



# 2022-2023 Freeride Big Mountain Team

The Big Mountain Team refines technique and uses the whole mountain as its playground. The focus of this program is to develop the skills needed to ski all that Mt. Bachelor has to offer while having fun and learning about the alpine environment. Athletes will be expected to compete in big mountain competition in the PNW IFSA Region during the season.

Athletes must be able to ski comfortably on the entire mountain, in varied conditions and be comfortable skiing in the Woodward Terrain Parks. Skiing assessments are mandatory with the head coach to confirm placement within the program. Athletes who do not make the skills check may be placed in other programs on a case by case basis. This program is limited to the first 14 athletes who make the skills check.

Big Mountain Competition Team athletes will begin training in November (conditions permitting). They will train on snow Wed afternoons, all day Sat/Sun and Winter and Spring camps until the end of March on Mt. Bachelor. Evening trampoline training (optional) will be announced when the program starts.

13-15 yr old Team - Seven athletes maximum. Two training days (minimum) or three training days (ideally) a week required. Training days are Wed/Sat and Sunday optional. Two national competitions and two regional competition travel commitment required. Coach: Rex Shepard

10-12 yr old Team- Seven athletes maximum. 1 Day Sat or 2 Day Wed/Sat training program. One - two regional competitions commitment expected. Most likely Alpentel and Crystal/Stevens/Schweitzer.

Traveling events for Comp group:

- two national events (Crystal, Alyeska)
- three PNW regionals (Crystal, Schweitzer, Stevens, Alyeska, Alpentel).
- one 'out of region' regional (Brundage, Sugar Bowl)

## FREERIDE BIG MOUNTAIN TEAM

Ages 13-15, and ages 10-12

Designed for riders committed to competing

Big Mountain Age 10-12 (Sat) 1 Day	12/3-3/23	\$1,375
Big Mountain Age 10-12 (Sat/Wed) 2 Day	12/3-3/23	\$1,920
Big Mountain Age 13-15 (Sat/Wed) 2 Day	12/3-3/23	\$2,645
Big Mountain Age 13-15 (Sat/Sun/Wed) 3 Day	12/3-3/23	\$3,070

**Fall Dryland Conditioning** is strongly encouraged (unless you are participating in an organized school or other sport) for Freeride Competition Ski Team riders age 10. See Fall Dryland Conditioning flyer for more details.



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## Camps are included for Freeride Big Mountain Team

These camps are for MBSEF Program riders and we encourage everyone to attend. You'll be surprised at how much progress you can make when you train for 3 or 4 consecutive days.

<u>Camp</u>	<u>Dates</u>	<u>Time</u>	<u>Fees</u>
Winter (Wed-Sat)	12/19-12/21	10:00 - 2:00	N/C - included
Spring Break (Sat-Tue)	3/25-3/28	10:00 - 2:00	N/C - included

**Required Ability Level:** Level 6 = proficient terrain park rider, able to ski or snowboard anything on the mountain.

**Tuition:** Fees cover coaching costs only. Competition entry, licenses, lodging and transportation costs are additional.

**Licensing:** Freeride Competition Team athletes are required to join USASA to compete in local competitions, Hood Series and regional and national competitions. On-line registration can be found at [usasa.org](http://usasa.org).

**Competitions:** Freeride Competition Team riders compete in local competitions (USASA). Competition fees are extra.

**Travel:** MBSEF travels to scheduled competitions as a group. Entries, lodging and transportation are coordinated through the Program Director and Head Coach. We encourage all athletes to travel and stay with the team at out of area competitions. All travel is optional, and competition and travel fees are extra.

**School Release:** Midweek training is from 12:30-4:00p.m. School release is the responsibility of the participant and must be coordinated through MBSEF and the school. MBSEF van transportation from school or MBSEF is available for a fee, and is outlined on our Transportation Form.

**Season Pass:** An unrestricted, full season pass at Mt. Bachelor is required. All participants will be responsible for their own season pass. Purchase passes early through Mt. Bachelor to receive the largest savings.

**Equipment:** Riders will need to own their own equipment. Riders are required to wear helmets during all training and competitions. Equipment can be obtained at considerable savings by attending the Skyliners Ski Swap in October (an MBSEF fundraiser).

**Transportation:** Transportation is the responsibility of the participant. MBSEF van transportation can be provided for a fee, which is outlined on the Transportation form. Mt. Bachelor operates a shuttle from the Park-n-Ride. Check with Mt. Bachelor for current schedules.

For 2022-2023 registration forms visit  
[mbsef.org](http://mbsef.org)