



Mt Bachelor Sports Education Foundation

**Mini World Cup
2024/25 Parent Handbook**



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A Letter from Ben

November 14, 2024

Dear Racers and Parents:

I'm really excited for this season! The mountain opens tomorrow; the earliest opening in decades! Over five feet of snow has fallen in the past few weeks. Wax those skis, it's going to be a great season!

I've been involved with the Mini World Cup (MWC) program for seven years but this will be my first as the Head Coach. Our goals, like always, will be to have fun, stay safe, and become ripping ski racers. My personal goal is to have every athlete want to return next season!



This handbook is designed to provide parents and athletes with information concerning the MWC Program. It contains the rules for Mini World Cup racing, Buddy Werner Championship information, a calendar of events and much more. This information will help you understand how the program works and how everyone can be involved in making this a great experience for everyone! Please review the information carefully with your child.

This program is a great opportunity to meet other ski parents, and if you are new to the program, everyone will help get answers to any questions you may have.

The key to any successful youth program is parent involvement. In the past years, the standard has been set by outstanding parent involvement, and we look forward to yet another year of enthusiastic parent participation. There are many volunteer positions available. Please refer to this handbook for more information.

If you have any questions or comments about the MWC Program please send me an email at benm@mbsef.org. You can also call MBSEF at 541-388-0002 and ask for Kathy.

See you on the snow!

Sincerely,
Ben McLeod
MWC Head Coach

Introduction to the Mini World Cup Program

Our Mini World Cup Program is coached by a professional staff and is recommended for the more advanced young skiers, age 7 to 14. We offer a few options:

- Saturdays only.
- Saturdays and Sunday mornings or Wednesday afternoons.
- Saturdays, Sunday mornings, and Wednesday afternoons.



The Mini World Cup offers fun and excitement to junior skiers looking for an introduction to competitive ski racing. Athletes are grouped by age and ability to ensure a challenging and fun experience. They compete without the distraction of travel or incurring additional race expenses. With the focus on team participation, our athletes share in the excitement of racing, even if it's their first time in a course. Over the course of the season, we will have 5 races that are scored both individually and on a handicapped team system. Our teams are named after the alpine skiing countries of the world and Mini World Cup champions are announced in March. Ski camps are scheduled during Winter and Spring Breaks

are included in the program fee. For an additional cost, many of our more advanced racers chose to participate in our Memorial Day Camp at Mt. Bachelor, a July camp at Mt. Hood, and/or Thanksgiving Camp in Canada.

Program Dates: December 14, 2024 – March 15, 2025

Saturdays: 9:00 am to 2:30 pm

Sundays: 9:00 am to 12:00 pm

Wednesdays: 12:30 pm to 4:00 pm

All times are on-snow at the Junior Race Center (JRC).

Saturday Training

The Saturday schedule is, 9:00 am - 2:30 pm. Racers should meet at the JRC by 8:50, ready to go. Saturdays are our busiest day on the hill, not only for our program, but the mountain in general. Please make a plan to beat the Saturday traffic, especially on holiday weekends and school vacation weeks. *Note: most races are held on Sundays. The races are for ALL MWC athletes, no matter what day(s) that they train.* Participation in these races is assumed, there is no additional registration required. December 14, 2024 is the first Saturday training day.

Sunday Training

The Sunday schedule is, 9:00 am - 12:00 pm, meet at the Junior Race Center by 8:50, ready to go. The Sunday training is in the morning only, but with fewer athletes training, those who do participate are likely to get more training runs over the course of the session. December 15, 2024 is the first Sunday training day.

Wednesday Training

The Wednesday schedule is, 12:30-4:00, meet at the Junior Race Center, ready to go. Wednesday athletes should be second year MWC athletes; first year athletes must have coach approval for midweek training. The Wednesday training offers your child an excellent opportunity for more individualized training, in a relaxed atmosphere. December 18, 2024 is the first Wednesday training day.

