



# 2022-2023 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 10 Tuesdays, 10 Wednesdays, 10 Saturdays and/or 10 Sundays at Mt. Bachelor Nordic Center, 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 9:00am. Parents can meet their athletes as they return to Mt. Bachelor Nordic lodge at 10:30 a.m. Tuesday athletes meet 3:15-4:45pm, Wednesday athletes meet 2:30-4:00pm.

**Enrollment Options:** 10 weeks for everyone on Wednesdays, Saturdays, and/or Sundays. Plus 2 day Spring Break Camp at no charge, for everyone to wind up the season with even more 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 (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:

Skyliners Ski Swap:	October 7-8
Parents Meeting:	TBD at MBSEF
Wednesday Sessions:	Jan 4 through Mar 8
Saturday Sessions:	Jan 7 through Mar 11
Sunday Sessions:	Jan 8 through Mar 12
Spring Break Camp:	March 18-19

**Events:** Throughout the year the skiers will participate in 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 week with a sweet treasure hunt through the trees.

**Trail Passes/Transportation:** All participants will be responsible for their own passes. Go to [mtbachelor.com](http://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, Latitude 44 and Webcyclery. Also, MBSEF hosts an in-house swap after the parent meeting.

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