

# 2023-2024

## MBSEF Mini World Cup Handbook

### TEAM SLOVENIA

Guild Mortgage  
Leilani Olson 541-706-1880

### TEAM SLOVAKIA

Rebecca Stitch

### TEAM CANADA

Summit Bank

### TEAM SWITZERLAND

Mandon Welch Physical Therapy  
And Sports Performance

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### TEAM FRANCE

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## MWC TEAM SPONSORS

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## MINI WORLD CUP TEAM SPONSORS

MBSEF MWC teams are named after the alpine skiing countries of the world.  
Presented here are the 2023/2024 teams for each country, and their flag.



**Team Slovenia**  
Sponsored by  
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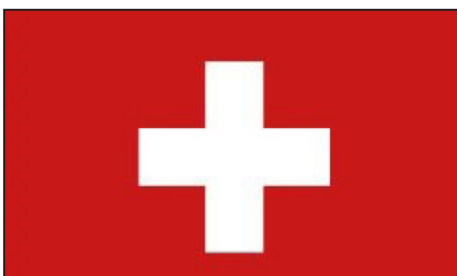
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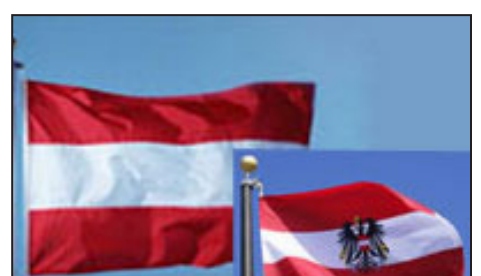
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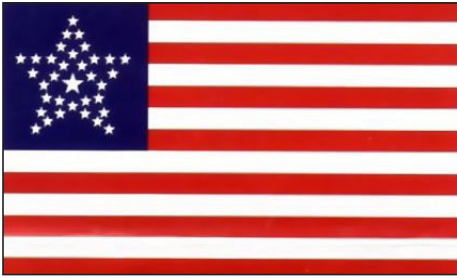
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Mt. Bachelor Sports Education Foundation  
Race Training Center

Alpine  
Cross Country  
Freeride Snowboard and Ski  
Cycling



December 2023

Dear Racers and Parents:

The Mini World Cup season is finally here, and the staff is incredibly excited for another fantastic year! The snow is slowly accumulating on the mountain, so get your skis tuned and ready to go!

This handbook is designed to provide parents and athletes with information concerning the MWC Program. It contains the rules for Mini World Cup racing, Buddy Werner Championship information, a calendar of events and much more. This information will help you understand how the program works and how everyone can be involved in making this a great experience for everyone! Please review the information carefully with your child.

The annual parent/athlete in person and zoom meeting was held at the MBSEF office prior to the program start. Further information was sent out prior to the start date. This program is a great opportunity to meet other ski parents, and if you are new to the program, everyone will help get answers to any questions you may have.

The key to any successful youth program is parent involvement. In the past years, the standard has been set by outstanding parent involvement, and we look forward to yet another year of enthusiastic parent participation. There are many volunteer positions available. Please refer to this handbook for more information.

If you have any questions or comments about the MWC Program please call MBSEF at 541-388-0002 and ask for Kathy. I do not hold specific office hours, but I can arrange to meet with you. You can leave an email message for Kathy at [kathy@mbsef.org](mailto:kathy@mbsef.org) or for me at [kents@mbsef.org](mailto:kents@mbsef.org).

Traffic up to Mt. Bachelor has increased considerably in recent years. Leave town early to arrive in plenty of time for races and training days so your athletes are not rushed. Many late program updates and important info is communicated on the Team Reach app, so make sure it is downloaded on your phone, code is "LITTLERIPPERS".

See you on the snow!

Sincerely,

Kent Schnepf  
MWC Head Coach

## Mini World Cup Program

Our Mini World Cup Program is coached by a professional staff and is recommended for the more advanced young ski racers, age 7 to 14. Training options are 1 day Saturday, 1.5 day Saturday and Sunday mornings or Wednesday afternoons, or 3 days per week scheduled on Saturday, Sunday mornings, and Wednesday afternoons. The Mini World Cup offers fun and excitement to junior skiers looking for a complete racing program. Young athletes are grouped by age and ability to ensure a challenging experience. They compete without the distraction of travel or incurring additional race expense. With the focus on team participation, young athletes share in the excitement of winning, even those who have never raced before. Racers compete in five competitions on teams in a handicapped system. Teams are named after the alpine skiing countries of the world and Mini World Cup champions are announced in March. Ski camps scheduled during Winter and Spring Breaks are included in the program fee.

### **Program Dates: December 9, 2023 – March 16, 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am to 11:30 am			12:30 pm to 4:00 pm			9:00 am to 2:30 pm

All times are on-snow times at the JRC.

