.m. Parents can meet their athletes as they return to the Nordic lodge at 10:30 a.m.

**Enrollment Options:** 10 Saturdays and/or 10 Sundays. Plus Winter Camp at no charge for everyone. We are taking Sat. Jan. 25 and Sat. Feb. 22 off because of the High School Meets. Participants can make up these sessions on the Sun. sessions the following day or on the added weekend of March 14, 15. The Nordic Center is simply too crowded during these races before each weekend. There does come a point where skiers need to learn to ski in all conditions, but at this age our number one goal is help the skiers find success and have fun.

**Flexible Classic and Skating Sessions:** It is critical that these young skiers have successful skiing experiences, and at times the weather in the Cascades can make that a challenge. To accomplish this, MBSEF will announce the schedule of classic and skating sessions by email and on the MBSEF Nordic Calendar (based on weather reports, grooming, etc.) a few days before each weekend. There does come a point where skiers need to learn to ski in all conditions, but at this age our number one goal is help the skiers find success and have fun.

**Program Dates:** (visit mbsef.org/nordic home page training calendar for specific training updates)

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skyliners Winter Sports Swap</td>
<td>October 12</td>
</tr>
<tr>
<td>Parents Meeting</td>
<td>Tuesday, December 10, 7pm at MBSEF</td>
</tr>
<tr>
<td>Winter Camp</td>
<td>December 27, 28, 29, 2019</td>
</tr>
<tr>
<td>Saturday Sessions</td>
<td>Jan 4 through, Mar 7*</td>
</tr>
<tr>
<td>Sunday Sessions</td>
<td>Jan 5 through Mar 8*</td>
</tr>
</tbody>
</table>

*See Enrollment options above.

**Events:** Throughout the year the skiers will participate in little races and relays organized by the coaches as part of their program. These are very informal, varied, low pressure, fun events that keep the skiers motivated and introduces them to racing. In these events the emphasis is totally on each individual and we celebrate every skier’s accomplishment.

Skiers can enter other races at Mt. Bachelor or other places across the West. MBSEF and the Stevenson Youth Program encourage skiers to enter races between 1 and 3 km. It is the responsibility of parents to sign their children up for these great local races. Details on races will be distributed during the season in addition to being posted on our web site at mbsef.org.

**Trail Passes/Transportation:** All participants will be responsible for their own passes. Go to www.mtbachelor.com for early season deals. Transportation is the responsibility of the participant.

**Equipment:** Skiers need their own classic and skate equipment (skis, poles, boots). Equipment can be obtained at the Skyliners Ski Swap in October, Sunnyside Sports, Mt. Bachelor, and Webcyclery. Also, MBSEF hosts an in-house swap after the parent meeting.

**For 2018-2019 registration forms visit mbsef.org**
DAILY CHECKLIST!

- I will send out an email by Wed. every week detailing which ski technique we are doing and any other details.
- Arrive to the session before 9:00 am to get checked in by our Lodge Parent volunteer. This allows for the program to start on time!
- Practice will end at the Nordic Center at 10:30 am
- Please allow a 10-minute window after session for athletes to arrive after the session is over. Coaches may be finishing a game or trail ski.
- Please promptly notify any concerns to the Nordic department at 541-388-0002.
- Parents please notify coaches if your child has allergies or uses an inhaler

DAILY CHECKLIST

- Putting your name on your skiis and poles helps us when gear goes missing!! Please use a sharpie and masking tape to mark everything with name and phone #.
- skis (make sure you bring the right skis, or if you aren’t sure bring both)
- poles
- boots
- trail pass
- 2 hats- one for the ski session, one for after. Hat with a brim if it’s snowing!
- gloves, 2 pairs
- non-cotton base layer
- dry shirt/jacket for after skiing
- ski jacket (layers of synthetic material, vest and jacket are best)
- sunglasses
- sunscreen/lip balm
- water bottle
- lunch/snack for after skiing
- medication if necessary

CLOTHING & EQUIPMENT

Buying new equipment for growing bodies is daunting. But- remember you can sell this year’s new equipment at next year’s ski swap for close to the same price that you bought it- and quality equipment that fits well is one of the keys to a successful skiing experience. Part of your son/daughter’s MBSEF membership includes special equipment pricing with local retailers. Sunnyside Sports and Webskis will place team orders. Complete junior buy information is posted on the Nordic page at www.mbsef.org as soon as it is available each year. Make sure your son/daughter’s name is written on everything with a permanent marker- boots, skis, poles, jackets, the works. Unclaimed items are donated to the Goodwill. The most important items that skiers should have are a dry hat, dry long sleeved shirt, dry socks and food and water for after practice- every day!!

