



2023-2024 Freeride Competition Ski Team

Freeride Competition Ski Team riders train with professional coaches to improve their freestyle riding while learning the fundamentals of freeski competition. MBSEF provides a USASA and USSS certified coaching staff.

On-snow training focuses on all aspects of freeskiing including slopestyle, halfpipe, skiercross and all-mountain freeskiing skills. Riders are taught contest run design, competition strategies, and sportsmanship. Riders are encouraged to compete in our local USASA Central Oregon Series competitions, coaching will be provided. Riders are grouped with others of similar ability and age.

One, two, three and four day options are available: Saturday, Sunday, and Wednesday or Thursday afternoons. Weekend training times are 10:00 - 3:00. Midweek training times are 12:30 - 4:00. Midweek riders need to arrange early release with their school. Winter Camp and Spring Camps are included (dates on back). A competition and training schedule will be provided online at mbsef.org.

The Freeride Competition Ski Team is a goal-oriented program for motivated riders who want to train for local and regional events and qualify for USASA Nationals. In addition to competing in local events, the Freeride Competition Team also attends USASA regional events in the Mt. Hood Series (Coaching fees included in program fees). Athletes who qualify and wish to attend other events including Futures Tours, Revolution Tours and/or USASA Nationals at Copper Mountain, Colorado will be required to pay additional event coaching fees and coach travel expenses. Membership fees, Competition fees and all travel fees are not included in MBSEF program fee.

The Freeride Competition Ski Team rider progression is enhanced by team athletes sharing similar goals, individual goal assessment, and a top-level coaching staff. Freeride Competition Ski Team riders are encouraged to train during Winter and Spring Break Camps.

FREERIDE COMPETITION SKI TEAM

Ages 8-19

Designed for riders committed to competing
Focus is on slopestyle, halfpipe and skier cross competitions

2 Day Sat,Sun,Wed,Thu	12/2-3/17
3 Day Sat,Sun,Wed,Thu	12/3-3/17
4 Day Sat,Sun,Wed,Thu	12/2-3/17

One day winter dryland trampoline is included in the cost.

**For 2023-2024 registration forms visit
mbsef.org**



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Camps are included for Freeride Competition Ski Team

These camps are for MBSEF Program riders and we encourage everyone to attend. You'll be surprised at how much progress you can make when you train for 3 or 4 consecutive days.

<u>Camp</u>	<u>Dates</u>	<u>Time</u>	<u>Fees</u>
Winter	12/18-12/20	10:00 - 2:00	N/C - included
Spring Break	3/23-3/26	10:00 - 2:00	N/C - included

Required Ability Level: Level 6 = proficient terrain park rider, able to ski or snowboard anything on the mountain.

Tuition: Fees cover coaching costs only. Competition entry, licenses, lodging and transportation costs are additional.

Licensing: Freeride Competition Team athletes are required to join USASA to compete in local competitions, Hood Series and regional and national competitions. On-line registration can be found at usasa.org.

Competitions: Freeride Competition Team riders compete in local competitions (USASA). Competition fees are extra.

Travel: MBSEF travels to scheduled competitions as a group. Entries, lodging and transportation are coordinated through the Program Director and Head Coach. We encourage all athletes to travel and stay with the team at out of area competitions. All travel is optional, and competition and travel fees are extra.

School Release: Midweek training is from 12:30-4:00p.m. School release is the responsibility of the participant and must be coordinated through MBSEF and the school. MBSEF van transportation from school or MBSEF is available for a fee, and is outlined on our Transportation Form.

Season Pass: An unrestricted, full season pass at Mt. Bachelor is required. All participants will be responsible for their own season pass. Purchase passes early through Mt. Bachelor to receive the largest savings.

Equipment: Riders will need to own their own equipment. Riders are required to wear helmets during all training and competitions. Equipment can be obtained at considerable savings by attending the Skyliners Ski Swap in October (an MBSEF fundraiser).

Transportation: Transportation is the responsibility of the participant. MBSEF van transportation can be provided for a fee, which is outlined on the Transportation form. Mt. Bachelor operates a shuttle from the Park-n-Ride. Check with Mt. Bachelor for current schedules.

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