



Stevenson Youth Program

Parent Handbook
2023



2023 Stevenson Youth Program

Welcome to the 2023 Stevenson Youth Program (SYP).

My name is Karen Kenlan and I am the head coach for our awesome program. 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 young 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, how to use it and take care of 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 lesson plan and weather situation.

Please make sure your child has a valid season pass for the Mt. Bachelor Nordic area.

We will have a parent meeting via Zoom in December. I will send out an email with the dates. We will go over program details and answer any questions you might have and you can meet our coaching staff.

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

Thank you!

Karen Kenlan
MBSEF Stevenson Youth Program Head Coach
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c. 541.788.6227

Mt. Bachelor Sports Education Foundation

2765 NW Lolo Drive • Bend OR 97703
541-388-0002 • www.mbsef.org • mbsef@mbsef.org



Stevenson Youth Program 2023

We are excited to meet your family and look 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 your kids may have outgrown, or need to look for. If you are new to skiing, a Nordic equipment guide is included in this handbook. This is a great resource for starting to understand what equipment works well, and what doesn't.
2. Look for gear at our sponsor shops - Sunnyside Sports, Webskis, Latitude 44 and the Mt. Bachelor Nordic Center.
3. 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.
4. www.mbsef.org. The MBSEF website is a great resource to be familiar with. On it you will find information on specific events and dates for our program.
5. Make sure that mail from syp@mbsef.org is on your 'safe-list' for emails as we use email for most of our in-season program correspondence.
6. 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.) before each. I will also send you an email update by Thursday to tell you what technique we are doing. Usually we alternate skate technique and classic technique each week. 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. ***If your child is 7 and does not want to skate that is fine. We are good with them just using classic technique at this age.***





Angie Stevenson

Stevenson Youth Program **HISTORY**

The Stevenson Youth Program is the very first level of the MBSEF Nordic development pipeline. Dylan Watts is our 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

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Our program is so lucky to have an excellent group of coaches





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.





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 am. Tuesday athletes meet 3:15-4:45pm, Wednesday athletes meet 2:30-4:00pm (at Mt. Bachelor).

Enrollment Options: 10 weeks for everyone on Tuesday, Wednesday, Saturdays, and/or Sundays. Plus 2 day Spring Break Camp 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:

MBSEF In-House Ski Swap	Oct. 3	4-6pm @ MBSEF
Skyliners Ski Swap	Oct. 7, 8	Ice Pavilion
Parent Zoom Meeting	TBD	
Tuesday Sessions	Jan. 3 - March 7	Mt. Bachelor
Wednesday Sessions	Jan. 4 - March 8	Mt. Bachelor
Saturday Sessions	Jan. 7 - March 11	Mt. Bachelor
Sunday Sessions	Jan. 8 - March 12	Mt. Bachelor
Spring Break Camp	March 18-19	Mt. Bachelor

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 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

STEVENSON YOUTH PROGRAM

DAILY CHECKLIST!

- I will send out an email each week detailing which ski technique we are doing and any other details.
- Arrive to the sessions 15-20 min. early to get checked in by our Parent volunteer.
This allows for the program to start on time! Get your child dressed and ready to ski before they leave the car.
- During the sessions you will need to be within a 5-10 minute phone call in case your child needs to leave for some reason.
- 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.
- Parents please notify coaches if your child has allergies or uses an inhaler

DAILY CHECKLIST

- Trail pass for Mt. Bachelor
- Please put your name on your skis and poles! Helps us find your gear when it goes missing!!
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
- 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, clear or lighter lens glasses for snowy days
- Sunscreen/lip balm
- Water bottle with carrier
- Snacks
- Medication if necessary
- POSITIVE ATTITUDE!!





Spring Break Camp March 18, 19th 2023 Mt. Bachelor

Who: All Stevenson Youth Program participants

What: A 2-session ski camp for participating SYP skiers

Where: Mt. Bachelor Nordic Center

Why: The best skiing at Mt. Bachelor is in the Spring!! Join us for some fun in the sun to do ski adventures, games and more.

To sign up please email: syp@mbsef.org

Location: Mt. Bachelor

Session Times: 9:00am - 10:30am or 11:30-1pm

Sat. & Sun. March 18 & 19th



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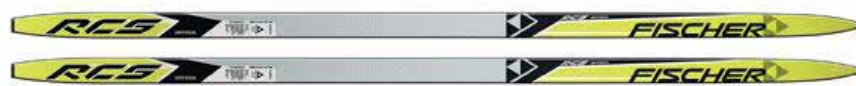
SKI EQUIPMENT



- Skate Skis-athlete height



- Classic Skis- athlete height plus 10 to 15cm. Shown here is a skin ski



- Combi Skis-athlete height



NNN Bindings



Combi boot



Classic boot



Skate boot

Equipment needed for the Stevenson Program

2 pairs of skis (or 1 pair of combi ski for 7 year-olds/complete beginner)

- Classic Skis: Waxless is best (fish scale or skin skis) Waxable Combi (smooth base) is ok.
- Skate skis. If your child is 7 it's ok if they just classic ski at this age.

