



Stevenson Youth Program

Parent Handbook

2025



2025 Stevenson Youth Program

Welcome to the 2025 Stevenson Youth Program (SYP).

My name is Karen Kenlan and this is my 11th season as head coach for the Stevenson Youth Program (SYP).

I look forward to working with both you and your family as we introduce you to the great sport of cross country skiing.

A little about my background. I have been involved in the Nordic ski world since moving to Bend. Involvement in the Nordic programs at MBSEF has allowed me to become a better skier and coach. Introducing and sharing the passion of Nordic skiing with young athletes is very rewarding.



The Stevenson Youth Program is designed to foster a lifelong appreciation of the sport of cross country skiing, a love for the outdoors and basic understanding of our amazing winter environment. We will be working on a skills progression that will utilize group games, trail adventures and fun races, while also learning about ski equipment, how to use it and take care of it.

Our sessions will be led by experienced coaches and allow for small group sizes that are based on age, focus and ability.

Please take a moment to look through this handbook as it contains valuable information on how to prepare your child for the best experience possible while they are out on the snow.

I will be communicating with you on a weekly basis once the program begins via email and Spond (read more about Spond on next page) with details regarding the upcoming session plan and weather situation.

Please make sure your child has a valid Nordic Trail pass for the Mt. Bachelor Nordic area.

Feel free to call or email with questions or concerns throughout the ski season.

Thank you!

Karen Kenlan
MBSEF Stevenson Youth Program Head Coach
syp@mbsef.org
c. 541.788.6227



Mt. Bachelor Sports Education Foundation

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STEVENSON YOUTH PROGRAM 2025

WELCOME!

We are excited to meet your family and look forward to a great ski season. The SYP program will focus on having fun on skis and encouraging each participant to improve their skiing skills. Our sessions will be organized around a steady continuum of technique building, games, adventures and exploring winter.

In the following pages you will find detailed information important in creating a positive experience for you and your child.

1. Please head out to your garage today and see what equipment your kids may have outgrown, or need to look for. If you are new to skiing, a Nordic equipment guide is included in this handbook. This is a great resource for starting to understand what equipment works well, and what doesn't.
2. Look for gear at our local shops - Webskis, Latitude 44, Sunnyside Sports and the Powderhouse.
3. Make sure that emails from **syp@mbsef.org** are on your 'safe-list' for emails as we use email for a lot of our in-season program correspondence.
4. **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.) each week. Usually we alternate skate and classic technique week to week. 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. If your child is 7 or 8 and a beginner and does not want to learn to skate that is fine. They can learn classic technique at this age.
5. **Adverse Weather conditions.** There may be some days that the program will be canceled for safety reasons due to adverse weather and/or snow conditions. Please understand that we are looking out for the best interest of your child when a session is canceled. See our cold weather policy at the back of this handbook.

COMMUNICATION

Please let me know if your child will be absent or if you will be late. I base the number of coaches for the session on the number of kids attending. Email me prior to the session day. **If it's the day of-** please text, message me through Spond or call me.

Spond: This year we will be using a new communication app called "SPOND". You will get an invite in your email with a code. Download the app: www.spond.com and follow instructions to join the SYP group with your code. Let me know if you have any questions.

Active: You will receive weekly emails from me through our database program called "Active". These emails contain updates and information regarding your program sessions. Please make sure they aren't going into your spam or trash folder.

PARENT VOLUNTEERING

During the season I will ask for parent volunteers to help with check in and at times help on-snow with kids if I am short on coaches. I use a Signup Genius online program, here is the link to sign up:

<https://www.signupgenius.com/go/30E084FA9AC23A2FE3-50082824-202420>

This link and other resources are also posted on the Spond app.



Angie Stevenson

Stevenson Youth Program **HISTORY**

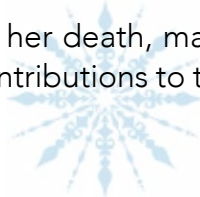


The Stevenson Youth Program is the very first level of the MBSEF Nordic development pipeline. Reitler Hodgert is our Nordic program director and oversees all aspects of the Youth, Middle School, Winter Term, Full Time and Masters Nordic programs and events. Lydia Youkey is our Head Middle School Coach.

