



## 2023-2024 Nordic Winter Term

Ages 14-22 (U14's with Nordic Program Director Approval)

Winter Term skiing is an important part of most skier's development, and again this year MBSEF will strive to better support student athletes.

The Winter Term Program is specifically designed to bring motivated skiers together to supplement their school program, to train with other highly motivated skiers, and accelerate their development. The program has flexibility of schedule and a training plan which allows skiers to maximize their progress in the sport while competing as part of their high school and collegiate team.

Skiers preparing for Junior Olympic Qualifiers who are still in Middle School are eligible for this program.

This program focuses on a systematic improvement of all techniques, developing a well-rounded education of the sport, developing an understanding of training planning and training principles, developing an understanding and learning to practice proper equipment care, and coordination of training with the skier's other sports activities.

### **Program Dates: November 28 Through March 3**

Midweek training Tue/Wed/Thu/Fri after school

Sat/Sun training 9:45am on snow

**Schedule:** Skiers can choose a 2 or 4 day/week program. Options Tuesday/Wednesday/Thursday/Friday/Saturday/Sunday. Skiers can choose the days of the week that best compliment their other activities. Thanksgiving Camp is scheduled for Silver Star, BC, Canada November 18-26.

**Competition/Travel:** Race opportunities throughout the season will be available at the skiers option. Racing beyond the skiers team schedule is not required. MBSEF will offer skiers the opportunity to compete in PNSA Junior Olympic Qualifiers. Other races around Oregon and Washington may be available. Fees for these events will be set closer to the events. All out of town trips are supervised by the coaching staff.

**Trail Passes:** All participants will be responsible for their own passes. Purchase passes early through mtbachelor.com. Depending on weather and snow conditions, some training may take place at Meissner.

**Equipment:** Skiers need their own equipment for all programs. Equipment can be obtained at many locations including the Skyliners Ski Swap in October; Sunnyside Sports; Webcyclery; and Mt. Bachelor. MBSEF occasionally has a limited supply of used equipment for loan.

**Transportation:** MBSEF van transportation for the season can be provided for a fee, which is outlined on our Transportation Form. Most High School Winter Term skiers can be picked up by the MBSEF van from their high schools on week days or skiers can choose to meet the team at Mt. Bachelor.

**Lockers:** Winter Term skiers choosing transportation have equipment lockers available at MBSEF.

For 2023-2024 registration forms visit [mbsef.org](http://mbsef.org)