Winter and Spring Break Camps

The Winter and Spring Break Camps are designed for all participants in the Mini World Cup Program, and are included in the program costs. We encourage all athletes to participate. It's tons of fun and enormous progress is made during these camps.

Optional Memorial Day, Summer and Thanksgiving Camps

MBSEF Alpine Ski Camps offer dedicated athletes the opportunity to elevate their skills beyond the regular season. Held on Memorial Day at Mt. Bachelor, in July at Mt. Hood, and in November at Sun Peaks, BC, these optional camps are ideal for highly motivated skiers looking to push their limits and build confidence on diverse terrain. Athletes learn to adapt to varied snow conditions, steeper pitches, and new environments, helping them develop resilience and advanced techniques that prepare them for racing. These camps are a fantastic way to refine skills, gain invaluable experience, and keep momentum strong year-round. Announcements and registration details are sent out separately.

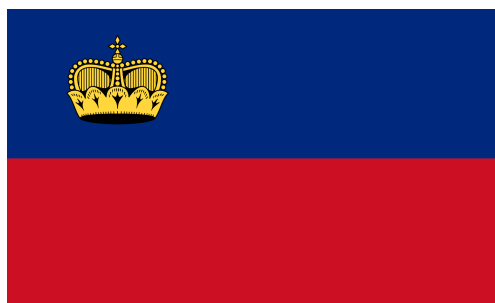
Team Sponsors



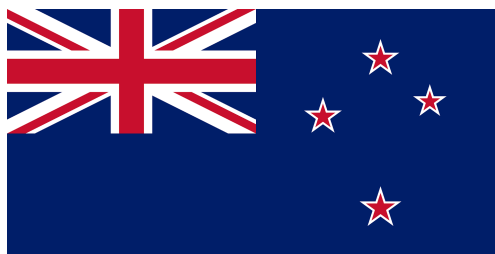
USA



Liechtenstein



New Zealand



Argentina

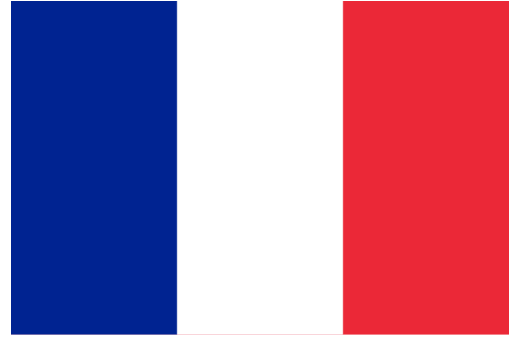


Jamaica





France



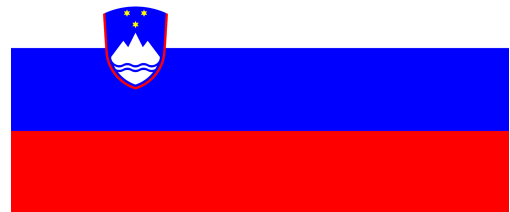
Slovakia



Canada



Slovenia

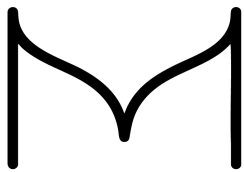




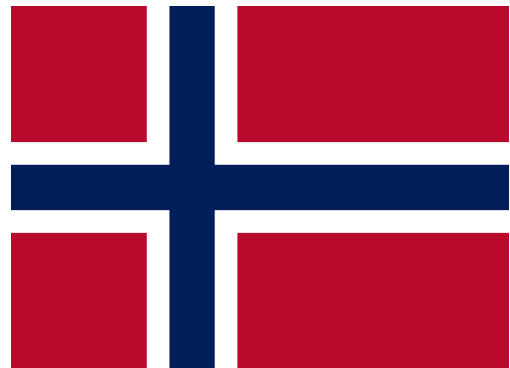
Sweden



Luxembourg



Norway



Austria

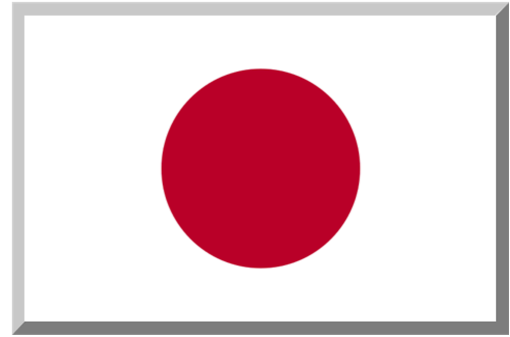


Bulgaria





Japan



Germany



Poland

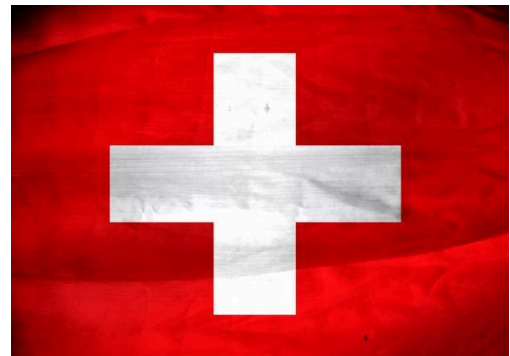


Finland

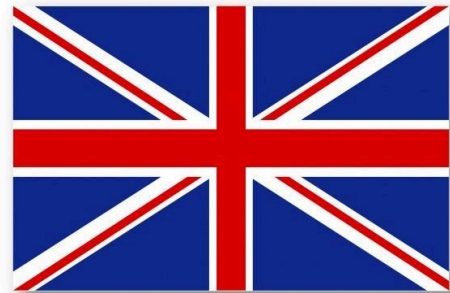




Switzerland



Great Britain



Spain



Netherlands





Mini World Cup Philosophy

One of the most important elements of alpine skiing, or any other snow sport, is the opportunity to HAVE FUN. This is especially important with young skiers new to the sport. Younger skiers, especially pre-teen, should be encouraged to ski for fun and to try the many different types of skiing from alpine to Nordic to freeride and more.

Skiing is a unique activity among sports, with a strong base of people who make their passion a lifetime sport and a lifestyle choice. Many of you are familiar with that! It is the fun and excitement of the sport, which will lead youngsters to eventual athletic success.