See above for ski length. Our partner shops can also assist you in choosing equipment.

Boots

- Combi boot works for both sets of skis if you want to keep it simple or both skate and classic boots. Skate boots have more ankle support for pushing out to the side. Classic boots are lower cut and allow for the striding movement that requires your ankle to bend forward.

Poles

- 2 pair is best, 1 pair is ok. If you use just one pair of poles they should be chin height. Skate pole height should be to just below your nose. Classic poles should be shoulder height.

Wax - Keep an eye on the bases of your skis. If they aren't running well have a coach take a look at them. The bases should not be white. That means they need wax and are drying out. Your awesome head coach Karen Kenlan can either show you how to do this in the MBSEF waxroom or she can just do it for you. Please ask! We want you to have fun, not struggle.

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



Scraper



Groove scraper



Brush



Base cleaner



Fiberlene



Glide Wax



Iron

STEVENSON YOUTH PROGRAM

CLOTHING

In the sport of Nordic skiing we are moving around a lot and tend to stay warmer than alpine skiing! The key to smart dressing for Nordic skiing is using layers starting with a good base layer that wicks away sweat and stays dry. An outer shell that is waterproof can always be removed if it gets to warm.

Brand names such as Swix, Toko, Sporthill, Patagonia, Craft and Mountain Hardware have ski specific clothing. *Please do not ski in cotton clothing.* It will get wet and stay wet causing you to get cold really fast. Most second hand stores in Bend are filled to the brim with appropriate ski attire. (Gear Fix) Thin gloves and hats are warmer and better than thick gloves and hats. Heavy gloves are difficult 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/carrier, 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



Nordic Ski Gloves



Bad Gloves



Good Water Belt



Camelback ok



Jacket
No Cotton please!



Pants



Synthetic or Wool Thermals



Backpack



Ski Bag



Ski Pass



Sunglasses



No goggles please!

SEASON PASS/DAILY PASS- All Mt. Bachelor session skiers need a Nordic season pass or day pass. Check for season rates to save money online at www.mtbachelor.com



WAXING LIKE THE PROS



MBSEF has a wax room that will be open at certain times for SYP families to come in and wax skis. Please contact Karen Kenlan to find out when the waxroom will be available.

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
- Klister spreader (use as a groove scraper and to remove wax from the side walls of your skis. (not applicable for SYP ages)
- 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 klister for warm air temps and old snow. Generally for SYP program ages we don't use klister skis. Please use a ski with fishscales in the kickzone. (termed waxless, although you still need to put glide wax occasionally on the tips and tails.

Optional tools:

- Form bench (to hold ski in place)
- Heat gun (easy for klister application/clean up)

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

Liquid Wax is now a great option. See your local ski shop for this easy to use product.

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.

EQUIPMENT DISCOUNTS

We get great shop discounts and assistance from our local sponsors

**Please thank them for supporting
MBSEF Youth Programs
when you shop!**

Thank you to the
Mt. Bachelor Nordic Center
for giving us groomed trails
and a place we like to call home



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



WEBSKIS & WEBCYCLERY
157 NW Franklin Avenue
Bend, OR 97703
541-318-6188
www.webcyclery.com
Mon - Sat: 10:00am - 5:00pm



Mt. Bachelor Nordic Center
www.mtbachelor.com



LATITUDE 44 SPORTS
Located in the Century Center in Bend
Century Center, 1375 SW Commerce Ave,
Bend, OR 97702
Tuesday to Friday: 10am - 6pm
Saturday: 10am - 5pm • Sunday: 10am - 3pm
Phone: (541) 304-2477
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Cross Country Development Pipeline

The Cross Country Development Pipeline parallels the Cross Country Training System and is designed to provide training and racing opportunities for athletes striving towards becoming the Best in the World.



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YOUTH, CLUBS AND TEAMS
Broad base of youth programs, clubs and teams



NATIONAL J2 AND J1 ELITE GROUP
National level camp with regional and National Team coaching

REGIONAL ELITE GROUPS (REG)
ALASKAN - WESTERN - CENTRAL - EASTERN
Regional camp with regional and National Team coaching
National Elite Group

NATIONAL ELITE GROUP (NEG)
Athletes in the National Training Group will receive invitations to U.S. Ski Team camps and competitions

D TEAM
Logical and coaching support for camps or competitions. Full support for sport science, physical therapy, medical, psychology, education and coaching

B TEAM
Partial financial support for all camps and competitions. Full support for sport science, physical therapy, medical, psychology, health insurance (as available), education and coaching

A TEAM
Full and total support for all camps and competitions. Full support for U.S. Ski Team, as well as support including sport science, physical therapy, medical, psychology, education, health insurance and coaching

AGE CLASSIFICATIONS

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

- 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 as of Dec 31	6-7	8-9	10-11
Age Classification	U8	U10	U12



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