



**2022/2023**  
**COMPETITION 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

# Daily Checklist / First Day Information

## Daily Checklist

Snowboard/twin tip skis w/appropriate bindings  
Boots  
Helmets are required  
Facemask – required  
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!

## Daily COVID Protocols/Health Check

Please perform a daily temperature and health check with your athlete prior to bringing them to training. If they are exhibiting any COVID or other illness symptoms please hold them out of training and notify their coach. Daily attendance rosters will be kept for all groups. We will be strictly adhering to the set groups for each day and there will not be any daily shifting of athletes among groups. Please pass this information along to your athletes and help us follow these guidelines so we can keep everyone out on the hill shredding.

## Daily Schedule

### Saturday and Sunday

Coaches arrive at 8:30 a.m. to talk about daily concepts.  
845am-945am Coaches Clinic \*Coaches Only

### Snowboarders and Skiers

Athletes arrive at 9:45 a.m. and check in with their coach outside of the Junior Race Center.  
Groups leave JRC at **10am and return at 3pm.**

For athletes riding the vans on weekends this means a **7:15am** drop-off at the MBSEF Office with an approximate return time of **4pm.**

Lunch for the freeride team is between **12:30p.m. – 1p.m.** but is dependent on the group.  
Athletes will eat lunch upstairs in JRC with their group and with their coach.

Please pick up your child promptly after training.

**Wednesday, Thursday and Friday**

Ski and Snowboard Training **12:30 p.m.-4 p.m.**

For athletes riding the van this would mean **11:30 am** drop-off at the MBSEF Office with an approximate return time of **5pm**.

\*We will not be having a lunch break on weekdays so make sure athletes have a small pocket snack to help get them through the end of training.

\*Riders not taking a van to training will need to be dropped off 15 minutes prior to training and picked up directly after training.

# Daily Operations

## **Late Arrivals/Separations:**

On the first day of training encourage your athlete to exchange phone numbers with their coach.

If you arrive late, have your athlete call/text their coach to let them know.

Each group will take 1 warm-up run and come by the JRC each morning to pick up any late arrivals unless their entire group is present. Athletes arriving more than 30 minutes late may not be able to meet up with their group until after lunch.

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**. The first thing an athlete should do is call their coach with their cell phone. The other thing they can do is flag down another MBSEF coach or group and have them help contact their coach. All coaches are equipped with hand-held radios and have cell phones.

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 for information on questionable days. We will do our best to notify all athletes and parents of any cancellations promptly via email.

## **Contact Information**

Mt. Bachelor Sports Education Foundation  
2765 NW Lolo Dr.  
Bend, OR 97701  
(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

Soren Miller, Freeride Snowboard Competition Head Coach, [sorenmiller21@gmail.com](mailto:sorenmiller21@gmail.com),  
541-971-5734

Jon Marks, Freeride Ski Competition Head Coach, [jmarks@mbsef.org](mailto:jmarks@mbsef.org), 541-410-6785

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

Mt. Bachelor Ski Patrol 541-693-0911

### **Weekly Van Schedule**

Wednesday: Van leaves MBSEF at 11:30 AM. Van returns to MBSEF at 5PM

Thursday: Van leaves MBSEF at 11:30AM. Van returns to MBSEF at 5PM

Friday: Van leaves MBSEF at 11:30AM. Van returns to MBSEF at 5PM

Saturday: Van leaves MBSEF at 7:30AM. Van returns to MBSEF at 4:00PM

Sunday: Van leaves MBSEF at 7:30AM. Van returns to MBSEF at 4:00PM

-For weekday training parents can drop off their athletes' equipment at the MBSEF office until 5 pm the night before, or between 8am-11am the day of training.

## **Competitions**

Competition calendar - [www.mbsef.org/SnowboardComps/](http://www.mbsef.org/SnowboardComps/)

### **USASA Central Oregon Series**

This is our local home series that we encourage all of our athletes to participate in. The competition disciplines offered are Halfpipe, Slopestyle, Rail Jam and Boardercross/Skiercross. Registration fees are \$35 per event for online pre-event registration. These events begin in December on Saturday and Sunday and will run through the beginning of March. Athletes that compete in USASA events are required to obtain a USASA membership (\$125 at [usasa.org](http://usasa.org)). Athletes competing in these gain points towards qualifying for USASA Nationals in Copper Mtn, CO.

