



**2022/2023**

**Development Team**

**PARENT ATHLETE**

**HANDBOOK**

## **Welcome to the MBSEF Freeride Team!**

Skiing and Snowboarding, what does it mean to you?

To the coaches here at MBSEF it's a way of life.

Over the years we have dedicated countless hours  
pursuing our passion for the sport.

As coaches our goal is to pass this on to our athletes  
and encourage them to dream BIG!

Thanks for joining our shred team,

Coggin Hill  
Freeride Program Director

Christopher Smith  
Development Team Head Coach

# **Daily Checklist / First Day Information**

## **Daily Checklist**

Snowboard/twin tip skis w/appropriate bindings  
Boots  
Helmets are required  
Facemask – required on extremely cold days  
Season Pass  
2 pairs of waterproof gloves  
Non-Cotton Base Layer (polyester/polypropylene)  
Jacket – waterproof/breathable  
Insulated layer (fleece, hoody, etc.)  
Goggles – amber lens for all conditions or multiple for different light conditions  
Sunscreen/Lip balm (apply every morning)  
Water bottle  
Lunch/snack  
Hand warmers are great!  
Positive attitude!

## **Important Operational Information:**

Due to limited lodge capacity all athletes should be prepared to stay comfortable outdoors for 2-3 hours with limited breaks. Promptness, warm clothing, access to the family vehicle, and healthy “pocket snacks” will assist in optimizing everyone's experience. Please recognize the importance of these recommendations as we operate in somewhat variable weather and traffic situations.

## **Daily Operations**

### **Late Arrivals/Separations:**

Parents, please review the following information with your athlete. If you arrive late, check-in with the staff at the meeting area. That person will help communicate with the

rider's coach to arrange a meeting plan. Arrivals 30 minutes after start time may be unable to connect with their group until after lunch.

Each group will take 1 warm-up run and come by our designated meeting area each morning to pick up any late arrivals unless their entire group is present.

Every effort is made to ensure that your athlete does not become separated from his/her group. The coaches will review the following information. Safety is a priority to all our staff.

If your athlete becomes separated from the group, he/she is instructed to go to the **bottom of the lift** and **wait** at the **bottom of that lift**. The athlete **must stay at the bottom of the lift, never ride up the lift without your group**. If your athlete has a cell phone they should call their coach immediately. If they do not have a cell phone the athlete should flag down another MBSEF coach or group and have them contact their coach. If no other MBSEF coaches or groups come by the athlete should then go to the lift attendant and have them contact Ski Patrol. Riders **must wait at the bottom of the lift until instructed otherwise**. All coaches are equipped with hand-held radios (most have cell phones too) and are in direct contact with our management team.

All athletes are expected to ride with their groups unless the parent tells the coach otherwise. If a rider is thought to be lost, but is found free riding, the parent will be contacted immediately. If the missing rider cannot be found, Ski Patrol will be contacted.

#### **Adverse Weather Conditions:**

Although it is rare, there may be a need to cancel a training day for safety reasons due to adverse weather conditions and/or snow conditions. Please understand that we are looking out for the best interest of your athlete if a training day is canceled. You can call Coggin Hill at 541-610-2556 or Chris Smith 541-241-0846 for information on questionable days. We will do our best to notify all athletes and parents of any cancellations promptly via email.

#### **New Program Members:**

##### **On-hill Ability Assessment - Dec. 3, 10am - 2pm, Location TBD**

All new program members are required to attend the New Athlete Ability Assessment on Dec. 3rd. This assessment provides us with an opportunity to confirm your athlete meets our required skill level (SB - linking toe and heel turns on blue terrain, Ski - linking parallel turns on blue terrain, no wedging) and helps us place them in the appropriate

group. A rider's family will be notified if a different program would be more appropriate according to skill level and/or motivation.

### **First Day**

While parents are encouraged to meet riders and coaches during drop-off, lunch and pick-up. We prefer that parents do not accompany groups, unless okayed by the coach. We encourage parents of new program members to meet their athletes coach on the first day and communicate with the coach throughout the season.

### **Wednesday Athletes**

Coaches arrive at 12:00 p.m.