### Midweek Training

The midweek schedule is Wednesday, 12:30-4:00, meet at the Junior Race Center, ready to go. December 13, 2023 is the first midweek training day. Midweek athletes should be second year MWC athletes, first year athletes must have coach approval for midweek training. The midweek daily training schedule will be posted on the alpine full time training schedule on the MBSEF website at [mbsef.org](http://mbsef.org). The midweek training offers your child excellent opportunity for more individualized training.

### Winter and Spring Break Camps

The Winter and Spring Break Camps are designed for all participants in the Mini World Cup Program, and are included in the program costs. We encourage all athletes to participate. It's tons of fun and enormous progress is made during these camps. See pages 16 and 17 for calendar and training schedules for dates of camps this year.





One of the most important elements of alpine skiing, or any other snow sport, is the opportunity to **HAVE FUN**. This is especially important with young skiers new to the sport. Younger skiers, especially pre-teen, should be encouraged to ski for fun and to try the many different types of skiing from alpine to Nordic to freeride ski and snowboarding and more.

Skiing is a unique activity among Olympic sports. It is one of the most recreationally oriented of all Olympic sports, with a strong base of skiers who make their passion a lifetime sport. And it is the fun and excitement of the sport, which will lead youngsters to eventual athletic success. (USSA Alpine Competition Guide)

In the MWC program we take this statement to heart. We do believe that to become successful in the sport there must be passion. The ultimate path to passion is through fun and excitement. The way that our program operates uses a mix of all snow sport activities such as free skiing, gate training, jumping, powder skiing, Nordic skiing, snowboarding, freeriding, and any other activity that brings smiles and laughter to the young and energetic athletes in our program.

## **BILL OF RIGHTS FOR YOUNG ATHLETES**

Right to participate in sports.

Right to participate at a level commensurate with each child's maturity and ability.

Right to have qualified adult leadership.

Right to play as a child and not be an adult.

Right of children to share in the leadership and decision making of their sport participation.

Right to participate in safe and healthy environments.

Right to proper preparation for participation in sports.

Right to an equal opportunity to strive for success.

Right to be treated with dignity.

Right to have fun in sports.

(FROM SPORT PARENT)

## PARENT INFORMATION

In order for MBSEF coaches to deliver the best possible attention to all children within their training group, it is preferred that parents do not free ski with their child's group unless invited by the coach. We do offer a parent-child ski day in which the parents are welcome to join in for the day. Parents are always welcome to watch their children while training gates and racing, but please allow the coaches to do the coaching, so confusion is not created for the child. If there is a concern about the coaching your child is receiving, please direct those concerns to Kent Schnepf, MWC Head Coach, or to Nils Eriksson, MBSEF Alpine Director.

### PARENT VOLUNTEER OPPORTUNITIES

The MWC Program gives young skiers a positive, healthy activity and provides parents an opportunity to participate. Together parents and kids can learn more about skiing, racing, the nature of competition, and most importantly -- building self-esteem and a positive parent-child relationship. Another important contribution of parent involvement is it helps in lowering the costs of the Junior Development Program.

A \$200.00 REFUNDABLE work deposit fee is required. This deposit is refundable as an account credit to parents donating 20 hours of work to the Junior Development Program or other MBSEF event activities. Please note that your volunteer hours **MUST** be submitted by June 1, 2023 to receive your deposit back. Upon submittal of your hours worked, our Accounting Department will list the credit in your account for future use. The online form can be accessed here. [https://docs.google.com/forms/d/e/1FAIpQLScbZzkQkBc26y3blu-P6D6tshNbF\\_1hS8x9jZclOd1yPrx5vQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLScbZzkQkBc26y3blu-P6D6tshNbF_1hS8x9jZclOd1yPrx5vQ/viewform) There are five MWC races, two race camps, and the May Day Race for parents to volunteer, along with Lodge parent help, and other MBSEF events such as Pole Pedal Paddle and annual Ski Swap. Parents who work fewer than 20 hours will receive a pro-rated credit. It is encouraged and greatly appreciated if parents donate more time when possible. Parents who have more than one child in the program are encouraged to give as much time as possible, but their personal circumstances will be evaluated at the end of the season. Listed below are some of the jobs that can be applied toward the 20 hours.

#### Full Time Help

#### Hours

Volunteer Coordinator	20 Hours (season long position)
Chief Gatekeeper	20 Hours (season long position)
Chief Course Maintenance	20 Hours (season long position)

#### Individual Race Day Help

Mini World Cup and May Day Races	4 Hours Per Race
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Jobs Include: Gatekeepers, Assistant Starter, Bib Distribution and Collection, Headset Operators, Hand Timers, Hand Time Recorders, Crossing Guards, Scoreboard Keeper, Finish Referee, Course Maintenance, Clothes Carriers, Parent Helper (groups up and holds younger kids at finish of race runs), Videographer, Photographer, Race Bib Handout and Collection, and many other opportunities.

