

MBSEF Nordic Middle School Goals, Calendar & Curriculum

Mission Statement:

To build confidence on cross country skis and inspire a lasting love of winter sports and outdoor recreation.

Goals:

- Embody a fun, engaging and team-oriented atmosphere.
- Allow for young skiers to discover and explore the opportunities – whether that be competition, outdoor adventuring, or powder playtime – offered by the world of winter sports and recreation.
- Introduce basic strategies for responsible equipment care and ski waxing.
- Develop and expand upon a foundational skillset in both skate and classic technique.



Annual Calendar (2023/24):

Fall

Program Dates: September 13th – November 15th, 2023 (Generally ~ 2nd week of school – week before Thanksgiving)

- ❖ Wednesday – Field Strength, Agility and Games
- ❖ Saturday – Rollerski Introductions and Development *Fall is a great time for interested athletes to try out rollerskiing for their first time*

Event Dates:

- Adopt-a-highway Clean-up: October 4th
- In-house Nordic Ski Swap: October 7th
- Skyliner's Ski Swap: October 14th & 15th
- Meissner Trail Preparation Party: October 18th



Winter

Program Dates: December 6th – March 3rd, 2023/24 (Generally ~ Week after Thanksgiving – First week of March)



- ❖ 16-week program with one week off for Christmas Break (12/22/23 – 12/29/23)
- ❖ Wed/Sat/Sun – Regular weekly middle school practice
- ❖ Thurs – Competition Development Group

Event dates and further information below

Spring

Program Dates: April 13th – June 9th, 2024 (Generally ~ 2nd week of April – week before summer break)

- ❖ Tues/Thurs – Mountain biking
- ❖ Sat/Sun – Spring skiing & crust cruising adventures!

Event Dates:

- Pole pedal Paddle: May 18th & 19th
- Fire and Ice Memorial Day Camp: May 25th – 27th



Summer

Program Dates: June 25th – August 16th, 2024 (Generally ~ 1 week after school release date – 2nd week of August)

- ❖ Tues/Thurs – Mountain biking
- ❖ Mon/Fri – Dryland training (i.e. roller skiing, bounding, field strength/agility and games)

Event Dates:

- August 19th - 22nd: PVNT Summer Rollerski Training Camp



2023/24 Winter Session Information

Practice Training Times:

Wednesday – 2:45 p.m. – 5:45 p.m. @ MBSEF or 3:30 p.m. – 5:00 p.m. @ Mt Bachelor

Thursday – 4:15 p.m. – 7:00 p.m. @ MBSEF or 5:00 p.m. – 6:30 p.m. @ Meissner

Saturday – 7:15 a.m. – 11:00 a.m. @ MBSEF or 8:30 a.m. – 10:00 a.m. @ Mt Bachelor

Sunday – 7:15 a.m. – 11:00 a.m. @ MBSEF or 8:30 a.m. – 10:00 a.m. @ Mt Bachelor

Event Dates:

Meet and Greet with Athletes and Parents:

Saturday, December 2nd @ 2:00 pm

- Junior National Qualifiers (optional for interested U14 and U16 athletes):
 - Bend JNQ (Dec 16th & 17th)
 - Methow JNQ (Feb 2nd – 4th)
 - Spokane JNQ (Feb 16th – 18th)

- OISRAN Racing:
 - Meissner Classic (Dec 13th)
 - New Year's Relay (Jan 1st)
 - *Overnight Travel Opportunity* Teacup Invite (Jan 6th)
 - Hoodoo Night Sprints (Jan 15th)
 - XC Oregon Invite (Jan 20th)
 - Mt Hood Skiathlon Relay (Feb 10th)
 - Teacup Classic (Feb 11th)

- Community Races:
 - *Overnight Travel Opportunity* Mt Hood Meadows Glide and Slide (Jan 7th)
 - Nancy P's Classic (Jan 13th)
 - Tour of Meissner (Jan 21st)
 - Great Nordeen (Feb 11th)
 - Teacup Invite (March 24th)

Generalized Practice Protocols:

- Wed/Sat/Sun practices will be held at the Mt Bachelor Nordic Trails (a season pass is required). Thursday practices will be held at Meissner Sno-Park.
- Assessments of ability and best group level fit will be made during first few days of practice to assure proper level of challenge and engagement.
- Thursday practices are tailored towards our more experienced and competitively motivated athletes, as we are training in the dark most Thursday evenings after school releases. This means we are required to ski with headlamps and cannot work on technique very easily. Thursday practices are therefore a great opportunity to learn about race strategies, interval training and competition preparations. We try to offer some extra challenges on Thursdays and make skiing in the dark a lot of fun – but please reach out if you are unsure whether Thursday’s training group will be a good fit for your athlete.
- Meissner Meeting Place: North-western side of the Meissner Lodge, under the first giant pine tree.
- Mt Bachelor MS Meeting Place: “The Bowl” at the base of the hill just below the Mt Bachelor Nordic trails ticket booth.
- Mt Bachelor MS Go-to Warm-up Loops (in case you arrive late, we can often be found here): Beginner’s Luck/Early Riser, OR Common Corridor/Beginner’s Luck/Early Riser, OR ‘The Oval’, OR ‘Warm-up Loop’ near timing shed.
- On the rare occasions when alpine lifts are no longer running due to high winds, temperatures outside fall below 5 °F, or road conditions are unsafe, we will adjust practice to either: indoor biathlon or an indoor waxing clinic at the MBSEF Office, running or bounding in town, or will cancel practice if deemed necessary for the safety of our athletes and coaches.

End of Season Goals:

- Understands athletic body positioning and fundamental athletic movement on skis.
- Can successfully complete a basic agility course (jump 180 degrees, slalom course, figure 8, etc.).
- Knowledge of and ability to perform all techniques in both Skate and Classic
 - V1, V2, V2 Alternate (Paddling, double dance and single dance)
 - Striding, Double Pole, Kick Double Pole, Herringbone
 - Snowplow, tele turns, hockey stop
- Ability to comfortably ski down and climb back up Screamer (all ability levels)
- Can ski full upper trails loop at Bachelor without stopping.
- Knows trail names and intersection numbers. Can comfortably find their way back to the Nordic lodge and navigate the Nordic trails at Bachelor.

- Knowledge of both glide and kick wax, and ability to wax one's own skis by end of 7th grade season.
- Owns personal kick wax set and ability to glide wax one's skis OYO by end of 8th grade season.

Competition Goals:

- Racing is a fun and engaging experience.
- Foundational knowledge of race waxing/ski preparation
- Foundational knowledge of race day preparation (i.e. goal-setting, nutrition/fueling, and pre-race warm-up)

Generalized Practice Plans:

- Assessments made during first few days of practice to assign kids to a group, and then coaches will rotate through working with each group on a weekly basis.
- Meet in the bowl at Bachelor for introductions, classic wax application, warm-up drills or games
- 15-20 minutes of whole group Relays, Games or Powder Hill Playtime at end of practice
- **Go-to Warm-up Loop:** Beginner's Luck/Early Riser OR Common Corridor/Beginner's Luck/Early Riser OR 'Warm-up Loop' near timing shed for beginners
- On the rare occasions when alpine lifts are no longer running due to high winds, temperature is below 5 degrees, or road conditions are unsafe, we will adjust practice to: biathlon, waxing clinic, running w/ headlamps, or bounding.



Winter Session Equipment Guidelines:

As is common across many sports, equipment can be critical to an athlete's enjoyment and success. While much of the gear our athletes use is necessary across all age groups, equipment needs will change as athletes develop and progress. As always, please reach out to coaches with questions or concerns regarding equipment.

- **Season Passes:** All athletes are required to have a Mount Bachelor Nordic season pass. The majority of our training takes place at the mountain, and an athlete without a pass will not be allowed onto the trails. There is a \$5 fee for a temporary replacement pass if a purchased season pass is lost or forgotten.
- **Proper clothing:** Wool and synthetic clothing is strongly encouraged. Cotton is rarely a good idea for athletic wear. Gloves or mittens as well as hats and/or head bands should always be worn while training, at least when it is below 40°F.
- **Eyewear:** Don't forget to protect your eyes. Sport glasses with interchangeable lenses are ideal, as they protect from both sun and blowing snow, but a pair of regular sunglasses and/or safety goggles on darker, snowy days work great as well. Downhill ski goggles are too warm and often fog, resulting in them being discarded and forgotten along the trail.
- **Hydration:** Training without hydrating and refueling is a bad idea. Athletes need to have a way to carry extra water, snacks and sometimes clothing. An insulated water pack is what we recommend. These are made by many regular Nordic ski brands such as Swix, Rossignol, Fischer, OneWay and Bjorn Daehlie, and can be found locally at WebSkis. Camelbacks or running vests can also work, but often freeze and can be uncomfortable to wear while skiing as these packs restrict shoulder movement.
- **Wax:** As a member of MBSEF, all athletes have access to our wax room. This includes the use of available tools and team wax. As athletes develop, we ask that they take more ownership and pride in the care of their skis. For older athletes this will include the building of their own wax boxes and tool collection. As a U16, athletes are expected to have their own cork, preferably synthetic, and four basic Kick waxes. We recommend Swix V40, V45, V50 and V65 silver, the team will provide klister when needed. As a U12 or U14, kick waxes will be provided by MBSEF, and a fundamental familiarity with kick wax and snow conditions will be taught. Having your own synthetic cork is not required at this level, but does really help to speed up the pre-practice kick waxing process.
- **Ski Boots:** Combi boots (these have heel support but a softer base, and can be used for both skate and classic techniques) are a wonderful option to start out, especially for younger skiers with rapidly growing feet! However, as athletes develop, combi boots

don't meet the required stiffness or support for skate skiing. By the time athletes reach the U16 ranks, it is highly recommended that they have both classic and skate boots. If you have a motivated U14 or U12, finding a pair of both skate and classic specific boots may enhance their experience on the snow.

