



**Mt Bachelor Sports Education Foundation  
Parent Handbook  
MBSEF Freeride Development Team Program 2024/25**



*2024 US Ski and Snowboard Development Club of the Year*

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# Welcome to MBSEF!

Dear MBSEF Freeride Development Team Families,

Welcome to the 2024/2025 Development Team Season! We are excited to kick off another awesome year of skiing, competition, and growth and are thrilled to have you as a key part of our community.

As we prepare for the season ahead, we want to ensure that you and your athlete have all the information needed to make this experience both enjoyable and rewarding. Here's a snapshot of what to expect and some important details to help you navigate the season:

- 1. Training and Competition Schedule:** Our training and competition schedule is designed to balance skill development with competitive opportunities. The full schedule, including training times, competition dates, and travel plans, will be available on our website and in this parent handbook
- 2. Equipment and Gear:** Proper equipment is crucial for performance and safety. Make sure your athlete's gear is in good condition, and consider scheduling a tune-up or equipment check before the season starts. Our coaches and staff are available for advice and recommendations.
- 3. Parent Involvement:** Your support and involvement are invaluable. We encourage you to attend parent meetings, volunteer at events, and communicate openly with coaches and staff. Your engagement helps create a positive and supportive environment for our athletes.
- 4. Communication:** Stay connected with us through our official channels, including our website, email newsletters, and social media. We will provide regular updates and important information throughout the season on our communication app. Don't hesitate to reach out if you have any questions or concerns.
- 5. Safety and Wellness:** The safety and well-being of our athletes is our top priority. We will adhere to all recommended protocols and guidelines to ensure a safe environment for training and competition. Please review our safety policies and make sure your athlete is aware of and follows them.

We are looking forward to a season filled with growth, achievement, and fun. Thank you for being a part of the MBSEF family and for supporting your athlete's journey. Together, we can make this a memorable and successful season.

*Coggin Hill*

MBSEF Freeride Program Director

# Contact Roster

## Administration

Amy Tarnow, Executive Director: [amy@mbsef.org](mailto:amy@mbsef.org)

Kathy Kurtz, Membership Coordinator: [mbsef@mbsef.org](mailto:mbsef@mbsef.org)

## Coaching Staff

Coggin Hill Freeride Program Director: [chill@mbsef.org](mailto:chill@mbsef.org)

Chris Smith Freeride Development Team Head Coach [csmith@mbsef.org](mailto:csmith@mbsef.org)

Sean McDonnell Snowboard Development Team Lead Coach [sean@mbsef.org](mailto:sean@mbsef.org)

\*Mt. Bachelor Ski Patrol 541-693-0911

# **Program Information**

## **Organization Mission:**

The Mt. Bachelor Sports Education Foundation is a nonprofit organization that creates opportunities through competitive snow sports programs to support athletes in achieving their individual athletic, academic, and personal goals.

## **Freeride Development Team Mission:**

To foster excellence in developmental skill improvement by providing high-quality training, promoting sportsmanship, and supporting athletes age 8-14 in honing their fundamental skills with an emphasis on introductory freestyle movements. We are dedicated to developing talent, encouraging a lifelong passion for skiing/snowboarding and building a supportive community and environment for athletes.

## **Values:**

Commitment, Honesty, Accountability, Sportsmanship, Excellence

## **Vision:**

To positively impact the life of every athlete we serve.

## **Guiding Philosophy:**

Freeskiing and snowboarding are our way of life. Over the years we have dedicated countless hours pursuing our passion for the sport. As coaches, our goal is to pass this on to our athletes and encourage them to pursue their passion for winter sports. Our program is tailored to develop riders' freeriding, freestyle, carving and competitive skills, while learning to ride Mt. Bachelor's nationally recognized terrain and freestyle facilities. The Development Team Program focuses on advanced freeriding and freestyle skills.

# **MBSEF Freeride Development Team ( Ages 8 -14)**

## **Overview:**

This program is designed for athletes age 8 -14 who are enthusiastic about winter sports and have spent 2-3 in a ski school program. They should be linking parallel turns in blue terrain, be comfortable getting on and off the lift themselves and have a desire to learn freestyle and freeride skills. Athletes should be looking for structured training and an introduction to park, pipe and freeride competitions. One, two and three and day training is offered and scheduled on Saturdays, Sundays and Wednesday afternoons for the two and three day options. Athletes generally participate in the Development program before considering moving up the the Freeride Competition or Big Mountain programs.

Camps scheduled during Winter and Spring breaks at Mt. Bachelor are included in the program fee.

What is available through this program:

- Summer on-snow training at Mt. Hood (Approval required by Program Director/Head Coach)
- Summer fitness training (Dryland - Ages 13+)
- Summer trampoline training
- Pre-season fall fitness training (Dryland - Ages 13+)
- Pre-season fall trampoline training
- In season on-snow training at Mt. Bachelor (Included in tuition)
- Winter Dryland/Trampoline Training at Mountain Air
- Development Contest Events (Skiercross/Boardercross, Slopestyle and Minipipe)
- Holiday on-snow training camps (included in tuition)
- Spring Airbag Camps (Approval required by Program Director/Head Coach)
- Spring On-snow Training Sessions (Approval required by Program Director/Head Coach)
- Academic Support

# Program Schedules

## Training: Development Team

### On-Snow:

\*\* Training schedule start/end date and day-to-day operations are always subject to change. We participate in an outdoor sport and weather comes into play.