- POLES - Participants need 2 pairs of poles with modern baskets. Measure while your child is in running shoes, standing on concrete. Classic poles need to reach the mid point of the shoulder bone. Skate poles should reach somewhere between the chin to just under the nose. Remember, as you child grows; his or her skate poles can be cut down to become their classic poles.

- BOOTS - Participants can have 1 or 2 pairs of boots. Combi boots work for both classic and skate. If this is your first year of skiing- a combi boot would be a good option. Different boot brands will have different binding systems. NNN, SNS and SNS Pilot- make sure that your boots and bindings match! Please avoid any backcountry boots (BC) and bindings- they’re too wide for track skiing. Boots must be very comfortable, like a running shoe, try them on carefully with non-cotton ski socks that will be worn during practice.

- SKIS

Participants can have 1 or 2 pairs of skis. Combi skis, or skis that can be used for skate and classic, work just fine for skiers under 80lbs. If you have combi skis you are required to completely clean off your kick wax before you come to the next practice. Coaches will help with this but it would be good to have some basic waxing equipment at home- see waxing section on following page. Fish scales/waxless skis are fine for a ski- ers first or second year. Skis come in different flexes and the best way to test the flex of a ski is to go to a local retailer and have it done for you- you just need to know the skier’s weight and they’ll do the rest. To guess the flex of a ski, have the skier put the bases of the skis together and see if he/she can fully compress the bases together. (Skate skis, use two hands. Classic skis use one hand) If the athlete can just close the skis, they are close to the right flex. If he/she cannot close the skis, they are probably too stiff and if the skis close without much effort, they are probably too soft.

For determining the kick zone of classic skis, you can also do the ‘card trick’ by placing skis that are completely free of wax on a flat table. Have the skier balance with their full weight applied equally to both skis and slide a business card between the ski and table- mark where the card stops- top and bottom. Then, have the skier balance their weight 100% on one ski and repeat the card slide. If you can’t get the card between the ski and the table- the skis are too soft. If you can slide the card from below the heel of the binding to near the tip of the ski- the skis are too stiff. You are looking for a pocket that starts near the end of the heel plate and extends 40 to 60cm (16 to 23 inches) towards the tip of the ski.

See next page for a ski sizing guide.
**Age 7-9**
- Classic Skis: Waxless is best (fish scale) Waxable Combi (smooth base) is ok. Skate skis.
- Boots: Combi or both skate and classic.
- Poles: 2 pair is best, 1 pair is ok. Skate poles will be longer.

**Age 10-13**
- Skis: waxable classic and skate or waxable combi:
- Boots: 2 pair, 1 skate and 1 classic (1 pair of combi boots is ok too)
- Poles: 2 pairs

**Age 13-adult**
- Skis: waxable skate (person height) and waxable classic (1 pair of skate and 1 pair of classic)
- Boots: 2 pairs, skate and classic
- Poles: 2 pairs

**WAX** - Coaches will help with all aspects of waxing on classic days and race days. Participants should always come to practice with skis that are **clean**—meaning no kick wax, and glide wax scraped.

Here are a few items that are good to have at home for waxing:

- Scaper
- Groove scraper
- Brush
- Base cleaner
- Fiberlene
- Glide Wax
- Iron

---

**CLOTHING** - Please do not ski in cotton clothing- ever! Brand names such as Swix, Toko, Sporthill, Patagonia, Craft and Mountain Hardware have ski specific clothing. Most second hand stores in Bend are filled to the brim with appropriate ski attire. Thin gloves and hats are warmer and better than thick gloves and hats. Thick gloves are impossible to get into pole straps and cause hands to sweat- which leaves hands cold and miserable in minutes. Mittens are just fine for this age group. Skiers must wear their hat at every practice! Other important items: ski pass, sunglasses (avoid goggles), water bottle/carer (avoid camelbacks because they restrict shoulder movement), long sleeve top (wool or polypro) jacket, pants, clothes to change into (extra dry shirt, hat and socks are a must!) Please make sure to have a backpack that can hold all of these items.

**Hat**  **Good Gloves**  **Bad Gloves**  **Good Belt**  **Camelbacks ok**

- Jacket
- Pants
- Synthetic or Wool Thermals
- Backpack
- Ski Bag

No Cotton please!

**SEASON PASS/DAILY PASS** - All Saturday and/or Sunday skiers need a Nordic season pass or day pass to Mt. Bachelor. Check for prices online at www.mtbachelor.com
For those of you that want to learn to wax your own skis, or improve upon your waxing skills, check out the weekly clinics this winter at the following retailers:

WebSkis: www.webskis.com • 541-318-8809
Sunnyside Sports: www.sunnysidesports.com • 541-382-8018

MBSEF will be open Tuesday evenings for SYP skiers to come in and wax skis. Adults will supervise waxing for younger skiers and will be available to assist. Waxing benches are also available during normal operating hours.