#### Race Camp Help

Jobs Include: Assist Coaches - Fencing/Crossings      Hourly

If you will not be at the mountain for any of the above duties, we can always use your help in our office for projects, or at other events such as the Skyliners Ski Swap, Pole Pedal Paddle, etc.

## FINDING YOUR COACH IF SEPARATED

Please instruct your children, that anytime your child is separated from their group that they go directly to the bottom of the chair that the group was skiing to and wait for their coach. The child needs to inform the lift host that he or she has been separated from his/her MBSEF group, and that he or she is waiting for their coach to arrive. The coach and group will ski back down the same run that child was last seen and continue to the bottom to meet back up. All coaches and lift personel are informed of this policy and will inform their group often. The Mt. Bachelor lift operator will radio the Junior Race Center Lodge Parent to inform them where they are.

If you arrive late in the morning, all coaches will make two passes by the Junior Race Center to pick up late arrivals. Please be patient and be waiting, ready to go, outside the lodge.

There will be a whiteboard in the Junior Race Center with a posted schedule for the days that we are training gates, including the run that we will be training on. These days the coaches will not make extra passes for late arrivals, please have your child go directly to the training hill and meet their coach there.

All athletes are expected to ski with their groups unless the parent informs the coach otherwise.

## ADVERSE WEATHER CONDITIONS

There may be some days that the program will be canceled for safety reasons due to adverse weather conditions and/or snow conditions. Please understand that we are looking out for the best interest of your child when a training session is canceled.

## SPORTSMANSHIP AND GENERAL TRAINING RULES

Each athlete is expected to conduct him or herself in a sportsmanlike manner. Each participant is responsible for his or her own actions while training and racing, and while involved in any team activity. Athletes will conduct themselves with honesty, agree to NO fighting or the use of inappropriate language, show self-control and consideration for others without injuring or bullying, respect other peoples' belongings, clean up after themselves and place all trash in the garbage containers.

MBSEF athletes are expected to follow and uphold the rules and code of conduct set forth by MBSEF and Mt. Bachelor, Inc. For a complete listing, see the 2023-2024 MBSEF Code of Conduct form.

## USSS AGE CLASS

Athletes are defined within the following age groups. Ages are as of December 31, 2023.

U10	U12	U14	U16	U19	U21
8 and 9 Year of Birth 2014-2015	10 and 11 Year of Birth 2012-2013	12 and 13 Year of Birth 2010-2011	14 and 15 Year of Birth 2008-2009	16 and 17 Year of Birth 2006-2007	18, 19, 20 Year of Birth 2003-2005



## RACE INFORMATION

### Mini World Cup Races

The Desert Orthopedics Mini World Cup is a race series that is intended to be a fun experience. These races introduce kids to ski racing in a non-intimidating team racing atmosphere. Ski racing at a young age needs to emphasize FUN and sometimes the fun can be eliminated if the athletes feel too much pressure to win. Individual results are tracked and awarded, but it is important that the coaches and parents and kids remember to enjoy the competition and not get too serious about individual results.

The Mini World Cup will also invite other programs and teams to participate in our events on a limited basis. Thank you for welcoming all athletes to our races. It means a lot to them to be able to participate.

### 4-Way Race

The 4-Way is a race held at Ski Bowl on February 3-4 this year, that involves Slalom and Giant Slalom, Jump and Nordic Ski. MBSEF sends two to three coaches to this race. Parents are responsible for lodging, transportation and entry fees. More information will be sent out as the event date nears. Regular training will be held at home for athletes choosing not to travel.

### Meadows Challenge

The Meadows Challenge is a race held at Meadows at Mt. Hood on January 13-14 this year, that involves two events: Slalom and Giant Slalom. We are not sending coaching staff to this race. Parents are responsible for lodging, transportation and entry fees. More information will be sent out as the event date nears. Regular training will be held at home for athletes choosing not to travel.

### Buddy Werner Championships

This year Buddy Werner Championships are races for U12s. Only athletes born in 2012-2013 are eligible. All U12 athletes interested in attending can do so. There is no longer a limited club quota. Please find specifics later in this handbook. The Buddy Werner Championships are scheduled this season for March 29-31 at Mission Ridge. Parents are responsible for entry fees, lodging and transportation. MBSEF schedules two to four coaches to travel for this event. More information will be sent out as event date nears. Athletes must join USSS to be eligible to participate in this event. Please join early at <https://my.usskiandsnowboard.org/myussa> if you choose to attend this race.