In memory of their youngest daughter Angie, the Stevenson Family gave generously to the Mt. Bachelor Ski Education Foundation's Endowment Fund to support a sports psychology program and develop programs for young junior athletes.

Angie Stevenson was a member of the MBSEF Cross Country Elite Team and had grown up skiing in the Skyliner's program. She was an accomplished athlete excelling in cross country skiing, running and biathlon. Angie won the US Bank Pole Pedal Paddle in 1993 and 1996.

Angie passed away in February of 1997. Since her death, many donors from all over the country have made contributions to the program in Angie's memory.





MISSION STATEMENT

The Mt. Bachelor Sports Education Foundation is a nonprofit organization dedicated to the development and support of competitive Alpine, Cross Country and Snowboard training in Central Oregon.

- MBSEF provides the opportunity for introductory to advanced levels of race training and competition.
- MBSEF's main objective is to assist student athletes in achieving their individual athletic, academic and personal goals. The program's guiding philosophy is to encourage academic achievement and promote the positive values of competitive sport: Sportsmanship, Self-discipline, Goal Setting, Character Building and the Pursuit of Healthy Lifetime Activities.
- The Stevenson Youth Program is one of the many programs that the Mt. Bachelor Sports Education Foundation offers for young Cross Country and Alpine skiers and Freeride Skiers and Snowboarders. The youth program provides competitive and non-competitive program options to introduce skiers to the sport.





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 of 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 5, MBSEF Office
Skyliners Ski Swap: October 12, 2024, 8am - 5pm (The Ice Pavilion)
Parent Open House:December 7, MBSEF office, 3-5pm
Winter Camp: December 27, 28, 29..... *2 daily sessions: 9-10:30 or 11:30-1pm
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 3:30-4:45, (3:30 - 5pm as daylight allows)
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, Trivia 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 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 and Webcycclery and The Powderhouse. Young skiers age 7 who are beginners can just use classic gear and 1 set of poles (chin height).

For 2024-2025 registration visit mbsef.org

Stevenson Youth Program

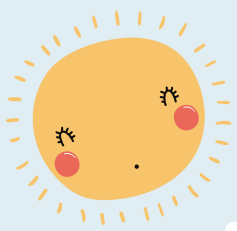
DAILY CHECKLIST!

- I will send out an email each week detailing which ski technique we are doing and any other details.
- Arrive to the sessions 15-20 min. early to get checked in by our Parent volunteer. This allows for the program to start on time! Get your child dressed and ready to ski before they leave the car. The Mt. Bachelor Nordic Center is also available for changing and using bathrooms.
- During the sessions you will need to be within a 10 minute phone call in case your child needs to leave for some reason.
- Please allow a 10-minute window after session for athletes to arrive after the session is over. Coaches may be finishing a game or trail ski.
- Parents - please notify coaches if your child has allergies or uses an inhaler

DAILY CHECKLIST

- Trail pass for Mt. Bachelor
- Please put your name on your skis and poles! Helps us find your gear when it goes missing!! Use a sharpie and masking tape to mark everything with name and phone #.
- Skis (make sure you bring the right skis, or if you aren't sure bring both)
- Poles
- Boots
- 2 hats- one for the ski session, one for after. Hat with a brim if it's snowing!
- Gloves, 2 pairs
- Non-cotton base layer
- Dry shirt/jacket for after skiing
- Ski jacket (layers of synthetic material, vest and jacket are best)
- SUNGLASSES, clear or lighter lens glasses for snowy days
- Sunscreen/lip balm
- Water bottle with carrier
- Snacks
- Medication if necessary
- POSITIVE ATTITUDE!!





Stevenson Youth Program WINTER CAMP

December 27, 28, 29, 2024

Mt. Bachelor Nordic Center

Come join us for a pre-season Nordic Camp at Mt. Bachelor!
This camp is FREE to all SYP participants but also open to the public
for a fee of \$25 per session.

Non-SYP skiers contact Karen - syp@mbsef.org to register.

We will be going over the basics of Nordic Ski technique, play games and go for ski adventures through the beautiful Nordic trails at Mt. Bachelor.

Camp ages are 7-11. You will need a Mt. Bachelor Nordic trail pass.