### **Mt. Hood Series Combo Events**

We will travel to Mt. Hood for a few events throughout the season. In order to get 3 results this season and better your chances of qualifying for Nationals you will need to travel to Mt. Hood for a SX/BX, Halfpipe and/or a Slopestyle event.

### **USASA Futures Tour - Rev Tour In-Season Qualifiers**

These events provide an opportunity for athletes to qualify for the remaining FIS level Rev Tour events if they do not have a pre-qualified spot. Futures Tour events are for athletes age 13 or older with a valid FIS license. For more information on Futures Tour visit [Future Tour FAQ](#) or contact Jon Marks or Soren Miller

### **USSA Revolution Tours**

The Revolution Tour is a proving ground for up-and-coming athletes looking for a chance to compete against their peers on the national stage. The Revolution Tour traveling series provides athletes the opportunity to compete in Halfpipe, Slopestyle, and Big Air. These events are open for athletes 13 years old and older. You must pre-qualify to compete in Revolution Tours through USASA Nationals and the USASA Futures Tour Qualifier Events.

## **Dryland Training**

### **Location – MBSEF Office**

Coaches will be scheduling weekly trampoline training with their groups once the season begins. This is a great way for athletes to work on air awareness in a safe environment utilizing our supertramp. We will be teaching progressions on spins, basic flips, inverts and corks. Athletes must master these tricks in a dryland environment before performing any of these maneuvers on snow.

## **Camps**

### **MBSEF Winter Camp**

December 19-December 21.

Winter Camp is from 9am - 1pm daily. The camp provides 3 days of consecutive training focused on specific skill progression. No lunch breaks during camps so bring pocket snacks.

### **MBSEF Spring Camp**

March 25-March 28.

Spring Camp is from 9am - 1pm. The 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. The multiple, consecutive days of training are very beneficial for riders as they will be able to push through any barriers they've found during regular season training.

### **MBSEF Summer Camps**

These are outstanding training opportunities for MBSEF Competition Team and Development Program riders\* who want great summertime training and fun with MBSEF coaches! We will be offering day trips on Wednesdays and Thursdays from the end of June through July. We will also be offering 2 separate week long camps at Mt. Hood with approximate dates of June 26-July 1 and July 10-July 15. At the week-long camps we will be staying in Government Camp and we will utilize Timberline's Freestyle Training Facilities (FTC) world class terrain parks and pipes.

\*Summer Camps are open to riders who are mature enough to handle a day without their parents in a group setting.

## **Volunteer Opportunities**

### **Competition Programs:**

#### **USASA Central Oregon Series at Mt. Bachelor**

We encourage all of our Freeride Competition Athletes to compete in our local USASA Central Oregon Series at Mt. Bachelor. We always need help to set-up and run these events to support our athletes. If you would like to volunteer for any of these competitions please contact Adam Brown (Series Director) at [CentralOregonUSASA@gmail.com](mailto:CentralOregonUSASA@gmail.com).



# **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: \_\_\_\_\_

# **MBSEF Athlete Travel**

Traveling to contests with coaches is a huge benefit of being part of this club. Having an experienced and certified coach to guide athletes through the whole process will be an invaluable learning experience for the Freeride athletes. Traveling coaches focus on all aspects of the contest experience from proper nutrition to high end waxing techniques.

## **Why Travel with the team?**

- Experienced travel coaches ensure proper nutrition for athletes to be prepared for competition
- Consistent waxing and equipment preparation for varying weather conditions
- Mental contest preparation with video review of practice
- Strict bedtimes ensure proper rest
- Having a representative at coaches meetings to stay informed and receive bibs
- Informed coaches make sure athletes are where they need to be on time

## **Equipment:**

- Athletes should be prepared high level competitions with the following:
  - Contest specific boards or skis with properly maintained base and edges. Ideally identical equipment for training and comp days. Also, an event specific set for slope and pipe each. (Pipe skis/board should never touch rails!)
- **Always bring these items in a backpack to the contest venue:**
- Water: Large refillable water bottle
- Snacks and lunch: Enough to sustain all day without stopping in the lodge
- Extra Goggles: Varying lenses for changing conditions + a secondary frame
- Extra Gloves: Warm pair + a set of liners + Glove warmers
- Extra Layers: Mid layer + base layer
- Tool: basic pocket tool for quick tightening or adjustments