- **Winter Development Team Schedule:** December 11 - March 16, 2025
  - Wednesday: 12:30 - 4:00pm
  - Saturday and Sunday: 10:00am - 3:00pm

**Holiday:** Holiday training will be scheduled for 9:00am-1:00pm

- Winter Camp: January 2 - 5, 2025
- Spring Camp: March 22 - 25, 2025

### Seasonal Camps:

- **Air Bag Camp:**
  - Camp 1: April 19 - 21
  - Camp 2: April 25 - 27
- **Spring Sessions:**
  - May 1-May 18, 2025
  - Thursday/ Friday: Trampoline Training
  - Saturday and Sunday: On Snow 8-1pm, dryland at MBSEF 2-5pm
- **Summer Camp:** Dates are subject to change
  - Summer Camp 1: June 23-28 (10-13 year old camp)
  - Summer Camp 2: July 14-19 (14 years and older camp)

# Program Schedules continued

## **Dryland:**

### **Strength Training:**

- **Summer:** June 16th - August 15
  - M/T/F 9:00-10:30am at MBSEF
  
- **Fall:** September 16th - November 8th
  - M/T/F 4:00-5:30pm at MBSEF

### **Trampoline Sessions:**

- **Summer:**
  - Session 1 - June 16 - July 8, 2025
    - Monday/Tuesdays at MBSEF
  - Session 2 - July 14 - August 12, 2025
    - Monday/Tuesdays at MBSEF
  
- **Winter:**
  - January 7 - February 27, 2025
    - Tuesdays/Thursdays at Mountain Air
  
- **Fall:** September 22 - November 13, 2025
  - M/T/W/TH at MBSEF
  
- **Spring:** May 5 - June 13, 2025
  - Monday/Tuesdays at MBSEF



# Daily Operations/Schedule

## Weekends

### **Coaches**

Coaches arrive at 8:30 a.m. to talk about daily concepts.

8:45am - 9:45am Coaches Clinic \*Coaches Only

### **Athletes**

Athletes arrive at 9:45 a.m. and check in with their coach outside of the Junior Race Center.

Groups leave JRC at **10am and return at 3pm.**

**Van** - For athletes riding the vans on weekends this means a **7:15am** drop-off at the MBSEF Office with an approximate return time of **4pm.**

Lunch for the freeride team is between **12:30p.m. – 1p.m.** but is dependent on the group. Athletes will eat lunch upstairs in JRC with their group and with their coach.

Please pick up your child promptly after training.

## Mid Week - Wednesday

Ski and Snowboard Training **12:30 p.m.- 4 p.m.**

\*We will not be having a lunch break on weekdays so make sure athletes have a small pocket snack to help get them through the end of training.

All Development athletes will need to be dropped off 15 minutes prior to training and picked up promptly after training.

## Weekend Van Schedule

Saturday: Van leaves MBSEF at 7:15AM. Van returns to MBSEF at 4:00PM

Sunday: Van leaves MBSEF at 7:15AM. Van returns to MBSEF at 4:00PM

Please arrive 15 minutes before van departure times. For weekday training, parents can drop off their athletes' equipment at the MBSEF office until 5 pm the night before, or between 8am-11am the day of training.

## Weekend Van Driver

Jacob Salber - 541-610-4382

Please let Jacob know if will not be riding the van that day.

## **Late Arrivals/Separations**

On the first day of training encourage your athlete to exchange phone numbers with their coach. If you arrive late, have your athlete call/text their coach to let them know.

Each group will take 1 warm-up run and come by the JRC each morning to pick up any late arrivals unless their entire group is present. Athletes arriving more than 30 minutes late may not be able to meet up with their group until after lunch.

Every effort is made to ensure that your athlete does not become separated from his/her group. The coaches will review the following information. Safety is a priority to all our staff.

If your athlete becomes separated from the group, he/she is instructed to go to the **bottom of the lift** and **wait** at the **bottom of that lift**. The athlete **must stay at the bottom of the lift, never ride up the lift without your group**. The first thing an athlete should do is call their coach with their cell phone. The other thing they can do is flag down another MBSEF coach or group and have them help contact their coach. All coaches are equipped with hand-held radios and have cell phones.

All athletes are expected to ride with their groups unless the parent tells the coach otherwise. If a rider is thought to be lost, but is found free riding, the parent will be contacted immediately. If the missing rider cannot be found, Ski Patrol will be contacted.

## **Adverse Weather Conditions**

Although it is rare, there may be a need to cancel a training day 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 athlete if a training day is canceled. You can call Coggin Hill at 541-610-2556 for information on questionable days. We will do our best to notify all athletes and parents of any cancellations promptly via email.

# 2024/2025 Event Schedule

## **MBSEF Development Team Competitions:**

Our training helps athletes prepare for our three freestyle and cross competitions that highlight development while showcasing athletic achievement. These fun competitions strengthen skills that our athletes focus on, improve team dynamics and promote sportsmanship. The top 3 athletes in each category will receive medals and all athletes are awarded some free winter sports schwag. Athletes are highly encouraged to participate in these spirited competitions as they take place of regularly scheduled training.