In the MWC program we take this statement to heart. We do believe that to become successful in the sport there must be passion. The ultimate path to passion is through fun and excitement. The way that our program operates uses a mix of all snow sport activities such as free skiing, gate training, jumping, powder skiing, Nordic skiing, freeriding, and any other activity that brings smiles and laughter to the young and energetic athletes in the program.

The Young Athletes' Bill of Rights

1. The right to participate in sports.
2. The right to participate at a level suited to their maturity and abilities.
3. The right to have qualified, supportive adult leadership.
4. The right to play as a child, not be pressured to perform as an adult.
5. The right to contribute to decision-making leadership within their sport.
6. The right to safe and healthy environments for participation.
7. The right to receive proper preparation for sports participation.
8. The right to equal opportunity to pursue success.
9. The right to be treated with dignity and respect.
10. The right to enjoy sports and have fun.



and

(Adapted from Sport Parent)

Parent Information

In order for MBSEF coaches to deliver the best possible attention to all children within their training group, it is preferred that parents do not free ski with their child's group unless invited by the coach. Parents are always welcome to watch their children while training gates and racing, but please allow the coaches to do the coaching, so confusion is not created for the child. If there is a concern about the coaching your child is receiving, please direct those concerns to Ben McLeod, MWC Head Coach, or to Nils Eriksson, MBSEF Alpine Director.

Ben's Tips For Parents

Whether you are new to MWC or are an experienced player, here are some tips that may help you navigate the season!

Gear Up

You don't need to buy all of the newest equipment for your racer to succeed. But you should provide them with the *right* equipment. Starting with a properly fitting pair of **boots**. *Boots are the most important piece of*



equipment for a racer. Boots that are too big inhibit a skier's ability to make proper contact with the snow. Boots that are too tight can discourage a young skier from even wanting to go skiing. Season rentals can be a great solution for our newer racers as you can size-up during the season. As the racers develop their skills, you may want to consider a pair of boots that are more race-oriented than what you'll find at most seasonal rentals.