## **Traveling Athlete Code of Conduct**

- Represent yourself and our sport with the highest level of integrity
- Represent yourself in a respectful manner at all times
- Maintain a high level of personal responsibility for yourself
- Be courteous to and respect the coaches, teammates, event officials and all ski area employees
- Alcohol, illegal drugs or tobacco use will result in being sent home on the next flight
- Refrain from profane, abusive or offensive language
- Conduct yourself with honesty, stealing or misrepresentation will not be allowed
- Respect others belongings and do not tamper with others' equipment
- Clean up after yourself: dishes, waxing, vans, common areas and personal space
- Stay out of the rooms of opposite sex athletes and coaches
- A coach must know where you are at all times
- Obey set curfew and be on time to other obligations
- Communicate with coaches with any issues or concerns

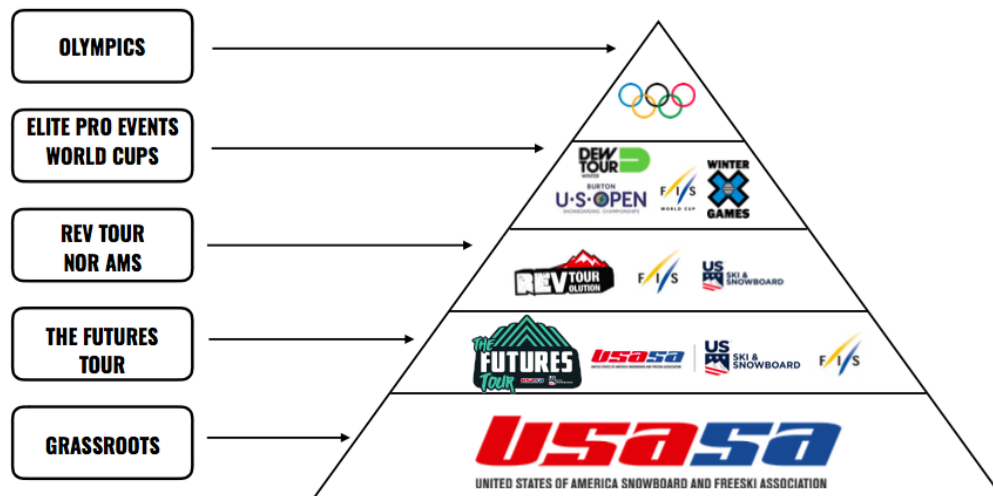
# U.S. Snowboarding and Freeskiing Development

The USSA's Athlete Development Pipelines are a cornerstone of athletic programs, providing a systematic roadmap for progression from grassroots to the Olympic Winter Games. Pipelines illustrate how an athlete moves through the USSA competition system and who is primarily responsible for the development of athletes at those different stages.

There are many factors that influence athlete development at each stage including training, technical and tactical markers. There must also be an appropriate emphasis on fun, fitness and fundamentals at each of the various levels, as these are all core factors of recruitment, retention, participation and athlete development.

The pipelines designed to define the pace of development, to lead program design both at the

## **USASA IS THE FIRST STEP IN THE OLYMPIC PIPELINE**



USASA is grassroots snowboarding and freeskiing and as the sole entry point to snowboarding and freeskiing competitions in the US, the journey to the Olympic podium begins at USASA.

regional and national level, and to educate stakeholders such as parents and athletes about program design at the local level, through the national team.

[Snowboarding Development Pipeline](#)

[USSA Training Systems](#)

[US Snowboard Athletic Pipeline](#)

[US Freeskiing Athletic Pipeline](#)

## **U.S. Snowboarding and Freeskiing Competitive Pipeline**

The competitive snowboarding pipeline can often be difficult to navigate. Below are a few resources and descriptions to help better understand the competitive landscape.

**Where to start** - Find a [club](#) in your region. Local clubs are a great starting point for aspiring athletes, introducing them to knowledgeable coaches who can guide them along the development pipeline. The USSA provides education and support to its local clubs including a certification process for coaches, judges and officials and the club itself to ensure the best experience possible for athletes and parents.