Snowboarders/Skiers arrive at 12:15 p.m. and check in with MBSEF coaching staff at the Junior Race Center area. Coaching staff will be available to help direct you to the meeting area on-snow where you will meet your coach. All riders are assigned to a group and a coach. Athletes and coaches depart the meeting area at 12:30 p.m. The program ends at 4:00 p.m. Please pick up your child promptly at 4:00p.m.

### **Saturday/Sunday Athletes**

Coaches arrive at 8:45am

Skiers and Snowboarders arrive by 9:45 a.m. at the Junior Race Center area. Coaching staff will be available to help direct you to the meeting area on-snow. All riders are assigned to a group and a coach. Athletes and coaches depart the meeting area at 10:00 a.m. The program ends at 3:00 p.m. Please pick up your child promptly at 3:00p.m.

Lunch for all athletes will occur between 12:00p.m. and 1:00p.m. Athletes may eat lunch with their coaches/parents then return to their groups meeting location. Please plan for this accordingly.

### **Camps**

#### **Winter Camp**

Development Team, Dec. 19-21.  
Hours are 9:00 a.m. – 1:00 p.m. daily.

Winter Camp provides 3 days of consecutive training focused on specific skill progression. Camps are included in the program. Online Registration will be required to attend, this will be sent a week prior to camp.

## **Spring Camp**

Development Team March 25-28.

Hours are 9:00a.m. - 1:00 p.m. daily.

Spring Camp provides 4 days of consecutive training focused on specific skill progression. Camps are included in the program. Online Registration will be required to attend, this will be sent a week prior to camp.

Spring Camp offers a great way to finish up the season. Coaches will focus on skills that riders have gained over the season to help progress quickly into new skills. Online Registration will be required to attend, this will be sent a week prior to camp.

## **Contact Information**

Mt. Bachelor Sports Education Foundation  
2765 NW Lolo Dr  
Bend, OR 97703  
(541) 388-0002 Office

[www.mbsef.org](http://www.mbsef.org)

[www.mbsef.org/programs/snowboard/](http://www.mbsef.org/programs/snowboard/) - Training Calendar

Amy Tarnow, Executive Director, [amy@mbsef.org](mailto:amy@mbsef.org) 541-388-0002

Kathy Kurtz, Membership Coordinator, [mbsef@mbsef.org](mailto:mbsef@mbsef.org), 541-388-0002

Coggin Hill, Freeride Program Director, [chill@mbsef.org](mailto:chill@mbsef.org), 541-610-2556

Chris Smith, Development Head Coach, [csmith@mbsef.org](mailto:csmith@mbsef.org) , 541-241-0846

Mt. Bachelor Ski Patrol [541-693-0911](tel:541-693-0911)

## **Athlete Contract MBSEF Freeride Program**

### **RESPECT:**

I understand that snowboarding/skiing, while judged on an individual basis in competition, is considered by MBSEF as a team sport and requires all members and coaches of the team to respect one another. Respecting my teammates and coaches means:

I will listen to my coaches and stay with my group during the entire practice session or competition.  
I will arrive on time with all of the proper equipment for that day  
I will encourage and support my teammates and will not tease my teammates or use hurtful language.  
I will not hit, trip, push, kick or otherwise physically harm my teammates or coaches.

**SPORTSMANSHIP:**

I understand that sportsmanship is more important than winning or losing.

Being a good sport means:

I will respect riders and coaches on the other teams.

I will respect judges and organizers at all competitions.

I will not complain to judges or coaches.

I will not taunt riders on other teams.

I will offer words of encouragement to riders and coaches of other teams.

I will thank coaches and MBSEF staff who have volunteered their time so that I can have the opportunity to participate in the MBSEF Freeride Program.

**APPRECIATION:**

I understand that snowboarding/skiing is a privilege that is made possible by MBSEF, my coaches, Mt. Bachelor, and most important MY PARENTS.

Being appreciative means:

I will thank my parents for getting me to the mountain and will make it as easy as possible for them to take me to and pick me up from the mountain.

I will respect Mt. Bachelor facilities and will pick up trash and leave the facilities in better condition than I found them.

I will respect the equipment that Mt. Bachelor provides so that we can snowboard/ski.

**FUN:** I understand that the main purpose of the MBSEF Freeride Program is to HAVE FUN!

I have reviewed this athlete contract and understand the expectations and responsibilities of being on the MBSEF Freeride Team.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_