Skis are the obvious next piece of the equipment puzzle. We recommend U10s have a single pair of skis, such as an All-Mountain or Multi Event ski. For U12/14s, we recommend a dedicated pair of skis for our race events. In this case, slalom and giant slalom. While this is a general recommendation for that age group, the best source for an individual recommendation is with each athlete's coach.

Each athlete will also need a pair of **ski poles**. Like skis, we recommend U10s have a single pair of general purpose poles. U12/14s can start to look at poles for the different disciplines.

We require each of our athletes to wear a **helmet**. A *hard-eared helmet with the FIS approval sticker is highly recommended*. While we do not require them (yet), they are a requirement for any race outside of MWC, including our annual May Day Race. A decent **pair of goggles** is indispensable to a good day on the slopes!

Athletes should be **dressed for the elements**. A wool or tech base-layer, with thin race socks is a great way to start. *Stay away from cotton materials!* At least one mid-layer to help insulate, and an outer, waterproof layer will help keep your child warm and dry. Waterproof gloves or mittens are a game-changer, along with a thin balaclava to go under their helmet and keep their necks warm.

A **bag**, whether a boot-bag, backpack, or duffel bag, is very important. Please make sure each athlete comes to the JRC with a bag that has their lunch, and any extra clothes or gear. *Extra gloves/mittens, goggles and mid-layers are highly recommended!*

All of this can seem daunting, but fear not! *You have resources*. Your child's coach is always a great place to start, fellow parents always have some good experiences to share, and we are lucky enough to live in an area with a wide variety of retail opportunities to fit every budget. Our title sponsor, Race Place, is the premier spot in the area to find expert knowledge and the gear needed to help a young racer go fast. Latitude 44 is an excellent place to find used equipment. Many of our families consign with them when their athletes outgrow their gear. Additionally, there's the annual Skyliner Ski Swap (a fundraiser for MBSEF) as well as our own, internal ski swap. Families will also post gear they have available or are looking for on the Mini World Cup Families Group on Facebook. There are so many options!



Feed Them!

Athletes perform their best when they are fuel-up and nourished. This is especially true for our young athletes. I know that it can be difficult enough simply to drag them out of bed, gather all of the gear and get out the door on time, but I would ask that you add a hearty breakfast to the training day agenda. A hangry child can disrupt the day for an entire group. Please send them to MWC with a full belly, snacks in their pockets, and a large lunch. Your child's coach thanks you.

Let Them Take Responsibility

Now that your child is involved in a race program, it's time for them to take responsibility for their own gear! Before the season starts, identify what items they will need to be responsible for and where they are. If it helps, post a list in the gear storage area of

your home. Have them load their gear into the car before heading to the mountain (even the night before!), and be sure they carry it into the JRC. I find that when kids put their bags in the JRC, they will be able to find them faster for lunch!

Get Involved

There are many ways to get involved with MWC. Our biggest need comes on race day, but there are always other opportunities to volunteer throughout the year. Our races could not happen without our community coming together. From our timing crew, to our course maintenance folks, we need parents to step up and get involved. For more information, see the next section.

Chill Out

The best thing that we can do for our kids is to let them be kids. Our athletes are no different. Our goal is to have fun and foster a healthy sense of competition. We are here to serve ALL of the kids; the ones who want to compete as well as the ones who are hesitant to do so. Keep in mind that these are not sanctioned races; they are an opportunity for our athletes to practice the skills that they've been learning. If you have a dispute with the results, or any other issue, please talk to the program director. Calmly. Preferably after letting it sit for 24 hours.



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.
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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.

Parent Volunteer Opportunities

The MWC Program gives young skiers a positive, healthy activity and provides parents an opportunity to participate. Together parents and kids can learn more about skiing, racing, the nature of competition, and most importantly – building self-esteem and a positive parent-child relationship. Another important contribution of parent involvement is it helps in lowering the costs of the Junior Development Program.

