



# 2023-2024 Nordic Ski Mountaineering

Ages 11-19

The MBSEF Ski Mountaineering program aims to introduce youth athletes of middle and high school ages interested in ski mountaineering to the sport through a program designed around both competition and fun. This sport is for the nordic skier who love the backcountry and enjoys a thrilling descent, for the alpine skier who would like to skip the lift and add some cardio, and for the mountain biker and runner who want to keep their fitness going over the winter with something new and exciting.

The “skimo” program will focus on the skills and tools needed to execute a successful training and racing season along with education in gear, technique, training and racing principles, and more.

A background in Alpine or Nordic skiing is recommended but not necessary. This 6 week program will give youth interested in skimo the opportunity to learn from the basics all the way up to their first race experience. This program focuses on ski mountaineering as a competitive sport rather than a touring perspective and will be taught with the intention of racing a skimo race.

Participants will work with the team two days per week and given a full training program for fitness training on their own if they would like. The program will start with series of classroom sessions to introduce the basics of gear and skimo technique, then lead into on-hill training to emphasize technique and gain fitness.

Ski Mountaineering Program Fee  
\$425

Wednesdays 2:45-5:00pm  
Dec 6, 13, 20, Jan 3, 10, 17, 24

Sundays 9:00-noon  
Dec 10, 17, Jan 7, 14, 21

**Competition/Travel:** The program will also include the opportunity to race in a local or regional skimo race (entry fee and travel not included).

Fees for these events will be set closer to the events. All out of town trips are supervised by the coaching staff.

**Lift Passes:** Participants will not need alpine lift passes.

**Equipment:** Skiers need their own equipment for all programs. MBSEF has a supply of equipment for rent.

**Transportation:** MBSEF van transportation is included in the Ski Mountaineering program for the Mt. Bachelor sessions.

**About the Coach:** Max King has been coaching youth athletes for the past 15 years in various running programs and camps. He sees skimo as a natural progression for endurance athletes in learning a new sport, cross training for summer activities, and learning a new way to enjoy the winter. With the inclusion of Skimo in the 2026 winter Olympics this seemed like the perfect opportunity to work with youth in a new sport and introduce them to this awesome winter activity.

Max is a professional running athlete for Salomon and competes all over the world. He started skimo 8 years ago as a way to improve his mountain running, cross train, and find a way to enjoy the Central Oregon winter. Since then he has participated in numerous skimo races around the West and can't wait to share what he's learned.

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