**Skiercross/Boardercross:** Saturday, Jan 18th (competitors race on a narrow course with jumps, drops, berms, and other features. The course is designed to challenge the riders' ability to stay in control while going fast)

**Slopestyle:** Sunday, Feb 23rd (riders perform tricks and jumps on a sloping course over multiple ramps and obstacles)

**Halfpipe:** Date TBD (skiers and snowboarders execute multiple tricks consecutively while riding down the halfpipe)

## **USASA Regional Series calendar site:**

Our Local Sanctioned Freestyle and Cross Series events that our Competition Team athletes compete in are open to interested Development athletes. In order to register for these athletes need to obtain a USASA Membership. Development coaches will not be able to coach at these events but our Competition Team Coaches will be available to assist athletes if they decide to compete.

The event calendar is up on our Freeride Competition calendar at <https://mbsef.org/freeride-ski/comps/> as well on the USASA website here:

- USASA Central Oregon Series Calendar: <https://liveheats.com/usasaco/events>
- USASA Mt Hood Series Calendar: <https://liveheats.com/usasamhs/events>

# **Equipment**

## **Good Practice:**

Purchasing equipment can be challenging and confusing, here are some resources and information for you to use to help find the right equipment.

**The best first step is to consult your coach about equipment. A good second option/step for Freeride gear is: Powder House, Skjeeras and Between Evergreens our local Ski/SB Shops, and Tactics our local snowboard shop. You'll find well rounded information about proper equipment fitting, tuning work and supplies.**

When buying gear for your athlete, you have to balance a few conflicting needs, saving money vs quality equipment. Here are some things to keep in mind:

- Avoid buying something big so “they'll grow into it”. Especially with boots and helmets.
- It's ok to get second hand skis/snowboards. When buying for FIS athletes, this is still ok however the skis/snowboard could be compromised due to regular grinding rails.
- If new boots are not an option, make sure the pair you choose fits properly and is within at least 2 years of manufacture.
- As a rule of thumb, invest in boots more than skis/snowboard, so rather than getting older boots to afford a new pair of skis, get older skis and thus afford better-fitted boots etc.

## **Gear List:**

### **Ski/Snowboard Equipment:**

- Rock skis/board (old skis) - For early season conditions
- Twin Tip all mountain skis
- Powder Skis/board - Optional
- Boots
- Poles
- Equipment Bag

### **Protective Gear:**

- Helmet
- Back Protector
- Waterproof Gloves - 2 pairs
- Padded underlayers
- Goggles – amber lens for all conditions or multiple lenses for different light conditions

### **Ski/Snowboard Clothing:**

- Socks
- Non-Cotton Base Layer Top and Bottom (polyester/polypropylene)
- Insulated midlayer (Preferably down or fleece, not cotton)
- Waterproof outer layers
- Face mask

### **Personal Items:**

- Season pass
- Sunscreen/Lip balm (apply every morning)
- Water bottle
- Lunch/snack
- Hand warmers are great!
- Positive attitude!

# **Code Of Conduct**

*Starting for the 2024-2025 Season, The MBSEF Code of Conduct will require in-person acceptance by all competition-level Athletes and Parents at the start of each season and can be found on the MBSEF Website. MBSEF will hold sessions for athletes in late October and November. Attendance at one of these sessions is **mandatory** before athletes are allowed to attend on snow training.*

## **Section 1: Introduction and Purpose**

The purpose of MBSEF's Code of Conduct is to uphold the MBSEF core values, which are derived from the acronym "CHASE" and stand for the following: Commitment, Honesty, Accountability, Sportsmanship, and Excellence. We believe that adhering to these values will assist each participant in achieving their individual athletic, academic, and personal goals while developing a positive attitude and strong character that will lead them into adulthood. Our MBSEF Staff and Board of Directors stand behind our Code of Conduct and take all matters seriously.

MBSEF requires athletes, parents, and guardians to read, understand, and abide by this Code of Conduct. Participating in MBSEF is a privilege, and each athlete should know and understand the following rules. The Code of Conduct will encourage athletes to perform to the best of their ability and also encourages athletes, parents, and guardians to conduct themselves in a way that positively reflects on MBSEF and their sport. It provides a procedure for MBSEF to review and address alleged conduct that is determined to be in violation of this Code. Violations of rules and policies will result in disciplinary action imposed by MBSEF Coaches, Program Directors, the Executive Director, and/or the MBSEF Board of Directors.

Serious violations will be reviewed by an Athlete Conduct and Discipline Committee, and a mandatory meeting with the athlete and parents may be necessary. Failure to participate in the athlete meeting will result in immediate suspension from the program, including all training with MBSEF. All consequences imposed by the Committee are subject to appeal by the athlete. An MBSEF Board of Directors-approved Appeals Committee will review, evaluate, and recommend action to be taken by the Board, based on a case presentation by the athlete through a formal review.

Please note that the discovery process and convening the Committee for the review of a serious violation may take a period of time. MBSEF will make every effort possible to expedite this process, so please be patient. We want to ensure that the process is thorough to reach the best possible outcome for the parties involved and MBSEF.