### May Day Race

The May Day Race is put on by MBSEF, held this year on April 12-14. This event is open to all age 9-15 athletes in the Northwest. Awards will be given to three age categories, U12, U14, U16. If the race does not fill up, we will open the field to age 8. Age 8-9 will compete in the U12 category. The May Day Race includes three events, Alpine racing (SG and GS), Nordic jumping and Nordic racing. Parents are responsible for entry fees. Information will be sent out as the event date nears. This is a really fun event with over 250 competitors registered from around the Pacific Northwest. This event ALWAYS fills up early, so don't delay in signing up! Online registration will be available in February.

**VERY IMPORTANT:** To be eligible for Buddy Werner Champs your athlete must be a licensed USSS member. License application available on USSS web site, visit <https://usskiandsnowboard.org>. Sign-up early!

## TECHNICAL ASPECT OF SKIING - WHAT IS TAUGHT IN THE MWC PROGRAM

MBSEF, from the Mini World Cup Team to the Full Time Program, has developed a set of priorities in our coaching methods in order to consistently facilitate the athletes' progression.

The athletes will progress through these essential elements:

**Athletic Stance:** Concentration will be on skis hip width apart, pressure on the ball of the foot, flexed ankles, rounded back, and maintaining a tight stomach.

**Lateral Balance:** Pressure on the outside ski will be emphasized while maintaining inside shoulder/hip higher than the outside shoulder/hip.

**Continual Forward Movement:** Continual forward movement throughout the turn by ankle flexion.

**Minimize Inside Ski Tip Lead:** The tips of the skis should be side by side throughout the turn.

**Pole Plant:** To learn to use both single and double pole plant for balance and timing.



## RACE DAY PROCEDURES

### The Night Before the Race

- \_\_\_ Check race equipment so that it is in proper condition
- \_\_\_ Pack warm clothing and accessories
- \_\_\_ Eat well and get plenty of rest

### The Day of the Race

Before you leave the house check that you have:

- \_\_\_ Skis
- \_\_\_ Ski poles
- \_\_\_ Boots
- \_\_\_ Helmet
- \_\_\_ Goggles (bring an extra pair in case of bad weather)
- \_\_\_ Gloves and/or mittens (bring an extra pair)
- \_\_\_ Ski jacket
- \_\_\_ Warm-up pants
- \_\_\_ Sunscreen and lip balm
- \_\_\_ Season pass, lift ticket or lift ticket money
- \_\_\_ Lunch or lunch money
- \_\_\_ Snacks or snack money
- \_\_\_ Scarf or neck gator
- \_\_\_ Rain gear (remember this is the northwest)

### Once You Arrive at the Ski Area

1. Find a safe place for your belongings
2. Find your team coach and ask for important race information
3. Meet your MWC team outside the JRC at the specified time
4. Inspect the courses, according to the rules, with your team
5. Make a few free ski/warm-up runs
6. Ask questions when in doubt

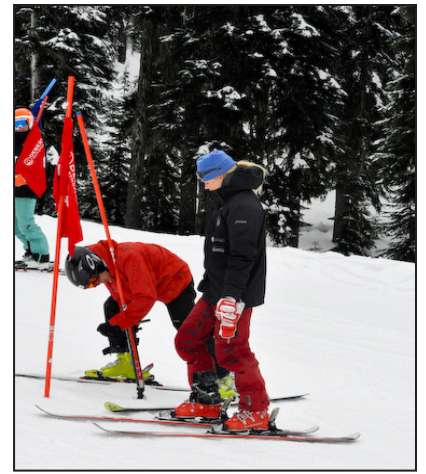


## RACE DAY PROCEDURES CONTINUED

7. Get to the start at least 15 minutes before your start
8. Once in the starting gate ski as well as you can and have fun!!
9. Inspect the second course (U12+)
10. Take your second run (U12+)

### Approximate Race Start Times:

Cliffhanger	Inspection 9:15am, start 9:45am
Ed's Garden	Inspection 9:30am, start 10:15am
I-5	Inspection 9:30am, start 10:15am



U10's will run 1 run first. U12's will race at approximately 11:00am and will race 2 runs. U14's and U16's will race at approximately 1:00pm, and will race 2 runs.

### After the Race is Over

1. Demonstrate good sportsmanship qualities and a winning attitude in all situations - this is very important
2. Have lots and lots of fun! This is also very important!

## NEW USSS RULE CHANGES AND RECOMMENDATIONS: U12 & UNDER AGE GROUP

1. USSS recommends U12 and under competitors are only allowed to use one pair of skis per race (inspections and competition). Parents and athletes please don't carry a second pair. USSS also recommends U12 and under competitors refrain from using fluorinated wax. Application of any type of waxing solution must not be applied in competition venues, including the start. Use of ski preparation benches is not allowed at U12 and under competition venues.

