



## 2024-2025 Nordic Stevenson Youth Program

Ages 7-11, Grades 2,3,4,5

The Stevenson Youth Program (SYP) is designed to foster a lifelong appreciation for the sport of Nordic skiing, a love for the outdoors, and a basic understanding of our amazing winter environment. In the SYP skiers in 2nd through 5th grade, (ages 7-11) can participate in 10 sessions that include Saturday, Sunday, Tuesday or Wednesday options at the Mt. Bachelor Nordic Center. Multiple sessions are also available (2-days only). Our sessions are comprised of progressive, age appropriate activities that will develop their XC skiing skills, improve fitness, develop environmental awareness, and a love for the outdoors with the main objective being learning while having fun.

SYP participants will ski in small groups based on age, focus and ability. They will have opportunities for playing group games, embarking on trail adventures, learning how to take care of their equipment and dressing appropriately for winter weather. There will also be options to join some fun local races.

**Daily Schedule:** All sessions meet at the Mt. Bachelor Nordic Center. Saturday and Sunday 9:00am - 10:30am. Tues. 3:30-4:45 (will adjust time to 3:30-5:00 as longer daylight allows), and Wednesday, 2:30-4:00

**Enrollment Options:** 10 weeks for everyone plus a 3- day Winter Camp. Multiple weekly session signups are available.

**Flexible Classic and Skating Sessions:** It is critical that these young skiers have successful skiing experiences, and at times the weather in the Cascades can make that a challenge. To accomplish this, MBSEF will announce the schedule of classic and skating sessions by email (based on weather reports, grooming, etc.) a few days before each weekend. There does come a point where skiers need to learn to ski in all conditions, but at this age our number one goal is help the skiers find success and have fun.

### Important Dates:

**MBSEF In-House Nordic Ski Swap** October TBD (MBSEF office)

**Skyliners Ski Swap:** ..... October 12 BPRD Ice Pavilion

**Parents Meeting:** ..... via Zoom, date TBD

**Winter Camp:** ..... Dec 17, 18, 19

**Saturday Sessions:** ..... Jan 4 through March 8..... 9:00 - 10:30am

**Sunday Sessions:** ..... Jan 5 through March 9..... 9:00 - 10:30am

**Tuesday Sessions:** ..... Jan 7 through March 11 ..... 3:15 - 4:45pm until Jan. 30, then 3:30-5pm

**Wednesday Sessions:** ..... Jan. 8 through March 12 ..... 2:30 - 4:00pm

**Events:** Throughout the year the skiers will participate in special event days that include fun activities, Paintball Biathlon, Super Heroes, Scavenger Hunts and some fun mini-races for those who are ready.

**Trail Passes/Transportation:** All participants will be responsible for their own passes. Go to [www.mtbachelor.com](http://www.mtbachelor.com) for early season deals. No transportation is offered for this program.

**Equipment:** Skiers need their own classic and skate equipment (skis, poles, boots). Equipment can be obtained at the Skyliners Ski Swap in October, Sunnyside Sports, Mt. Bachelor, Latitude 44, Webcycling and The Powderhouse. Young skiers age 7 who are beginners can just use classic gear and 1 set of poles.

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