A \$250.00 REFUNDABLE work deposit fee is required. This deposit is refundable for families donating 20 hours of work to MBSEF races and events. Please note that your volunteer hours MUST be submitted by June 1, 2025 to receive your deposit back. Upon submission of your hours worked, our Accounting Department will list the credit in your account for future use.

There are five MWC races, two race camps, and the May Day Race for parents to volunteer, along with Lodge parent help, and other MBSEF events such as Pole Pedal Paddle and annual Ski Swap. Families who submit fewer than 20 hours will receive a prorated credit. It is encouraged and greatly appreciated when parents donate more time when possible..

Listed below are some of the jobs that can be applied toward the 20 hours.

Full Time Help

	Hours
Volunteer Coordinator	20 Hours (season long position)
Chief Gatekeeper	20 Hours (season long position)
Chief Course Maintenance	20 Hours (season long position)

Individual Race Day Help

Mini World Cup and May Day Races	4-6 Hours Per Race
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Other Jobs Include: Gatekeepers, Assistant Starter, Bib Distribution and Collection, Headset Operators, HandTimers, Hand Time Recorders, Crossing Guards, Scoreboard Keeper, Finish Referee, Course Maintenance, Clothes Carriers, Parent Helper (groups up and holds younger kids at finish of race runs), Videographer, Photographer, Race Bib Handout and Collection, and many other opportunities.

If you will not be at the mountain for any of the above duties, we can always use your help in our office for projects, or at other events such as the Skyliners Ski Swap, Pole Pedal Paddle, etc. Volunteer opportunities are regularly sent out to enrolled families.

Things to Know

Communications

For this season, we will be using an app called Spond to do much of our communications. There will be a main group for program-wide communications and sub-groups for each group. The coaches will use the sub-group posts to communicate with their groups. Please download the Spond app. Athletes and guardians will be added by MBSEF. You should receive a notification with an invitation to join. If your child has a communication device and you would like them to be added to alert notifications, please add their information. *Please note, no communications will ever go to just the athlete, guardians see all communications to groups from coaches.*

Finding your coach if separated

Please instruct your child that anytime they are separated from their group that they go directly to the bottom of the chair that the group just rode up and wait for their coach. The child needs to inform the lift operators that they have been separated from their MBSEF group, and that he or she is waiting for their coach to arrive. The coach and group will ski back down the same run that child was last seen and continue to the bottom to meet back up. All coaches and lift personnel are informed of this policy and will inform their group often.

Late Arrival

If you arrive late in the morning, please check in with the Lodge Parent. The Lodge Parent can contact the coaches using the MWC Radio to coordinate. Please be patient and be waiting, ready to go, outside the lodge. *Please do not count on reaching your coach on their mobile phone.*

All athletes are expected to ski with their groups unless the parent informs the coach otherwise.

Adverse Weather Conditions

There may be some days that the program will be canceled 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 child when a training session is canceled. These last minute announcements are frequently made via our communication app, so please be sure to check there for updates. Also note, by agreement with Mt. Bachelor our programs always meet at the JRC. There have been occasions when the Skyliner Chair is closed, and families request that we move our meeting area to other parts of the mountain. Except by special, advanced arrangement, we cannot do this. Mt. Bachelor has their own lessons and programs running out of other base areas and to mix our programs with theirs causes confusion for everyone. When necessary, our groups take the inter-lodge shuttle to other base areas or skate with their group. *Please do not contact your coach to make alternate group meeting arrangements for your athlete.*

Sportsmanship And General Training Rules

Each athlete is expected to conduct him or herself in a sportsmanlike manner. Each participant is responsible for his or her own actions while training and racing, and while involved in any team activity. Athletes will conduct themselves with honesty, agree to NO fighting or the use of inappropriate language, show self-control and consideration for others without injuring or bullying, respect other peoples' belongings, clean up after themselves and place all trash in the garbage containers.

