



# 2024-2025 Nordic Middle School Program

## Ages 11-14 - Grade 6,7,8

The MBSEF Nordic Middle School Program is designed for young people ages 11-14 in the 6th, 7th or 8th grade. A limited number of younger experienced skiers will be accepted into the program. The program is for competitive and non-competitive skiers. The program offers an accommodating schedule where non-competitive skiers can choose 1-3 sessions per week with session options on Wednesday, Saturday, and Sunday. Highly motivated competitive skiers can choose 3-4 sessions per week with options on Wed/Thu/Sat/Sun. Over the course of the season, skiers will follow a progressive program designed to develop their physical fitness, knowledge of the sport, and classic and skating technique. With Nordic Program Director approval, highly motivated U14's may opt to join the Winter Term Program for more intense training.

The schedule and locations of classic and skating days will be continuously adjusted to ensure skiers have the most successful skiing experience possible while also learning both classic and skating technique. Skiers need to learn to ski classic and skate in any weather situation, but they also need to have successful skiing experiences. To accomplish both goals, the schedule of sessions will be continuously updated according to weather and skiing conditions.

Non-Competitive Nordic Middle School  
Winter Session  
Dec 11-Mar 9  
1, 2, 3 day/week Wed/Sat/Sun

Competitive Nordic Middle School  
Winter Session  
Dec 11-Mar 9  
3, 4 day/week Wed/Thu/Sat/Sun

Family Thanksgiving Camp Tentative Dates November TBD at Silver Star, BC, Canada, details announced in the Fall.

Spring Break Camp March TBD.

**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 be at Meissner at lower elevation.

**Racing Opportunities:** Although MBSEF supports and encourages skiers to compete, racing is not required and a significant number of participants of the Middle School Program do not compete. MBSEF will attend the PNSA Championships, and the Junior Olympic Qualifying races. The racing calendar will be posted at [www.mbsef.org](http://www.mbsef.org) in the Fall. Coaching will be available for racers and non-racers on race days at Mt. Bachelor. Logistics, costs, and schedules for travel to out of town events will be announced prior to each event.

**Transportation:** We are able to offer van transportation for Middle School athletes. Transportation is limited to 20 athletes per day, first come first served. The Transportation Form lists the fee.

**Equipment:** Skiers need their own equipment (skating and classic skis, poles and boots) for all programs. Equipment can be obtained at the MBSEF Skyliners Ski Swap in October, Sunnyside Sports, Webcyclery, Mt. Bachelor, and occasionally loaner equipment is available at MBSEF. Program staff will keep you updated on other equipment opportunities. All participants will be responsible for their own trail passes. Purchase passes early for the lowest price at [mtbachelor.com](http://mtbachelor.com).

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