## Section 2: MBSEF Code of Conduct

### Academic, Attendance and Integrity Standards

- **Academic Requirement:** Maintain a minimum of a 2.25 GPA to participate in travel and competitions with an MBSEF team.
- **Integrity:** Represent yourself, your sport, and MBSEF with the highest level of integrity and professionalism. This includes:
  - Respectful conduct at all times, whether at the office, in van rides, at the Jr. Race Center, Nordic Lodge, races, camps, or other MBSEF events.
  - High personal responsibility and respect for the decisions of coaches, race and competition officials, and ski area personnel.
  - Adherence to the rules and codes of conduct set by MBSEF, Mt. Bachelor LLC., USSS (including SafeSport and the MAAPP), USASA, and PNW.
  - Compliance with the MBSEF Social Media Agreement.
- **Program Attendance:** As much as possible, attend all practices, competitions, and team events. Consistency is crucial for both individual and team success. Communicate with your lead coach when you will be missing a practice or event.

### Sportsmanship and General Conduct

- **Sportsmanship:** Conduct yourself with good sportsmanship at all times, whether training, racing, traveling, or participating in team activities. This includes:
  - No use of alcohol, illegal drugs, or tobacco products (including electronic nicotine devices or pouches such as Zyns).
  - Refrain from any conduct that could be perceived as harassment based on race, ethnicity, national origin, religion, disability, gender, gender identity, or sexual orientation.
  - No use of profane, abusive, or offensive language.
  - Honesty in all actions; no stealing or misrepresentation.
  - Show self-control and consideration for others.
  - **No Bullying. Examples include, but are not limited to:**
    - Verbal: Teasing, name-calling, taunting, or threatening.
    - Social: Excluding others, spreading rumors, or embarrassing someone.
    - Physical: Hitting, spitting, tripping, or taking belongings.
    - Cyber: Using digital media to tease or embarrass.
  - No tampering with other athletes' equipment or personal belongings.
  - A desire to learn and respect others' learning processes.

### Bill Healy Training Center Rules

- **Supervision:** Only use the training center under the supervision of a coach or after checking in with the administrative office.
- **Respectful Conduct:** Keep the training center clean, including placing trash in appropriate containers. Return all weights and equipment to their storage areas when you are finished.

- **Parking:** Drive slowly in the parking lot; athletes need to use side street parking when training or traveling.

### **Junior Race Center and Nordic Lodge Rules**

- **Cleanliness:** Clean up after yourself and help with general lodge cleaning.
- **Respect:** Stay out of others' belongings and refrain from using profane, abusive, or offensive language.
- **Property Care:** No defacing walls or placing stickers in the JRC or Nordic Lodge. Clean up tuning benches and floors after use.

### **MBSEF Van Transportation Rules**

- **Cleanliness:** Keep the vans clean.
- **Respect:**
  - Do not intentionally damage team vehicles.
  - Be respectful of both property and fellow athletes.
  - Maintain a reasonable noise level and keep belongings contained.
  - Content on devices and language should always be in a tone that is accepting of all and age-appropriate. This includes music that anyone else can hear.
- **Safety:**
  - All athletes must wear seat belts at all times.
  - You may only switch seats when vans are parked.



## Section 3: Consequences for Violations

The consequences for each violation of the MBSEF Code of Conduct are determined by MBSEF Program Directors, the Executive Director, and the MBSEF Board of Directors. They can vary from the guidelines listed below based on the circumstances of each situation.

### Serious Violations

#### Serious violations include:

- Breaking the law while participating in MBSEF activities, including use of illegal substances
- Conduct that harms the reputation or integrity of MBSEF or Mt. Bachelor
- Actions investigated and defined as bullying by Program Directors
- All other Safe Sport Violations

#### Consequences:

- **First Violation:**
  - Immediate suspension from all programs for a period to be determined based on the severity of the violation.
- **Second Violation:**
  - Removal from MBSEF programs without a refund.

### Other Violations

Other violations may include, but are not limited to:

- Violating the Social Media Agreement.
- Inappropriate language or behavior during MBSEF activities.
- Items not explicitly stated in this agreement that cause harm to the MBSEF or Mt. Bachelor Community, Facilities or Equipment.

#### Consequences:

- First Violation:
  - Verbal and/or written warning.
- Second Violation:
  - Temporary removal from training for a period to be determined based on the severity of the violation.
- Third Violation:
  - Removal from MBSEF programs without a refund.