SESSION TIMES:

9:00am - 10:30am or
11:30am - 1:00pm

Option to select 1-3 days



**Mt. Bachelor
Sports Education
Foundation**
www.mbsef.org

I ♥ Nordic Skiing

Stevenson Youth Program

SKI EQUIPMENT



- **Skate Skis-athlete height**



- **Classic Skis** - Have athlete reach arm straight up over their head. Ski height should be anywhere from elbow to top of hand. More experienced skiers can go with taller ski. Shown here is a skin ski. You can also use fishscale skis.



- **Combi Skis** - Athlete height. Note that a combi ski will be harder to learn to skate with. MBSEF strongly recommends skiers don't use a combi ski.



NNN Bindings



Combi boot
BEST choice for
beginners



Classic boot



Skate boot

Equipment needed for the Stevenson Program

- 2 pairs of skis (or 1 pair of waxless classic skis for 7 year-olds/complete beginner)
 - Classic Skis: Waxless is best (fish scale or skin skis)
 - Skate skis. If your child is 7 it's ok if they just classic ski at this age.
- Our partner shops can also assist you in choosing equipment.

BOOTS

- Combi boot works best for beginners and can be used for skate and classic. Skate boots have more ankle support for pushing out to the side. Classic boots are lower cut and allow for the striding movement that requires your ankle to bend forward.

POLES

- 2 pair is best for doing skate and classic. 1 pair is ok for both if they are chin height. Measure from where the strap comes out of the grip, not the top of the grip. Skate pole height should be between chin and nose. Classic poles height can be armpit to shoulder height.

WAX - Keep an eye on the bases of your skis. If they aren't running well have a coach take a look at them. The bases should not be white. If they are that means they need wax and are drying out. Your awesome head coach Karen Kenlan can show you how to do this in the MBSEF waxroom. Liquid waxes are a great option. We want your kids to have fun, not struggle with gear.

Here are a few items that are good to have at home for waxing.



Scraper



Groove
scraper



Brush



Base
cleaner



Fiberlene



Glide
Wax



Iron

Stevenson Youth Program

Nordic Gear

In the sport of Nordic skiing we are moving around a lot and tend to stay warmer than alpine skiing! The key to smart dressing for Nordic skiing is using layers starting with a good base layer that wicks away sweat and stays dry. Clothing should allow for movement of the arms and legs. An outer shell that is waterproof and windproof can always be removed if it gets to warm.

Brand names such as Swix, Toko, Sporthill, Patagonia, Craft and Mountain Hardware have ski specific clothing. *Please do not ski in cotton clothing.* It will get wet and stay wet causing you to get cold really fast. Most second hand stores in Bend are filled to the brim with appropriate ski attire. (Gear Fix) Thin gloves and hats are warmer and better than thick gloves and hats. Heavy gloves are difficult to get into pole straps and cause hands to sweat - which leaves hands cold and miserable in minutes. Mittens are just fine for this age group. Skiers must wear their hat at every practice!

Other important items: ski pass, sunglasses (avoid goggles), water bottle/carrier, long sleeve top (wool or polypro) jacket, pants, clothes to change into (extra dry shirt, hat and socks are a must!) Please make sure to have a backpack that can hold all of these items.



Hat



Nordic Gloves



Water Bottle Waist pack



Camelback



Jacket



Nordic/Athletic Pants



Base Layers



Backpack for extra, gear/
clothing



Ski Bag or use ski ties for
keeping skis together



Ski Pass



Buff for your neck



Sunglasses/clear for
storm days



Handwarmers



Snacks



SEASON PASS/DAILY PASS- All Mt. Bachelor session skiers need a Nordic season pass or day pass. Check for season rates to save money online at www.mtbachelor.com

Waxing like the pros



MBSEF has a wax room that will be open at certain times for SYP families to come in and wax skis. Please contact Karen Kenlan, Reitler Hodgert or Lydia Youkey to find out when the waxroom will be available.