MBSEF athletes are expected to follow and uphold the rules and code of conduct set forth by MBSEF and Mt. Bachelor, Inc. For a complete listing, see the 2024-2025 MBSEF Code of Conduct form.

USSS Age Classes

Athletes are defined within the following age groups. Age class definitions are as of December 31, 2024.

Age Class	Ages	Birth Years
U10	8/9	2015/2016
U12	10/11	2013/2014
U14	12/13	2011/2012
U16	14/15	2010/2011

Safesport and MAAP

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](#).

Concussions

A concussion is a head injury caused by a bump, blow, or jolt to the head. Our coaches are trained to look out for concussions and to report them when they happen. It's important that parents can also recognize the symptoms and can act. Repeat concussions can cause irreparable damage to an athlete's brain and need to be prevented. This is done by removing the athlete from activity after a concussion, and giving their brain the time it needs to rest before hopping back into the game. For more on concussions and the USSS policy, go to <https://usskiandsnowboard.org/governance/policies/concussion-policy>.

Race Information

Mini World Cup Races

The Mini World Cup is a race series that is intended to be a fun experience. These races introduce kids to ski racing in a non-intimidating team racing atmosphere. Ski racing at a young age needs to emphasize FUN and sometimes the fun can be eliminated if the athletes feel too much pressure to win. Individual results are tracked and awarded, but it is important that the parents and athletes remember to enjoy the competition and not get too serious about individual results.



May Day Race

The May Day Race is put on by MBSEF, and will be held this year on April 11-13. *This event is open to all age 9-15 athletes in the Northwest.* The May Day Race includes three events, Alpine racing (SG and GS), Nordic jumping and Nordic racing. Parents are responsible for entry fees. Information will be sent out as the event date nears. This is a really fun event with over 250 competitors registered from around the Pacific Northwest. This event ALWAYS fills up early, so don't delay in signing up! Online registration will be available in February.

Buddy Werner Championships

The Buddy Werner Championships are races for U12s. Only athletes born in 2013-2014 are eligible. All U12 athletes interested in attending can do so. There is no longer a limited club quota. Please find specifics later in this handbook. The Buddy Werner Championships are scheduled this season for March 28-30 at Lookout Pass Ski Area. Parents are responsible for entry fees, lodging and transportation. MBSEF schedules two to four coaches to travel for this event. More information will be sent out as the event date nears. Athletes must join USSS to be eligible to participate in this event. Please join early at <https://my.usskiandsnowboard.org/myussa> if you choose to attend this race.

Away Races

The races at Mt. Hood Ski Bowl and Meadows are fun races that some of our athletes can choose to race in. They are totally optional, but offer a nice change in scenery and give the kids a taste of what an away-race is like. They are similar to the MWC race in that the athletes don't need membership in USSS, and they are non-sanctioned races.

We generally have a couple dozen athletes and their families go to these races and will send a few coaches (based upon how many kids register). They are both two-day events. The 4-Way Race involves 4 disciplines; Nordic, Slalom, Giant Slalom, and Alpine Jump. The Meadows Challenge is Giant Slalom and Slalom. The race registration will come with a ticket for the athlete. Parents would need to purchase their own lift tickets.

4-Way Race

The 4-Way is a race held at Mt. Hood Ski Bowl on February 1-2 this year that involves Slalom, Giant Slalom, Jump and Nordic Ski. MBSEF sends two to three coaches to this race. Parents are responsible for lodging, transportation and entry fees. More information will be sent out as the event date nears. Regular training will be held at home for athletes choosing not to travel.

Meadows Challenge

The Meadows Challenge is a race held at Meadows at Mt. Hood on February 15-16 this year that involves two events: Slalom and Giant Slalom. MBSEF sends two to three coaches to this race. Parents are responsible for lodging, transportation and entry fees. More information will be sent out as the event date nears. Regular training will be held at home for athletes choosing not to travel.