## Section 4: Expectations of Parents

Parents and coaches work together to provide a positive athletic experience for their children and athletes. If they understand their respective roles and communicate well with each other, positive outcomes for the athletes will result. Please understand, this may not be the “result” a parent is expecting. On the other hand, our athletes suffer when there is poor parent/coach communication or, worse, conflict. MBSEF expects and requires its parents to heed the following:

- Provide your athlete with unconditional love and support regardless of competitive event results. Allow MBSEF coaches to coach and do not provide conflicting advice to your athlete, particularly in the presence of MBSEF coaches and other athletes.
- Communication with coaches about the Athlete should never take place during training or competition events. Take the time after such activities to voice your concerns in a courteous and professional manner.
- Do not talk to judges and/or race officials about competitions or results. If you have a concern, please take it to your coach so they can escalate it to the appropriate person, through appropriate channels.
- If conflicts arise between athletes during MBSEF training or events, athletes should bring these issues directly to their coaches or program directors for resolution. It's important to allow the coaching staff to manage and mediate athlete interactions to ensure a fair and effective outcome and to avoid issues between families and damage to team dynamics.
- If a situation has you emotionally charged, wait 24 hours before communicating by any means with your athlete's coach to better ensure a clear, concise, and constructive conversation.
- An abusive interaction with MBSEF, whether coaches or any other staff, with an athlete, another parent, or any official, may result in required mediation, removal of parent from training or race venues or expulsion of the athlete and other athletes in the family from the Program and MBSEF, either temporarily or permanently, as determined by the Athlete Conduct and Discipline Committee.

## Section 5: Character Clause

### Purpose:

The purpose of this character clause is to encourage athletes to take responsibility for their actions by self-reporting any code violations. This policy aims to foster a culture of integrity, accountability, and courage in our MBSEF athletes by encouraging them to acknowledge their mistakes and take corrective actions.

### Procedure:

- **Identification of Code Violation:**  
Athletes who realize they have committed a code violation are encouraged to report the incident as soon as possible.
- **Self-Reporting Process:**  
Athletes can self-report by contacting their coach or the MBSEF Executive Director. The report should include:
  - A description of the violation
  - The date and time of the incident
  - Any other relevant details
- **Confidentiality:**  
The self-referral process will be handled with confidentiality. Information about the violation will be shared only with relevant coaches.
- **Review and Response:**  
Upon receiving a self-referral, the coach or Executive Director will review the incident and determine the appropriate course of action. This may include:
  - Counseling or education on the specific code of conduct
  - A formal warning
  - Disciplinary action as outlined in the MBSEF Code of Conduct
- **Roles and Responsibilities:**
  - **Athletes:**
    - Recognize and acknowledge their code violations.
    - Report violations promptly and honestly.
    - Comply with any corrective actions prescribed.
  - **Coaches and Executive Director:**
    - Provide a safe and supportive environment for self-reporting.
    - Review and respond to self-referrals in a fair and consistent manner.
    - Ensure confidentiality throughout the process.
    - Monitor compliance with corrective actions and provide support as needed.

### Incentives for Self-Referral:

Athletes who self-report code violations may be eligible for reduced disciplinary actions or amnesty, recognizing their honesty and commitment to upholding the values of our organization.

# 2024/2025

## MBSEF Social Media Guidelines

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Social media is a powerful tool for connecting with friends, family, teammates, and coaches. However, it also comes with responsibilities. What you post online—whether it's a picture, status update, tweet, or comment—becomes a permanent part of your digital footprint and can impact your reputation.

You are responsible for your online presence. Before sharing anything online, consider the potential risks and rewards. Your actions on social media can affect not only you but also MBSEF. Any behavior that negatively impacts our program or your teammates could result in disciplinary action, including possible dismissal.

To help you make responsible choices, here are some key guidelines:

- **Own Your Profile:** You're responsible for the content you post online.
- **Protect your passwords:** Don't share with friends, peers or teammates.
- **Respect Others:** Do not engage in degrading, taunting, bullying, or harassing behavior online. Such actions will not be tolerated and may result in disciplinary action.
- **Promote Positivity:** Use social media to uplift your teammates, coaches, opponents, and officials. Focus on promoting your abilities, team spirit, and community values.
- **Be Honest:** Share accurate information, correct mistakes quickly, and take accountability for your actions.
- **Avoid Spreading False Information:** Never post or share rumors or false information.
- **Think Before You Post:** Always ask yourself, "Is this how I want to be seen?" before sharing anything online.
- **Handle Negativity with Grace:** If you encounter negative comments about yourself, do not retaliate. Instead, rise above it and report them to a Coach or Program Director.
- **Support Your Teammates:** If you see a teammate posting something negative, have a constructive conversation with them. If you're not comfortable doing this, speak with a Coach or Program Director.
- **Represent MBSEF Positively:** Remember, you represent MBSEF, your sport, your family, and your community at all times. Ensure your online actions reflect this responsibility.

# **Introduction to MBSEF Athlete Cell Phone Policy for Parents**

We are excited to share our new cell phone policy for MBSEF athletes. This policy has been thoughtfully designed to support your athlete's mental, emotional, and athletic development. We are committed to fostering a team environment that emphasizes focus, connection, and performance both on and off the mountain.

## **Why This Policy is Important:**

Research shows that excessive screen time can negatively impact adolescent brain development, interfere with building strong team relationships, and hinder athletic performance—especially when tech is used right before intense training or competitions. This policy is not just about limiting distractions, but about creating the best possible conditions for your athletes to succeed in their sport.

## **How You Can Help:**

We are asking for your partnership in preparing your athlete for the implementation of this policy. It's important for them to understand the rationale behind it, and your support at home will help ensure that this policy is smoothly integrated into their experience with MBSEF.

