



2024-2025 Alpine Full Time Program

Ages 13-21, High School

Our nationally recognized alpine programs are designed for athlete participation in USSS and FIS events. Juniors compete in the Northwest Cup series, Junior Olympic qualifiers and Western Region FIS events. Full Time athletes benefit from the expertise of MBSEF's USSCA certified staff. Coaches coordinate five days per week of on-snow and dryland training aimed at developing each athlete to their fullest potential. Our staff aids in the selection and maintenance of equipment and helps athletes manage their race starts and travel schedules. MBSEF staff travel to divisional, regional and national races providing race support to ensure top performance. Many of the athletes have enjoyed success at the regional and national levels. In addition, the MBSEF Alpine Team has had many athletes named to the US Ski Team and awarded college scholarships at NCAA schools. Full Time training is offered to USSS experienced athletes in high school.

Fall Dryland Schedule (Starts September 9)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|-----------------------------|---|-----------------------------|---|------------------------------|------------------------------|
| 7:00-8:30am Strength Conditioning | 4:00-5:30pm MBSEF TBD | 7:00-8:30am Strength Conditioning | 4:00-5:30pm MBSEF TBD | 7:00-8:30am Strength Conditioning | Off Or Skiing Mt. Hood | Off Or Skiing Mt. Hood |

Winter On-Snow Ski Schedule (Starts December 7 Snow Permitting) through April 6

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|-------------------------------|------------------------------|------------------------------|------------------------------|-----------------------------|-----------------------------|
| Off | TBD Strength or On-Snow | 12:30-4:00 JRC On-Snow | 12:30-4:00 JRC On-Snow | 12:30-4:00 JRC On-Snow | 9:00-2:30 JRC On-Snow | 9:00-2:30 JRC On-Snow |

Licensing (USSS & FIS): All Full Time athletes must purchase a USSS license. Applications can be found online at usskiandsnowboard.org. Your application must be received and processed by October 15 to avoid the late fee. Athletes planning to compete in FIS events must also register with FIS. The FIS early fee deadline is August 15 to avoid the late fee for the 2024-2025 season. USSA licensing must be completed before registering for a FIS license.

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

Lift Tickets: All participants will be responsible for their own passes or tickets. Purchase passes early through Mt. Bachelor to receive the largest savings.

Transportation: Athletes not using personal vehicles to drive to and from Mt. Bachelor need to sign up for seasonal van transportation when they turn in their program enrollment paperwork. Transportation can be scheduled mid-week and/or on weekends for a fee outlined on the Transportation Form. Transportation to and from race events is not included in the transportation fee, except for races at Mt. Bachelor.

For 2024-2025 registration forms visit
mbsef.org