Recommended tools:

- Electric iron
- The best way to avoid damaging skis is to secure a brand name ski wax iron so that you can carefully monitor the temperature of the iron. Ski wax irons have a temperature guide that matches the type of wax with the perfect iron temperature. Please do not use an old clothing iron.
- Nylon brush (to clean ski base after scraping off wax)
- Thick, sharp, plastic scraper
- Base cleaner/wax remover
- Paper towels or fiberlene (easy clean up)
- Glide wax- 3-4 types of glide wax 1 for warm (yellow) 1 for medium (pink/red) 1 for cold (purple)
- For classic skis please use a ski with fishscales or skins in the kickzone. (termed waxless, although you still need to put glide wax occasionally on the tips and tails.

Optional tools:

- Form bench (to hold ski in place)

Liquid Wax is now a great option. See your local ski shop for this easy to use product.

Notes on Iron Use:

Conditions at Mt. Bachelor permit skiers to use warmer/softer wax for most of the year. If you are trying to decide which wax to use—err toward the warmer side. If you have come across a block of wax and can not dent the block of wax easily with your fingernail-it is probably too cold of wax and you run the risk of damaging your skis with the high iron temperatures necessary to melt the wax into the ski. Overall, softer, warmer wax is better for individuals who are learning how to wax.

MBSEF COLD WEATHER POLICY

Temperature Guidelines:

- **Stevenson Youth Program:** Training will be held at temperatures 5F and above. Below 5F training is cancelled (including wind chill).
- Juniors: Training will be held at temperatures 0F and above. Between 0F and 5F training is low intensity at L1. Below 0F training is cancelled.
- Master's and Elite: Group training will be held at temperatures 0F and above. Between 0F and 5F training is within intensity L1 to L3. Below 0F official training is cancelled. From 0 to - 6F training easy distance L1 and 'on own'. The policy is designed to encourage safe and enjoyable ski training.

Our model mirrors the Norwegian Ski Federations recommendations and the FIS (International Ski Federation) guidelines. The temperature cut-off we have set is to minimize cold weather injuries both with frost bite and cold induced respiratory injury, including 'exercise induced' asthma and increased respiratory infection.

Cold Weather Tips:

- Layer clothing. Always better to bring a little more than less. Extra jackets can always be stashed at intersections or left with a coach.
- Always wear a hat.
- Buffs, neck warmers, and balaclava work great.
- Remove exposed jewelry, especially earrings.
- Ski overboots help keep the feet warm



Shop locally for your best choices in Nordic gear and guidance

Please thank them for supporting MBSEF Youth Programs when you shop!

Thank you to the **Mt. Bachelor Nordic Center** for giving us groomed trails and a place we like to call home



WEBSKIS & WEBCYCLERY

541-318-6188

www.webcyclery.com



LATITUDE 44 SPORTS

(541) 304-2477

www.latitude44sports.com



**Mt. Bachelor
Nordic Center**

mtbachelor.com



SUNNYSIDE SPORTS

541-382-8018

www.sunnysidesports.com



POWDER HOUSE SKI & PATIO

541-389-6234

powderhousebend.com

Stevenson Youth Program

2024-25 Coaching Staff



Karen Kenlan
Head Coach



Dan Montoya



Mike Sigler



Janet Bowman



Dave Bowman



Barry Holman



Michael Hamilton



Colin Mahood



Kate Gordon



Hilary Garrett



Jeff Johnson



Lance Waltjen



Yuliia Hryhorenko



Erin Ford



Bruce Rogers



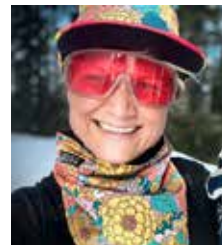
Mike Dirksen



Jason Adams



Hope Strohmeyer



Mila Shelehoff

Not pictured:
Jeff Doering
Julie Holman
Heather Weston

MBSEF COACHING STAFF CERTIFICATIONS

All MBSEF staff are required to undergo an annual background screening and complete training from the US Center for SafeSport. Additionally, we adhere to the MAAPP (Minor Athlete Abuse Prevention Policies) published by the US Center for SafeSport, which have been adopted by the US Olympic and Paralympic Movements. These policies are crucial in ensuring the safety and well-being of our athletes. Families can learn more about the MAAPP and access optional training for athletes and families on the US Center for SafeSport website. For detailed information, please visit the MAAPP Overview and explore the SafeSport Training resources. <https://uscenterforsafesport.org/>