## MWC RULES AND REGULATIONS

All athletes are responsible for knowing and abiding by the MWC rules and regulations.

### GENERAL RULES

1. Follow all the guidelines set by the ski area
2. Ski under control at all times
3. Be polite to guests of the mountain, Mt. Bachelor employees, race officials, parents and other MBSEF members

The following rules and regulations are from the International Competition Rules (ICR). Some rules have been modified to increase the success of the MWC program. When changes to the ICR occur, the ICR rule will be stated first with the MWC rule following. It is important to remember the Buddy Werner Championships, Meadows Challenge and other races outside of the MWC program will be run by the ICR.

### 1. COURSE INSPECTION

1A. Course inspection is by side slipping through the course only unless otherwise stated by the race committee.

1B. Skiing through the course or shadowing the course will lead to disqualification.

## 2. THE START

2A. Racers must be on time for their start.

If the racer is late for the start, he/she must find the Start Referee. The Start Referee may rule to have the racer receive a provisional run if there is ample reason or the Referee may rule to disqualify the racer. If a provisional run is granted, the racer will be put in as soon as possible, without disrupting other competitors.

### \*2A. MWC RULES

2A. The racer missing a start will be put in as soon as possible without disrupting other competitors.

## 3. STARTS

3A. Slalom Starts: As soon as the Starter receives the order to send the next racer, the competitor is given the preparation signal of "RACER READY" and a few seconds later the start signal "GO". The competitor must not trip the start wand before "GO" and must start within 10 seconds after the signal "GO" is given.

3B. Giant Slalom Starts: As soon as the Starter has received the order to send the next racer, a 10 second signal is given. After 5 seconds, a count down of "5 - 4 - 3 - 2 - 1 - GO" begins. The racer may leave anytime after "3" or 3 seconds after "GO".

## 4. BIBS

4A. The racer must have a bib in order to participate in the race.

## 5. CORRECT PASSAGE THROUGH A GATE

In Slalom the gate consists of a single pole, except the first, last, and any vertical gate which consists of two poles. In the single pole gates there is an imaginary line between turning pole to turning pole. In the gate with two poles, the imaginary line is between the turning pole and outside pole. (See following page for diagram.) In Giant Slalom the single gate is marked with a banner held up by two poles.

5A. If a gate fault occurs, only in SL is a racer allowed to hike, to correctly pass through the gate in question. (See following page for diagram.)

5B. In GS hiking is no longer allowed. If the racer loses all the momentum and comes to a complete stop, the racer must withdraw from the race course due to safety concerns. A racer cannot put a ski back on in a GS race.

## 6. INTERFERENCE

6A. If a spectator interferes with a racer, there is a missing gate, or another racer is in the way, it is the racer's responsibility to stop and immediately tell a gatekeeper he/she would like a re-run. The racer must then ski outside of the course to the finish. The racer must speak to the Finish Referee and explain the situation. The racer will receive a provisional rerun. The racer must return to the start and speak to the Start Referee. The Start Referee will run the athlete as soon as possible without disrupting the race or other competitors. The Race Officials will review the situation in question and a decision will be made as to whether or not the rerun will stand or if the athlete will be disqualified.

## 7. FINISHING THE COURSE

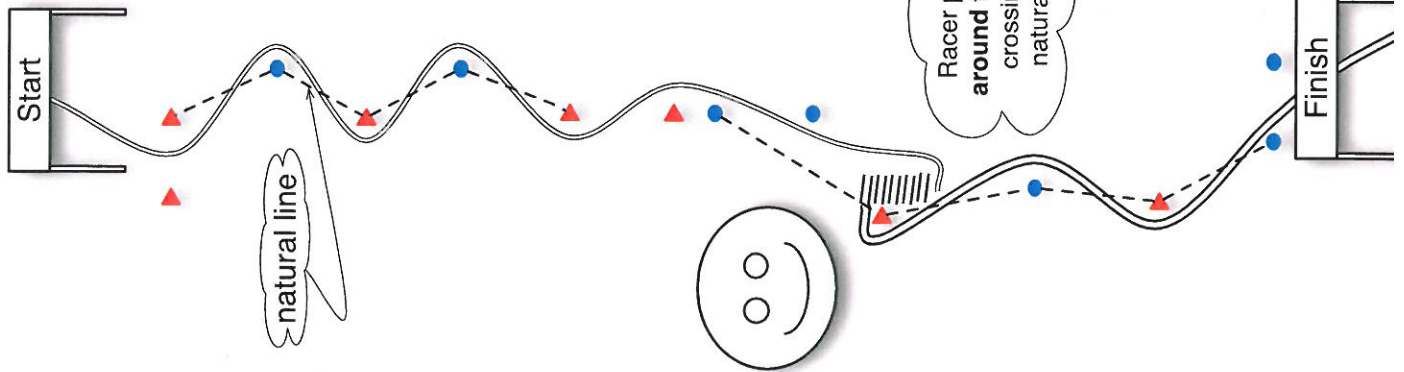
7A. To finish the course, the racer must pass through the finish gate under the following circumstances:

- I. On both skis
- II. On one ski, if within two gates of the finish gate

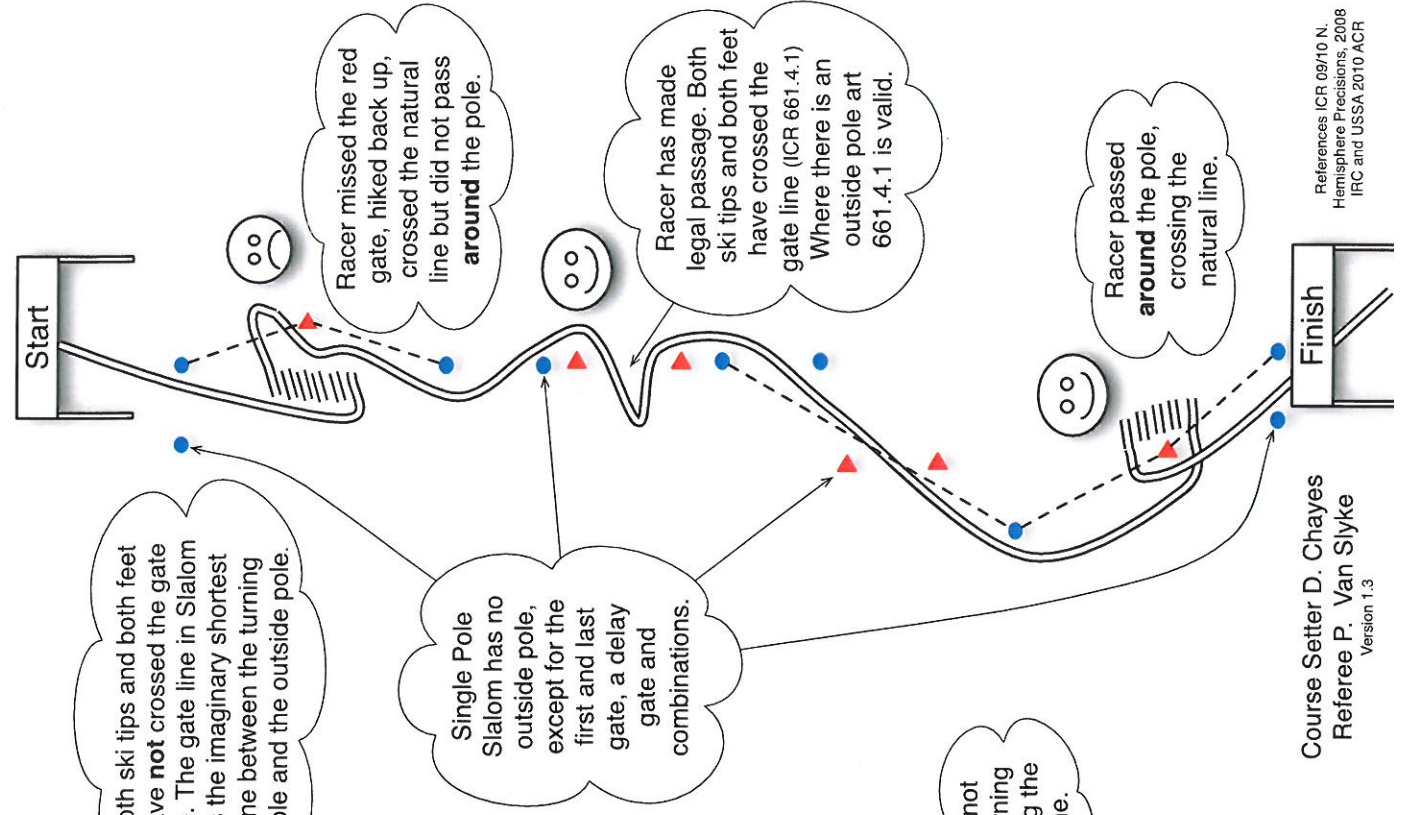
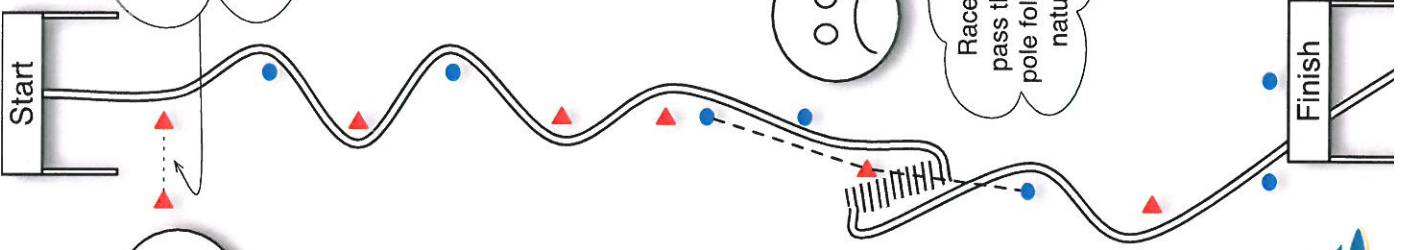
7B. If a racer loses a ski, he/she may not continue and must withdraw from the competition. This results in the following two things:

- I. Not being eligible for the second run
- II. Not receiving race points for the day's competition





Where there is no outside pole, both feet and ski tips must have passed the turning pole on the same side, following the natural race line of the slalom. The **natural race line** is an imaginary line from the turning pole to the turning pole, which the racer has to cross. If the racer has not correctly passed the natural race line, then he has to climb back up and pass around the missed turning pole.



#### \*7B. MWC RULES

7B. If a racer loses a ski within two gates from the finish in his/her run, he/she may finish on one ski. In SL and GS, a racer must withdraw from the race if he/she loses a ski above the last two gates of his/her run. U12+ may still take their second run.

7C. If a racer does not finish the first run or is disqualified he/she may not take a second run.

#### \*7C. MWC RULES

7C. The racer will be allowed a second run without finishing the first run, however he/she will not receive any MWC points.

### 8. RACE START ORDERS

#### \*8A & 8B. MWC RULES

8A. MWC Team members will start next to each other. There will be a random draw within each MWC team, U10 groups will start first, and finish their one run race. Next the U12 MWC Teams will run their 1st and second run. The U14/U16 Teams will start after the U12's have completed both runs. The group start order will be rotated from race to race. For their 2nd run the U12, U14/U16 will start in reverse order within each age group.

8B. Races for U10 athletes will consist of only one run. Races for U12, U14/U16 will consist of two runs.

### 9. INDIVIDUAL SCORING FOR THE MWC EVENTS

9A. Each age class gender group is placed into rank order by times. Each athlete will receive MWC points according to placing within their age class gender group.

9B. Individual scoring will follow the World Cup scoring system as follows:

PLACE	POINTS	PLACE	POINTS
1ST	100	9TH	29
2ND	80	10TH	26
3RD	60	11TH	24
4TH	50	12TH	22
5TH	45	13TH	20
6TH	40	14TH	18
7TH	36	15TH	16
8TH	32	16TH-30TH	DECREASE 1 POINT PER
		PLACE	

9C. The overall MWC age class standings will be determined by counting (adding) the place points from an individual's four best MWC race results.

### 10. MINI WORLD CUP TEAMS

10A. Teams will be the athlete's regular skiing group on race days.

10B. A handicap system will be used to calculate team points.

## 11. MINI WORLD CUP TEAM POINT CALCULATIONS

### 11A. The MWC team scoring system works as follows:

- I. Racers are timed on the first race of the year. If only one run is executed, then the results from the one run will be considered a race. A handicapping system will be used based on the first race.
- II. Team awards are based on combining the individual scores (top five scores count, others are used for tie breaking purposes).

### 11B. Team points are accumulated throughout the race season.

### 11C. The number of teams participating in the MWC program will determine the point distribution. A sample point distribution for 10 teams follows:

1st Place: 15 Points	6th Place: 5 Points
2nd Place: 13 Points	7th Place: 4 Points
3rd Place: 11 Points	8th Place: 3 Points
4th Place: 9 Points	9th Place: 2 Points
5th Place: 7 Points	10th Place: 1 Point