USASA events are the best events for entry level athletes. USASA offers events in each region of the country. Check out [USASA](#) to find your local series and get started

**Next steps** - Once you are feeling comfortable at the regional USASA level events, you can start checking out national events. Through your regional USASA series, you can qualify for USASA Nationals (largest junior snowboard competition in the world). Athletes qualify from USASA Nationals into the [Revolution Tour](#) and US Project Gold development projects. From the Revolution Tour athletes start to build their points profile and will become eligible to qualify for the Grand Prix.

[Snowboard Grand Prix Criteria](#) [Freeskiing Grand Prix Criteria](#)

As athletes have success at the international level they can potentially qualify for the U.S. Team programs or the U.S. Olympic Team.

[U.S. Freeskiing Team Criteria](#)

[U.S. Snowboarding Team Criteria](#)

### **Event Sanctioning Organizations**

**USASA** - The United States of American Snowboard and Freeski Association is a great place to get your start in competitive snowboarding/freeskiing. USASA facilitates fun and fair events for all ages across the country. USASA also hosts the largest competitive snowboarding/freeskiing event in the world - USASA Nationals, each spring. USASA nationals are used to qualify athletes for Project Gold Camps and Revolution Tour.

**USSA - US Ski and Snowboard Association** - U.S. Snowboarding and U.S. Freeskiing are part of the U.S. Ski and Snowboard Association, recognized by the U.S. Olympic Committee as the National Governing Body for competitive snowboarding and freeskiing in the U.S. Once an athlete has decided to pursue competitive snowboarding and freeskiing and has reached the age of 13, the next step is [membership in the USSA](#). USSA offers a wide range of elite level events such as the Revolution Tour, Futures Tour and Hole Shot Tour, along with talent development programs such as Project Gold.

[FIS Federation International Skiing](#) - The International Ski Federation is recognized by the International Olympic Committee as the International Federation for Olympic snowboarding. Athletes participating in FIS international events - both in and outside of the USA - earn FIS or World Cup points which are used to then qualify those athletes for elite level events and development projects. Most Revolution Tour and Sprint U.S. Grand Prix events are FIS sanctioned events. To participate in FIS events, athletes must hold a current USSA membership and also obtain a FIS license, which can all be managed through [USSA Membership](#).

[WSF - World Snowboard Federation](#) - The WSF is an international organization dedicated to developing open snowboard competitions based on rider-driven events. Originally developed to facilitate the selection of riders to participate in The Arctic Challenge, the WSF now organizes and sanctions hundreds of events around the world culminating at the top level with the Global Open Series and also organizes the World Snowboarding Points List WSPL.

### **Key U.S. Snowboarding and Freeskiing Event Programs**

[US Revolution Tour](#)

[USASA Nationals](#)

[Hole Shot Tour](#)

[Futures Tour](#)

[Snowboard World Cup](#)

[Freeski World cup](#)

USSA Junior Nationals

[USSA Snowboard Training System](#)

[USSA Freeski Training System](#)



## U.S. FREESKI ATHLETIC PIPELINE

INTEREST IN COMPETITIVE FREESKIING

FIND A CLUB/COACH

COMPETE AT USASA AND/OR U.S. SKI & SNOWBOARD REGIONAL EVENTS

COMPETE AT USASA AND/OR U.S. SKI & SNOWBOARD NATIONAL EVENTS

### DISCIPLINE PATHWAYS

#### HALFPIPE (HP) / SLOPESTYLE (SS)

CONTINUE COMPETING AT USASA AND/OR US SKI AND SNOWBOARD EVENTS

ADVANCE TO OPEN CLASS COMPETITIONS

QUALIFY TO COMPETE AT REV TOUR EVENTS (14+)  
\*US Ski and Snowboard / FIS membership required

QUALIFY FOR FIS JUNIOR WORLDS (14-17)

QUALIFY FOR ELITE EVENTS- GRAND PRIX, WORLD CUP, ETC.