Here are some ways you can assist:

1. **Discuss the Policy:** Have a conversation with your athlete about the importance of minimizing screen time, especially when it comes to preparing for training or competition. Reinforce the idea that this policy is in place to help them become better athletes and stronger teammates.
2. **Set Screen Time Limits During Team Trips:** We encourage you to consider placing restrictions on your athlete's device during team trips. For example, you could block access to all apps except those essential for communication after a reasonable time in the evening (please check with coaches for specific lights-out times). This will support their rest and focus AND that of the teammates they share a room with.
3. **Remind Athletes About JRC Rules:** The Junior Race Center (JRC) is a designated phone-free space to foster focus and team engagement. Please help by reminding your athlete of these rules and encouraging them to support others in following them as well.

## **Partnership and Support:**

We greatly appreciate your partnership in making this policy a success. With your help, we can create a team environment where athletes thrive, both in their sport and in their personal growth. Thank you for helping to shape the environment where our athletes can excel!

# **MBSEF Athlete Cell Phone Policy**

## **Purpose:**

The MBSEF cell phone policy is designed to foster a healthy, focused, and team-centered environment for our athletes. Research has shown that excessive screen time can negatively affect brain development, interfere with team bonding, and hinder athletic performance. The following guidelines aim to balance the use of technology with the need for in-person connection, mental focus, and optimal performance.

## **Research-Based Rationale:**

1. **Impact of Screen Time on Brain Development:** Studies indicate that excessive screen time can impair cognitive function and emotional regulation in adolescents. Too much time on devices can reduce attention span and decrease the ability to focus during important moments like training and competitions.
  2. **The Importance of Authentic Peer Connections:** Building strong team relationships requires face-to-face communication. Spending time on devices can isolate athletes from their teammates, weakening team dynamics and the support system necessary for individual success.
  3. **Athletic Performance & Technology Use Before Competitions:** Research shows that athletes who engage with screens, especially visual tech like smartphones or tablets, immediately before a competition perform worse than those who don't. The constant stimulation from screens can prevent athletes from mentally preparing and achieving a state of focus.
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## **Cell Phone Use Guidelines:**

### **1. Short Trips (MBSEF to Mt. Bachelor or similar):**

- No tech use is allowed during short trips. Athletes are encouraged to engage with each other, mentally prepare for their training, or simply relax without digital distractions.

### **2. Long Drives (to races, competitions, or extended trips):**

- Coaches will define tech guidelines for longer trips. Athletes should expect limited time on devices on road trips.

### **3. In the JRC (Junior Race Center):**

- No cell phone use will be allowed in the JRC. This space is intended for preparation, team bonding, lunch and rest. Devices can distract athletes from these critical aspects of their development.

### **4. Travel with Teams (Competitions, Camps, etc.):**

- Coaches accompanying athletes on trips will establish clear guidelines for tech use based on the schedule and environment. They may set restrictions during team meals, evening free time, meetings, and pre-competition times to maintain focus and team cohesion.

*Coaches may opt to collect phones or devices from athletes when device use is not permitted in order to help foster a screen-free environment.*

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### **Appropriate Cell Phone Use (When Allowed):**

- **Volume Control:** If listening to music, athletes must use headphones at a volume that cannot be heard by others.
  - **Content:** All screen content, including music and videos, must be appropriate for all audiences. Inappropriate, offensive, or sexual content will not be tolerated.
  - **Constructive Cell Phone Use:** There may be times when coaches and athletes use phones educationally or in a way to compliment team dynamics and support training, and phones are allowed during short trips or in the JRC. Ultimately this is at the discretion of coaches and athletes are expected to follow coach instructions regarding cell phone use.
- 

### **Consequences for Violating the Cell Phone Policy:**

1. **First Offense:**  
The athlete will receive a verbal warning and will be asked to put their device away immediately.
2. **Second Offense:**  
The athlete will lose their cell phone privileges for the remainder of the trip or training session.
3. **Third Offense:**  
The athlete's parents will be notified, and additional consequences may include losing cell phone privileges for future events or races. If violations persist, a meeting with the coach, athlete, and parents will be required to discuss behavior and expectations.

This policy aims to support athletes' mental and emotional well-being, promote a strong team environment, and enhance performance by minimizing distractions. We appreciate the support and cooperation of athletes and parents in upholding these standards.

# MBSEF INJURY RESPONSE PROTOCOL

## Medical Emergency

Applicable to injuries such as:

- Breathing cessation
- Severe bleeding
- Concussion with loss of consciousness
- Suspected neck or spinal injury
- Fracture, dislocation, eye or face injury
- Heat-related illness
- Any other injury or illness resulting in poor vital signs (e.g., low blood pressure, weak pulse, shock symptoms).

Steps:

1. **Assess the situation & Secure the Scene** - The coach will make sure the location is safe and evaluate the athlete's injury
  2. **Contact Ski Patrol** - Immediately call Ski Patrol at **541.693.0911**
  3. **Stabilize the athlete** - Stay calm, stabilize the athlete, and ensure safety until help arrives.
  4. **Contact the Program Director and Lead Coach**-Please use cell phone communication rather than radios to maintain privacy. Determine who will stay with the rest of the group and who will remain with the athlete.
  5. **Provide Information** - Offer Ski Patrol and EMS all relevant details about the athlete's condition and the situation.
  6. **Remain with the athlete** - A coach will stay with the athlete until a parent or guardian arrives or until they are transported by Ski Patrol or EMS.
  7. **Incident Reporting** - Coach will fill out an incident report as soon as possible.
- 

## Non-Emergency

Applicable to injuries such as:

- Sprains, strains
- Concussion without loss of consciousness
- Illness, abrasions, minor cuts, contusions.