## 12. WINTER TERM PROGRAM PARTICIPATION IN THE MWC SERIES

### 12A. Winter term skiers no longer participate in the MWC races.

### 12B. U16's will start with the U14 age group.

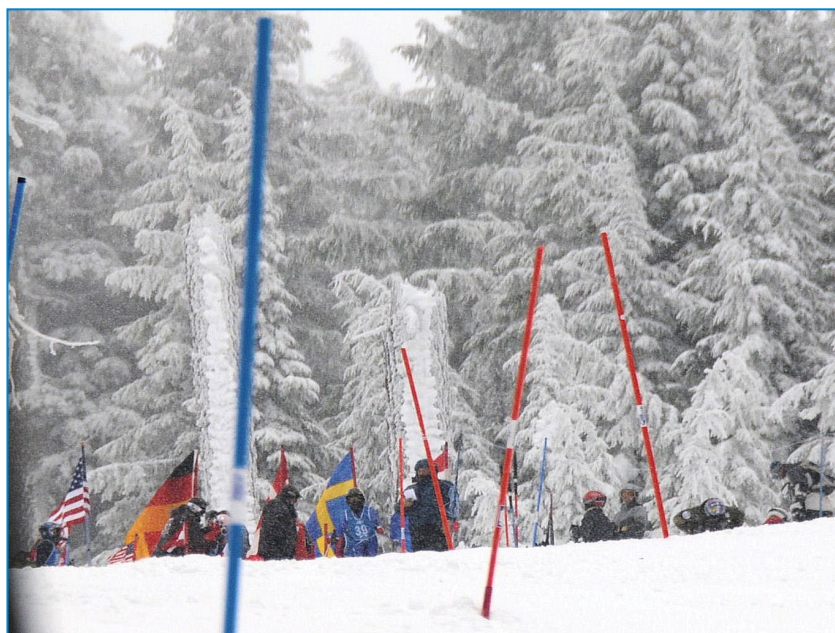


## 13. SELECTION CRITERIA FOR BUDDY WERNER CHAMPIONSHIPS

### 13A. The Buddy Werner Championships are open to all MBSEF U12 competitors with a valid USSA license whether in MWC or Winter Term programs.

## 14. SEEDING FOR THE BUDDY WERNER CHAMPIONSHIPS

### 14A. Seeding will be determined from the MWC Individual Standings. There will be separate seed lists for SL and GS. The top 7 seeded skiers will be placed in the seven top seed groups for each event. Athletes ranked below 7 will all be put in an 8th seed with a random draw. Athletes not partaking in the shoot out, but still attending the Buddy Werner Championships, will be placed in the 8th seed.



# MINI WORLD CUP

## MAJOR EVENTS CALENDAR

### 2023-2024

Dec 9	MWC Program Begins	Junior Race Center
Dec 18-20	Christmas Break Camp	JRC 9:00am-1:00pm
Jan TBD	*Mike Puddy Dual Challenge - Cliffhanger (*Not included in overall standings)	Mt. Bachelor
Jan 13-14	Meadow's Challenge	Meadows
Jan 21	MWC Race GS - Cliffhanger	Mt. Bachelor
Feb 3-4	4-Way Race	Ski Bowl
Feb 10	MWC Race GS - Cliffhanger	Mt. Bachelor
Feb 11	MWC Race SL - Lower Leeway	Mt. Bachelor
Mar 2	MWC Race SL - Cliffhanger	Mt. Bachelor
Mar 16	MWC Finals Combi Race – Cliffhanger	Mt. Bachelor
Mar 16	MWC Awards 5:00-7:00pm	Summit High School
Mar 23-26	Spring Break Camp	JRC 9:00am – 1:00pm
Mar 29-31	U12 Buddy Werner Championships	Mission Ridge
Apr 6	SG/Jump Training	JRC 9:am - noon
Apr 12-14	May Day Race - Cliffhanger	Mt. Bachelor

JRC - Junior Race Center, Mt. Bachelor

For Race Information and Results visit [www.mbsef.org](http://www.mbsef.org)



## MWC TRAINING SCHEDULE 2023-2024 SKI SEASON

### DECEMBER-

- 9 Directed Free Skiing
- 10 Directed Free Skiing
- 16 Directed Free Skiing
- 17 Directed Free Skiing
- 18 Christmas Break Camp - 9:00am-1:00pm Monday
- 19 Christmas Break Camp - 9:00am-1:00pm Tuesday
- 20 Christmas Break Camp - 9:00am-1:00pm Wednesday

### JANUARY-

- 6 Skillsquest
- 7 Skillsquest
- 13 SL Training/Directed Free Skiing
- 14 SL Training
- 20 GS Training
- 21 GS Race
- 27 SL Training
- 28 SL Training

### FEBRUARY-

- 3 SL Training/4-Way Race at Ski Bowl
- 4 GS Training/4-Way Race at Ski Bowl
- 10 GS Race
- 11 SL Race
- 17 Directed Free Skiing
- 18 Directed Free Skiing
- 24 SL Training
- 25 SL Training

### MARCH-

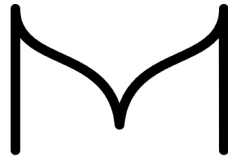
- 2 SL Race
- 3 SL Training
- 9 GS Training
- 10 GS Training
- 16 MWC Finals Combi Race
- 16 MWC Awards Banquet Summit H.S. 5:00-7:00pm
- 23-26 Spring Break Camp - 9:00am to 1:00pm Saturday through Tuesday
- 29-31 Buddy Werner Championships - Mission Ridge

### APRIL-

- 6 SG/Jump Training - 9:00am to noon
- 12-14 May Day Race

Mini World Cup Team Sponsors

project<sup>^</sup>



MATCH  
DESIGN INTERIORS



KELLCON



REBECCA STITCH