QUALIFY FOR NATIONAL TEAM

QUALIFY FOR OLYMPICS

## OLYMPICS

#### SKICROSS (SX)

CONTINUE COMPETING AT USASA AND/OR US SKI AND SNOWBOARD EVENTS

ADVANCE TO OPEN CLASS COMPETITIONS

AGE 13 ELIGIBLE TO COMPETE AT REV TOUR EVENTS  
\*US Ski and Snowboard / FIS membership required

AGE 16 ELIGIBLE TO COMPETE AT NORAM EVENTS  
\*US Ski and Snowboard / FIS membership required

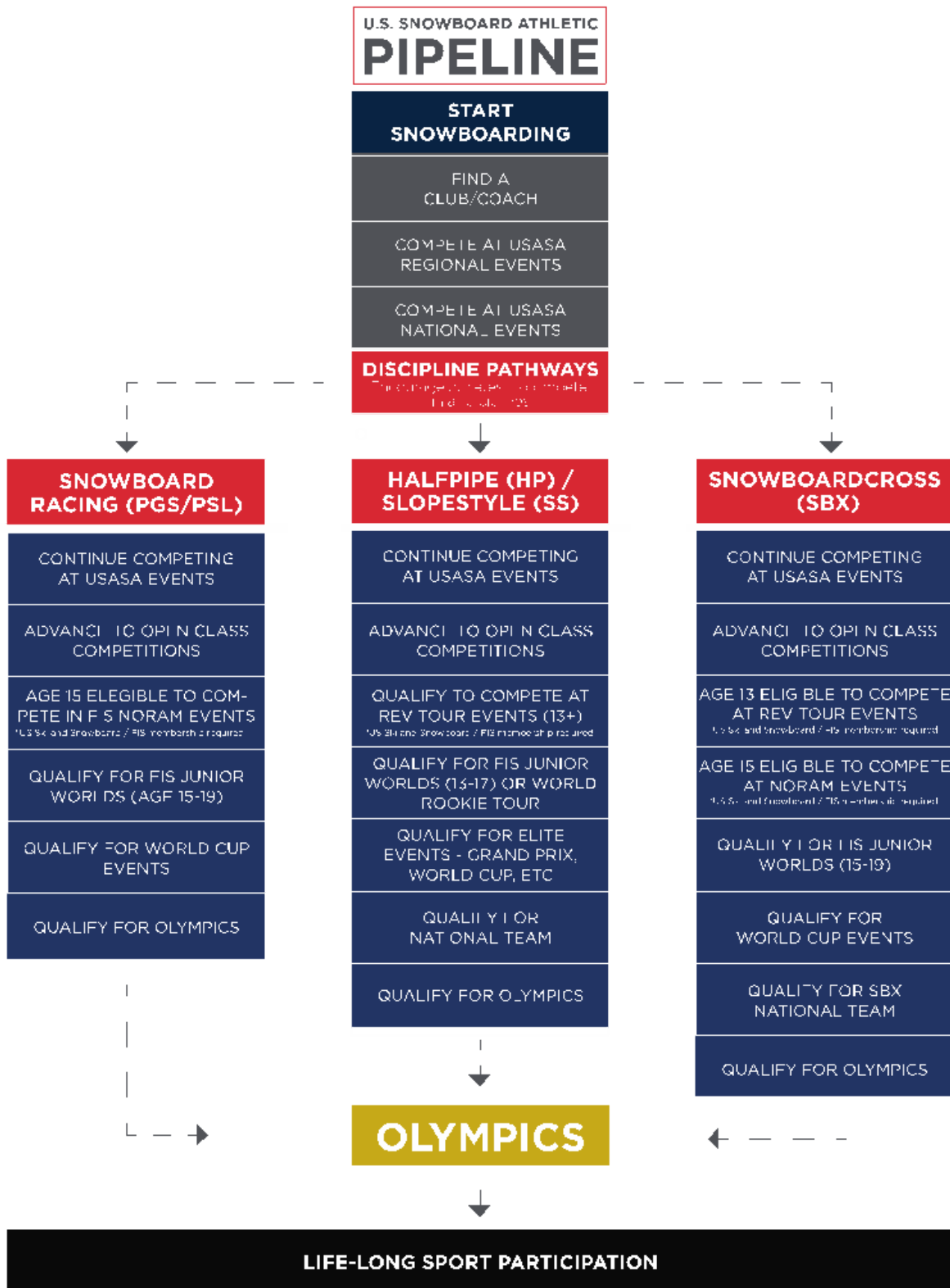
QUALIFY FOR FIS JUNIOR WORLDS (16-20)

QUALIFY FOR WORLD CUP EVENTS

QUALIFY FOR OLYMPICS

## OLYMPICS

LIFE-LONG SPORT PARTICIPATION



## Edge tuning Guide

1. Place board/skis in the clamps so that the bindings are facing out (towards you).

Tighten the clamps by rotating the knob clockwise.