**Recommended tools:**
- Electric iron
- The best way to avoid damaging skis is to secure a brand name ski wax iron so that you can carefully monitor the temperature of the iron. Ski wax irons have a temperature guide that matches the type of wax with the perfect iron temperature. Please do not use an old clothing iron.
- Nylon brush (to clean ski base after scraping off wax)
- Thick, sharp, plastic scraper
- Kister spreader (use as a groove scraper and to remove wax from the side walls of your skis)
- Base cleaner/wax remover
- Paper towels or fiberlene (easy clean up)
- Synthetic cork (to smooth out kick wax)
- Glide wax: 3-4 types of glide wax 1 for warm (yellow) 1 for medium (pink/red) 1 for cold (purple)
- Kick wax: 3-4 types of kick wax 1 for cold (green/blue) 1 for medium (violet) 1 for warm (red/yellow) 1 universal kister for warm air temps and old snow
- Brands for Glide and Kick include Swix, Toko, and Holmenkol.

**Optional tools:**
- Form bench (to hold ski in place)
- Heat gun (easy for kister application/clean up)

You can find these items at local ski shops, hardware and grocery stores.

**Notes on Iron Use:**

Conditions at Mt. Bachelor permit skiers to use warmer/softer wax for most of the year. If you are trying to decide which wax to use—err toward the warmer side. If you have come across a block of wax and can not dent the block of wax easily with your fingernail—it is probably too cold of wax and you run the risk of damaging your skis with the high iron temperatures necessary to melt the wax into the ski. Overall, softer, warmer wax is better for individuals who are learning how to wax.

The United States Ski and Snowboard Association is the governing body of outlined the following age classifications and development levels.

Their website is [www.ussa.org](http://www.ussa.org)

- Ages are as of December 31st.
- Most MBSEF SYP skiers will be U10’s, and U12’s.
- U10’s and U12’s usually race between 1-3km

**AGE CLASSIFICATIONS**

<table>
<thead>
<tr>
<th>Age as of Dec 31</th>
<th>U8</th>
<th>U10</th>
<th>U12</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8-9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10-11</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
EQUIPMENT DISCOUNTS

We get great shop discounts at our local sponsors: **Webskis and Sunnyside Sports**
Please thank them for supporting MBSEF Youth Programs when you shop!
Please also thank the Mt. Bachelor Nordic Center for giving us great trails and a place we like to call home.

WEBSKIS

WEBSKIS & WEBCYCLERY
550 SW Industrial Way, Suite 150
Bend, OR 97702
541-318-6188
www.webcyclery.com
Mon - Fri: 9:00am - 6:00pm
Sat: 9:00am - 5:00pm • Sun: Closed

SUNNYSIDE SPORTS

SUNNYSIDE SPORTS
930 NW Newport Ave.
Bend, OR 97702
541-382-8018
www.sunnysidesports.com
9am-7pm Daily

Price lists available for enrolled participants in the Stevenson Youth Program.

Sunnyside Sports and the Mt. Bachelor Nordic Center have gear rentals available.

Paintball Biathlon
Obstacle Course
Super Heroes
Family Event Day

Check back for dates on these special events

CONTACT INFORMATION

MBSEF Office
563 SW 13th Street Suite 201, Bend, OR 97702
541-388-000 • www.mbsef.org

FOR PARENTS & FRIENDS

Parent participation in MBSEF events is always welcome!
To volunteer in MBSEF Alpine, Nordic, Snowboard or Fundraising events call our Volunteer Hotline at 388-0002.
To volunteer for an XC Event please e-mail our XC Race Volunteer Coordinator at: nordicrace@mbsef.org.
Volunteer at 1 Nordic event and receive 1 Nordic day pass.
If an alpine pass is desired, they are received after volunteering at 2 Nordic events.

IMPORTANT DATES AND APPROPRIATE RACES

Youth program skiers are encouraged to try selected local races at Mt. Bachelor, if they express an interest in racing. The appropriate distance for this age group is less than 3km. If a young skier can comfortably ski 2 or 3 times the distance of the race without stopping, then some of the following races will be appropriate. Fun is the focus at this age when it comes to racing, so events that involve costumes and relays are great. Sign up for local races online at www.mbsef.org or pick up a flier from the Nordic Center, MBSEF Office, Webskis or Sunnyside Sports.

- **December 27, 28, 29** - SYP 3 day WINTER CAMP. SYP skiers can attend any/all days. (We may limit the number of kids each day to insure we have quality athlete:coach ratio. There will be a sign up sheet at the Parent Meeting on Dec. 11th or you can reserve your spot by emailing syp@mbsef.org.)
- **January 4** - Saturday Sessions begin at 9:00am
- **January 5** - Sunday Sessions begin at 9:00am

Mt. Bachelor Nordic Center