



# 2022-2023 Nordic Ski Mountaineering

Ages 14-18

The MBSEF Ski Mountaineering program aims to introduce youth athletes ages 14-18 interested in ski mountaineering to the sport through a program designed around both competition and fun. The "skimo" program will focus on the skills and tools needed to execute a successful training and racing season along with education in gear, technique, training and racing principles, and more.

The Skimo program is designed for youth athletes ages 14-18 with two days of training per week. A background in alpine or nordic skiing is recommended.

This 6 week program will give youth interested in skimo the opportunity to learn from the basics all the way up to their first race experience. This program focuses on ski mountaineering as a competitive sport rather than a touring perspective and will be taught with the intention of racing a skimo race. Participants will work with the team two days per week and given a full training program for fitness training on their own if they would like.

The program will start with series of classroom sessions to introduce the basics of gear and skimo technique, then lead into on-hill training to emphasize technique and gain fitness. The program will also include the opportunity to race in a local or regional skimo race (entry fee and travel not included).

Session I Jan 4 to Feb 12

Wednesday 2:45-5pm (1st 3 Wednesdays classroom)

Sunday 9:00am-noon on snow

Cost \$400

Session II Feb 15 to Mar 26

Wednesday 2:45-5pm (1st 3 Wednesdays classroom)

Sunday 9:00am-noon on snow

Cost \$400

**Competition/Travel:** Competition race opportunities throughout the season will be available at the skiers option. Current competitions are scheduled for:

Mt. Shasta Ascension Race Jan 21  
Mt. Ashland Skimo Feb 4  
Vertfest Mt. Bachelor Feb 12  
Vertfest Alpendal Mar 4  
Skibowl Skimo Fest TBD  
Loup Loup Rando Race Jan 28.

Fees for these events will be set closer to the events. All out of town trips are supervised by the coaching staff.

**Lift Passes:** Participants will not need alpine lift passes.

**Equipment:** Skiers need their own equipment for all programs. MBSEF has a supply of equipment for rent.

**Transportation:** MBSEF van transportation for the season is included in the Ski Mountaineering program.

**About the Coach:** Max King has been coaching youth athletes for the past 15 years in various running programs and camps. He sees skimo as a natural progression for endurance athletes in learning a new sport, cross training for summer activities, and learning a new way to enjoy the winter. With the inclusion of Skimo in the 2026 winter Olympics this seemed like the perfect opportunity to work with youth in a new sport and introduce them to this awesome winter activity. Max is a professional running athlete for Salomon and competes all over the world. He started skimo 8 years ago as a way to improve his mountain running, cross train, and find a way to enjoy the Central Oregon winter. Since then he has participated in numerous skimo races around the West and can't wait to share what he's learned.

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