- Poles: Athletes need to have both classic and skate poles. Higher end poles are not a requirement for racing. As the price on poles goes up, the overall durability tends to go down. Skate poles should reach an athlete's "mustache", coming to just below their nose when the athlete stands straight up in their ski boots. Classic poles should be about 5cm shorter, reaching to the top of the athlete's shoulder, or the bottom of a *rapidly growing* athlete's chin.

- Skis: Saving the best for last! Skis can be a complex and tricky part of your equipment quiver, but do not have to be. All MBSEF middle school athletes should have at minimum one pair of skate skis and one pair of classic skis. We recommend making the transition from a "fish scale" classic ski to either a skin ski or a waxable ski for the middle school program. If your skier does not have any interest in racing, but simply enjoys getting outside to ski, a skin ski is a great, relatively low-maintenance option. If your athlete is interested in racing this season, getting a universal pair of waxable classic skis is highly recommended, and will allow them to learn the basics of kick waxing with their peers throughout the season. It is also helpful, for those interested in racing, to have one pair of "practice" or "warm-up" skis and a second pair of race day specific "race skis" for both skate and classic. This allows coaches to apply race waxes on race day while the athletes are warming up and teaches athletes how to care for a ski that they ultimately want to keep in good, performance-level condition. If an athlete is on the way to outgrowing last year's skis, fantastic, those have become training skis and you can save your good skis for race day!

Additional Equipment for competitive and/or highly motivated middle school skiers:

- Racing Licensure: For athletes who wish to race, there is a \$55 provisional skier fee in order to compete in OISRAN (Oregon Interscholastic Ski Race Association – Nordic) sanctioned events

- Headlamp: Athletes who are training on Thursday afternoons will need a headlamp to ski with as Thursday's after school practices are held in the dark for the majority of the season.

- Watches: Being able to measure and record workouts becomes ever more important as an athlete develops. This does not mean that any athlete needs an \$800 smart watch just for training, but a watch with basic workout tracking and heartrate is recommended.

- **Team Race Suit:** This is VERY optional, but MBSEF Nordic will have newly redesigned race suits for the 2023/24 season and a team store that will be open for two-weeks from November 13th – 27th. If you do not get your order in during these two weeks, the store will remain open for on-demand ordering, but prices will be higher.

Local Shops and Online Resources:

Latitude 44: One of our fantastic local ski shops, Latitude is going to be offering athletes a similar lease program as last year. The packages are aimed at younger athletes, U14 and below.

- Atomic Package \$229
 - o 2 pairs of skis (skate/classic)
 - o 1 pair of boots (combi)
 - o 1 pair of poles

Powder House: Powder House now has Madshus and Salomon, in addition to offering Nordic specific ski grinds! On top of that, their Nordic tech, Dan Simoneau, is one of the most knowledgeable and experienced ski techs in the Pacific Northwest. Powder House will also be offering both season rentals and single day race ski rentals – which is a great option to try out some race skis before making a full investment in purchasing high-end gear. Sunnyside: This year Sunnyside is offering athletes Team pricing on Rossignol orders, but they might not have what you need on the wall. Here is a pricing list. If you're ordering through Sunnyside, they ask that you do so sooner than later. Otherwise, they cannot guarantee you'll get your skis in time for the early races. They can also get skis hand picked, by Rossignol, in the Xium line. Sunnyside will also be doing season rentals for athletes under 12.

Webskis/Webcycles: Web will be offering all MBSEF athletes 20% off of ski equipment, for the month of October, and 15% off of consumables all season. Ski Poles count as a consumable, so you can replace broken poles! Web's staff is exceptionally knowledgeable, between Bert, Ed, and Zach they will be able to get you lined out on what you need.

Online resources:

While I strongly encourage athletes, and families, to support our local shops and supporters, if you are not able to get what you're looking for here are some online options.

Caldwell Sports - Offers in house hand picked ski services and grinds. Grinds tend to be fantastic out east and in refrozen conditions.

Pioneer Midwest - Offers in house hand picked ski services and grinds. Grinds tend to be best in very old and or very cold snow.