



2023-2024 Freeride Full Time Snowboard Team

This is our elite team for very motivated riders with the desire to train for and compete in high level competitions. Full Time Team riders train with top-level USASA and USSA certified coaches to improve their riding while learning advanced principles of snowboard competition. This program is primarily designed for athlete participation in FIS level events. Riders focus on qualifying for events such as Futures Tours, USASA Nationals, Revolution Tours, NorAm and World Cup events.

On-snow training will focus on all aspects of snowboarding including slopestyle, halfpipe, and all-mountain freeriding skills. Riders are coached in contest preparation and execution, competition strategies, tuning/waxing, nutrition, weight and strength training, air awareness via trampoline training, sports psychology and sportsmanship. Coaches will work with athletes to develop a year round training plan including dryland, spring, summer and fall camps and competition schedule to achieve their desired goals. All dryland training, on-hill training and coach travel fees at contest are included in this program. Athletes who choose to not travel with the team to events will pay a coach travel fee. Competition fees, travel costs, camp costs are not included.

On-snow training days are Wednesday through Sunday. Weekend training times are 10:00-3:00. Weekday training times are 12:30-4:00. Full Time Program athletes begin dryland conditioning in mid-September and on-snow training begins when Mt. Bachelor opens for the season. Winter/Spring Dryland will include 1 day trampoline training and 1 day of strength/weight training. There will be a 1-2 week break after USASA Nationals. Spring sessions and air bag camps are included. Days times will be announced in January. Summer strength training 2 day/week will be offered to interested athletes. This will all be coordinated by the Head Coach. Lockers and wax room facilities provided.

FULL TIME TEAM

MBSEF Freeride Program Director approval required.
Age Requirement - Must be 13 by Dec 31 through postgrad.
Focus is on national/international events.

<u>Full Time Team</u>	<u>Dates</u>
3 Day Wed-Sun	Nov 29 - Apr 14
4 Day Wed-Sun	Nov 29 - Apr 14
5 Day Wed-Sun	Nov 29 - Apr 14

Dryland Fall Training begins Sep 18 and runs through Nov 10

Licensing (USSS, FIS, USASA): All Full Time athletes must purchase a USSA license and FIS license. Applications can be found online at <https://usskiandsnowboard.org/>. Your application must be received and processed by October 15 to avoid the late fee. The FIS early fee deadline is August 15 to avoid the late fee for the 2023-2024 season. USSA licensing must be completed before registering for a FIS license. A USASA license is recommended and required for qualification to Nationals via USSS events or regional USASA events.

Early Release from School: Athletes in the Full Time training program need to arrange a school schedule that allows them to ride after lunch. Athletes should inform their school counselor that they will be participating in the MBSEF Full Time training program. The teacher, counselor, parent and coach will help coordinate schedules.

Travel: MBSEF travels to scheduled competitions as a group. Lodging and transportation are extra and coordinated through the Program Director and Head Coach. All athletes are encouraged to travel and stay with the team at out of area competitions.

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.

Transportation: Transportation is the responsibility of the participant. MBSEF van transportation is available for a fee outlined on the Transportation Form.

For 2023-2024 registration forms visit
mbsef.org