



# 2024-2025 Nordic Full Time Program

## Ages 14-19

The MBSEF Cross Country Full Time program is designed to help skiers between the ages of 14 and 19 grow athletically, academically and personally through their pursuit of excellence in cross country skiing. Through goal setting, open communication, and personalization, and interaction with the community, the MBSEF staff will create a program that will continuously help skiers grow, mature and find success.

Full Time skiers will be part of seven months of organized ski training with 5 days of organized, supported, and monitored dryland and on-snow coaching. In addition, the coaches will assist skiers in the selection and maintenance of equipment, planning an appropriate race schedule and balancing social, academic, and personal demands with their athletic pursuit. MBSEF coaches will coordinate with a skier's high school program to maximize the skier's development physically, technically and competitively.

Athletes participating in school fall sports may join Full Time Light, which does not include Fall Dryland Training.

### Fall Dryland Schedule Tuesday September 17 - Friday November 21

| Monday | Tuesday                  | Wednesday                | Thursday                 | Friday                   | Saturday                   | Sunday |
|--------|--------------------------|--------------------------|--------------------------|--------------------------|----------------------------|--------|
| Off    | 3:15<br>MBSEF<br>Dryland | 3:15<br>MBSEF<br>Dryland | 3:15<br>MBSEF<br>Dryland | 3:15<br>MBSEF<br>Dryland | 8:30am<br>MBSEF<br>Dryland | Off    |

### Winter Ski Schedule - December 3 Through March 2

| Monday | Tuesday                       | Wednesday                     | Thursday                      | Friday                        | Saturday                      | Sunday                        |
|--------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| Off    | 3:30 On Snow<br>Nordic Center | 3:30 On Snow<br>Nordic Center | 3:30 On Snow<br>Nordic Center | 3:30 On Snow<br>Nordic Center | 9:45 On Snow<br>Nordic Center | 9:45 On Snow<br>Nordic Center |

**OSU and COCC Students** - College students should coordinate their class schedule around established training times.

**Licensing (USSS & FIS)** - All Full Time athletes must purchase a USSS license from USSS if you intend on participating in the Junior Olympics or other sanctioned USSS points races. Visit <https://usskiandsnowboard.org> for more information and deadlines. Athletes planning to compete in FIS events must register with FIS, deadline is August 15 to avoid the late fee. It is a good idea to complete all your licensing early to guarantee that you will appear on the first points list of the season.

**Trail Passes** - All participants will be responsible for their own passes. Purchase passes early through [mtbachelor.com](http://mtbachelor.com). Depending on weather and snow conditions, some training may take place at Meissner for lower elevation.

**Transportation** - Athletes not using personal vehicles to drive to and from Mt. Bachelor need to sign up for seasonal van transportation. Transportation can be scheduled 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. Athletes meet at MBSEF for van transportation.

**Scholarships** - Full Time and 4 day/week Winter Term athletes are encouraged to apply for MBSEF scholarships to offset the costs of program tuition and travel fees. All athletes are encouraged to apply for grants and scholarships offered from other organizations, call the office for listings.

For 2024-2025 registration forms visit  
[mbsef.org](http://mbsef.org)