



2019-2020 Nordic Stevenson Youth Program

Ages 7-11 - Grade 2,3,4,5

The Stevenson Youth Program (SYP) is designed to foster a lifelong appreciation for the sport of Nordic skiing, a love for the 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.

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)

Skyliners Winter Sports Swap:	October 12
Parents Meeting:	TBD at MBSEF
Winter Camp:	December 27, 28, 29, 2019
Saturday Sessions:	Jan 4 through, Mar 7
Sunday Sessions:	Jan 5 through Mar 8

The SYP program includes special event days that consist of a Family Event, Paintball Biathlon, Super Hero Day, and Obstacle Course Day. We always end the program on the last weekend with a sweet treasure hunt through the trees.

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 2019-2020 registration forms visit
mbsef.org