Steps:

1. **Assess the situation** - The coach will evaluate the injury and follow situational protocol.
  2. **Contact Parent & Head Coach** - Notify the athlete's parent or guardian, and inform the Lead Coach and/or Program Director.
  3. **Stabilize & First Aid** - Provide appropriate first aid and ensure the athlete's comfort and safety.
  4. **Incident Reporting** - Coach will fill out an incident report within 24 hours.
- 

## Follow-Up

Post-Incident Procedures:

1. **Report All Incidents** - Regardless of severity, all incidents must be reported using program protocols.
2. **Respect Confidentiality** - Ensure the privacy and confidentiality of the injured athlete.
3. **Return to Training** - Discuss the return-to-training or work protocol with the parent and Lead Coach or Program Director as appropriate. If necessary, a physician note will be required.



4. **Monitor Condition** - Coach and/or Program Director will follow up on the athlete's condition until they are cleared to return.
- 

## **Responsibilities**

- **Program Director** - Responsible for training all program Lead Coaches in programmatic and site-specific protocols.
- **Lead Coaches** - Ensure that all employed coaches, staff, and volunteers are informed and follow the established protocol.
- **All Coaches** - Responsible for reporting accidents, incidents, or injuries promptly and following up with families as appropriate.

## Financial Aid

At MBSEF, we are committed to providing every athlete with the opportunity to pursue their snowsports dreams, regardless of financial circumstances. We understand that participation, especially at the competition level, can be expensive. To help ease this burden, we want to ensure that all eligible athletes and families are aware of the financial aid opportunities available.

Following is a chart listing various scholarships from organizations across the Pacific Northwest that are available to MBSEF athletes. This chart also includes the criteria for MBSEF Training and Travel Grant requests. We encourage you to review the eligibility requirements carefully to determine if your athlete qualifies for any of these scholarships. Be sure to note the deadline dates, as they are critical for application submission. Application forms and additional details can be found on the respective giving organizations' websites.

We are here to support you in navigating these opportunities. If you have any questions or need assistance with the application process, please don't hesitate to reach out to our MBSEF Office.

| Organization/Grant Type       | Eligibility Requirements  | Deadlines   | Other Information   |
|-------------------------------|---|---|---|
| MBSEF Training Grant          | Age: Priority given to MBSEF Full-time/3-4 day per week Alpine, Nordic, Freeride Athletes<br>Grades: Minimum 2.5 GPA  | August 31, 2024   | Applications available at MBSEF office.<br>Awards: \$100-\$2000 (general range)<br>Notification by September 30, 2024 |
| MBSEF Travel Grant            | Age: Must be enrolled in MBSEF program.<br>For qualified Regional/National Competition<br>Grades: Minimum 2.5 GPA   | On-going. Must be submitted 2 weeks prior to the event.                             | Applications available at MBSEF office.<br>Awards: \$50-\$1000 per each request (general range)                       |
| MBSEF Bill Healy/Emil Nordeen | Age: 2nd year U16 and older, enrolled in MBSEF program, permanent Central Oregon resident or 2nd year in MBSEF.<br>Grades: GPA 3.0 from last 2 grading periods (not accumulative GPA) | April 10 each year  | Applications available at MBSEF office.<br>Winners notified at Annual Awards Banquet<br>Awards: \$500 each            |
| PNWSEF                        | Age: U19, U21. U16 only for events outside of PNW calendered projects. Must be a PNSA member.   | On-going. Grant application December 31, Project Event Form 2 weeks prior to event. | Applications available at pnsa.org<br>Awards: Up to \$1000 per application, maximum \$2000 per year.                  |

|   |   |                                |  |
|---|---|--------------------------------|--|
| PNWSEF<br>Jane Henry Scholarship<br>Dean Palmer Scholarship | Age: College-bound athletes   | June 1, 2024                   | Provide resume, cover letter, letter of recommendation from coach, official transcript, and any other supporting documentation to PNW. Information available at <a href="http://pnwdivision.org">pnwdivision.org</a> |
| World Cup Dreams Foundation/<br>T2 Foundation               | Age: 14+ alpine/nordic/freeride   | Ongoing                        | Information available at <a href="https://www.worldcupdreams.org/t2-foundation">https://www.worldcupdreams.org/t2-foundation</a> . Follow directions to submit your grant request.<br>Awards: Varies                 |
| SYNC Athlete Fund   | Age U16+  | August 31                      | Information available at <a href="http://syncperformance.com/sync-athlete-fund-page">syncperformance.com/sync-athlete-fund-page</a>  |
| FWSA  | Age: U21, U19, 2nd year U16. Must be current USSA/PNSA licensed competitor. Must be resident of OR, WA, CA, NV, AZ, ID, SD, UT, WY, or NM | June 30, 2024                  | Applications available at <a href="http://fwsa.org">fwsa.org</a><br>Winners notified by September 30, 2024<br>Awards: \$250-\$1500   |
| Berlack/Astle Memorial Fast Skier Award                     | Age: U16, one male and one female   | Keep checking website          | Applications available at <a href="http://berlackastleaward.com">berlackastleaward.com</a><br>Winners notified check website<br>Awards: \$1000 minimum + swag  |
| Level Field Fund  | Age: Check website <a href="http://levelfieldfund.org">levelfieldfund.org</a>   | Feb 15, May 15, Aug 15, Nov 15 | Applications available at <a href="http://levelfieldfund.org">levelfieldfund.org</a><br>Winners notified spring/summer/fall/winter<br>Awards: Check website  |