If you have not tuned your edges in a while start by taking the sidewall puller and run it down the sidewall. The goal is to shave off high spots that could interfere with the tuning process; 1 to 3 pulls should be plenty.

2. **200 Grit Diamond Stone (Red)** - Take an edge guide and place the diamond stone at a 45-degree angle in a way that allows the snowboard/ski edge to come in contact with the entire length of the stone.

Always allow the edge guide to do the work, never apply heavy downward force to the edge.

With the edge guide and stone ready to go find a spray bottle with water and wet the diamond stone.

Then place the metal flat part of the guide to the base of the snowboard/ski and begin working the diamond stone back and forth. Focus your efforts on the rough sounding sections of your edge, as the overall goal is to clean the edge of any burs.

Whenever finished with a diamond stone always spray the metal shavings off with water.

3. **File** – After the edge is smoothed out, replace the red diamond stone in the guide with a file. Set the file in the guide so that it lays flush with the plastic spacer and or is at a 45-degree angle.

Now you're ready to actually sharpen your edges, position your body towards the back of your skis/snowboard so you can reach to the tip of your edge and pull the guide back towards your body the entire length of the edge without stopping. A box to stand on is often helpful.

The goal is to make smooth consistent passes focusing more on keeping the flat metal part of the guide flush with the base than applying downward force to the edge.

Make anywhere from 3 to 10 passes depending on how sharp or not sharp your edges were to start with. The file will also take out burrs and smooth the edge. By the last pull with the guide the edge should feel clean and free of hang-ups.

If you have made more than 10 passes and your edge does not sound/feel clean and bur free, go back to the red diamond stone and buff out the rough spots better.

4. **600 Grit Diamond Stone (White)** – Take out the file and replace it with the white diamond stone the same way as you put in the red stone. Remember to wet the diamond stone with water.

The white stone will further sharpen and clean the edge(s).

Aligning your body the same way as with the file make smooth passes the length of the edge from tip to tail. The edge should feel very clean and smooth by now and might not need that many passes.

5. **Gummy Stone** – Now that the edges are nice and sharp, use your hand to run a gummy stone down the whole edge to knock off any edge overhang that could bite in the snow.

The gummy stone only needs to run over the edge 1 or 2 passes. Otherwise you will just be dulling the edge you just sharpened.



# Wax Guide

1. **Start with a clean base**, use base cleaner if necessary.
  - Apply base cleaner solution to paper towel or rag, wipe down skis/board, let dry 2-5 minutes.
2. **Stiff Bronze Brush** – with this brush, prep the base to allow the pores to open for maximum wax absorption.
  - Brush base lengthwise from nose to tail only.
  - Do Not brush from edge to edge.
  - After the base is brushed, wipe off excess wax.
3. **Apply Wax** – Choose correct wax for current conditions and apply a thin layer of wax. Ensure the iron does not make direct contact with any part of the base.
  - Using the stick of wax like a crayon, rub a layer of wax over the entire base.
  - Holding wax to warm iron, drip some wax on base, this will allow a smooth layer to form over the base.
  - Warm weather red wax is softer, cold weather blue wax is harder.
4. **Iron in Wax** – Set iron to low setting
  - Make sure to keep the iron moving. Never let iron sit in one spot for any period of time.
  - Create an even layer of wax and think about pushing the wax into the base.
  - Place your hand on the top sheet of skis/snowboard to make sure it is not getting too hot. A slightly warm top sheet is what you should feel.
5. **Let wax cool down** – Allow wax to cool and become fully absorbed into the base.
  - For softer waxes let cool completely before scraping.
  - For harder waxes (Blue) let cool for 3-4 minutes and scrape when base is slightly warm.
6. **Scrape off Wax** - Sharpen scraper edge before every use to remove as much wax as possible.
  - With a plastic scraper (Never Metal) remove wax from base
7. **Soft Bronze Brush** – Use this brush to remove excess wax and to apply structure to the base.
  - Brush from nose to tail, never edge-to-edge.
  - Make only 1-2 passes as not to remove a lot of wax.
8. **Nylon Brush (white)** – Use the white nylon brush to remove excess wax, polish the base and to apply lite structure to the base.
  - Brush from nose to tail, never edge-to-edge.
  - Make multiple passes.