# Volunteer Information and Event Dates

## **Volunteer Information:**

Each season, families are required to contribute a volunteer deposit at registration, which can be fully refunded by completing 20 hours of volunteer work at MBSEF races and events. Our events fund a significant portion of our operating costs, helping to keep program fees lower for all athletes. These events require a lot of manpower to run successfully, and we rely on the support of our families to make them possible. Volunteering not only helps keep costs down, but it also strengthens the MBSEF community, fostering a sense of teamwork and commitment that benefits our athletes and programs. By working together, we create a stronger foundation for our organization..

We prioritize offering these opportunities to our families before opening them up to the general public, and additional chances to help out often arise beyond the events listed below. Athletes are encouraged to contribute toward their family's volunteer hours as well. Look out for emails from Marieka Greene regarding opportunities like the PPP, Snow Ball, and Ski Swap. To learn more about current volunteer needs or to submit your hours for a deposit refund by June 1st, please visit the [volunteer page on our website](#). We appreciate your support!

## **Event Dates:**

### **Skyliners Ski Swap - October 9th - 13th, 2024 (Actual event on Oct. 12)**

- 10/9/24 - Move-in & Set up
- 10/10/24 - 10/11 - Gear placement and organization, pre-sale party on Friday.
- 10/12/24 - General public sale - 8am-5pm, support buyers.
- 10/12 - Break-down and move out from 5-9pm.
- 10/13 - Gear pick-up/clean-up and sorting, 9-11am.

### **Snowball - November 8th - 10th, 2024 (Actual event on November 9th)**

- 11/9/24 - Event runs from approximately 5-10pm
- Work may be done prior, during, or after the event. Marieka Greene will lead all organizational efforts related to Snowball.

### **Pole Pedal Paddle - May 17th, 2025**

- Set-up efforts will take place two days prior to the event
- Please come help support this awesome event

### **Mini Pole Pedal Paddle - May 17th & 18th 2025 (Actual event on May 18th)**

- 5/17/25 - Set-up at Seventh Mountain Resort, mid-day.
- 5/18 - Mini PPP relays run from approximately 9am-4pm, with breakdown occurring immediately after the event.

# Ways to Give

Program fees cover roughly 70% of MBSEF's operational expenses. To keep our programming affordable and accessible, we rely on the generous support of our community through sponsorships and donations. Here's how you can help:

## How to Give

- **Cash, Check, Credit Card, Money Order, Stock**  
We accept all traditional forms of payment.
- **In-Kind Donations**  
Contributions of goods or services are always appreciated.
- **Matching Gifts**  
Check with your employer to see if they offer matching gifts for charitable donations.
- **Sponsorships**  
MBSEF offers various sponsorship opportunities. For more details, request our sponsorship packet. Opportunities include competitions, uniforms, vehicle branding and more!
- **Events**  
Attend and support MBSEF at our annual fundraising events which include the Skyliners Ski Swap, Snowball, PPP, and more!

## How to Donate

You can make a donation by mailing a check, calling our office, or using MBSEF's online donation form, linked from our website. For more information on giving, please visit our website: [MBSEF Giving Page](#).

**MBSEF is a 501(c)(3) nonprofit organization.**

**Our EIN number is: 93-0846112**

## Where Your Dollars Can Go

- **MBSEF's Annual Friends Campaign**  
Every donation to this annual fund goes towards supporting our athletes, coaches, and overall programming.
- **Program-Specific Giving**  
You can designate your donation to support a specific program within MBSEF.
- **Endowment and Scholarship Funds**  
You can donate specifically for annual scholarships, or set up an endowment to accrue and donate over time. Your contribution to this fund is a long-term investment in the success of our MBSEF Athletes.

# Our Sponsors

Our MBSEF sponsors play a vital role in supporting our mission to inspire and develop the next generation of winter sports athletes. Their generosity enables us to offer high-quality coaching, state-of-the-art equipment, and exceptional programs for athletes of all levels. We extend a special thank you to our Podium-Level Sponsors, whose multi-year commitments reinforce the foundation for strong, sustainable programs. Their continued support helps ensure our athletes have the resources they need to achieve success both on and off the mountain. We are deeply grateful for their investment in the future of our athletes and our community.

## Platinum Sponsor



— MECHANICAL CONTRACTORS —

Building People Who Build Great Things

## Gold Sponsors



## Silver Sponsors



## Bronze & Copper Sponsors