Technical Aspect Of Skiing - What Is Taught In The MWC Program

MBSEF, from the Mini World Cup Team to the Winter Term (Full Time) Program, has developed a set of priorities in our coaching methods in order to consistently facilitate athlete progression. Our athletes will progress through these essential elements:

Athletic Stance: Concentration will be on skis hip width apart, pressure on the ball of the foot, flexed ankles, rounded back, and maintaining a tight stomach.

Lateral Balance: Pressure on the outside ski will be emphasized while maintaining the inside shoulder/hip higher than the outside shoulder/hip.

Continual Forward Movement: Continual forward movement throughout the turn by ankle flexion.

Minimize Inside Ski Tip Lead: The tips of the skis should be side by side throughout the turn.

Pole Plant: To learn to use both single and double pole plant for balance and timing.



Race Day Procedures

The Night Before the Race

- ___ Check race equipment so that it is in proper condition
- ___ Pack warm clothing and accessories
- ___ Eat well and get plenty of rest

The Day of the Race

Before you leave the house check that you have:

- ___ Skis
- ___ Ski poles
- ___ Boots
- ___ Helmet
- ___ Goggles (bring an extra pair in case of bad weather)
- ___ Gloves and/or mittens (bring an extra pair)
- ___ Ski jacket
- ___ Warm-up pants
- ___ Sunscreen and lip balm
- ___ Season pass, lift ticket or lift ticket money
- ___ Lunch or lunch money
- ___ Snacks or snack money
- ___ Scarf or neck gaiter
- ___ Rain gear (remember this is the northwest)

Once You Arrive at the Race

1. Find a safe place for your belongings
2. Find your team coach and ask for important race information
3. Meet your MWC team outside the JRC at the specified time
4. Inspect the courses, according to the rules, with your team
5. Make a few free ski/warm-up runs
6. Ask questions when in doubt.
7. Get to the start at least 15 minutes before your start
8. Once in the starting gate ski as well as you can and have fun!!
9. Inspect the second course (U12+)
10. Take your second run (U12+)

Approximate Race Start Times:

Cliffhanger Inspection 9:15am, start 9:45am
Lower Leeway Inspection 9:30am, start 10:15am

U10's generally will run 1 run first. U12's will race at approximately 11:00am and will race 2 runs. U14's and U16's will race at approximately 1:00pm, and will race 2 runs.

After the Race is Over

Demonstrate good sportsmanship qualities and a winning attitude in all situations - this is very important. Have lots and lots of fun! This is also very important!

USSS Rule Changes And Recommendations: U12 & Under Age Group

USSS recommends U12 and under competitors are only allowed to use one pair of skis per race (inspections and competition). Parents and athletes please don't carry a second pair. USSS also recommends U12 and under competitors refrain from using fluorinated wax. Application of any type of waxing solution must not be applied in competition venues, including the start. Use of ski preparation benches is not allowed at U12 and under competition venues.

MWC RULES AND REGULATIONS

All athletes are responsible for knowing and abiding by the MWC rules and regulations.

GENERAL RULES

1. Follow all the guidelines set by the ski area.
2. Ski under control at all times
3. Be polite to guests of the mountain, Mt. Bachelor employees, race officials, parents and other MBSEF members

The following rules and regulations are from the International Competition Rules (ICR). Some rules have been modified to increase the success of the MWC program. When changes to the ICR occur, the ICR rule will be stated first with the MWC rule following. It is important to remember the Buddy Werner Championships, Meadows Challenge and other races outside of the MWC program will be run by the ICR.

1. COURSE INSPECTION

1A. Course inspection is by side slipping through the course only unless otherwise stated by the race committee.

1B. Skiing through the course or shadowing the course will lead to disqualification.

2. THE START

2A. Racers must be on time for their start.

If the racer is late for the start, he/she must find the Start Referee. The Start Referee may rule to have the racer receive a provisional run if there is ample reason or the Referee may rule to disqualify the racer. If a provisional run is granted, the racer will be put in as soon as possible, without disrupting other competitors.

*2A. MWC RULES

2A. The racer missing a start will be put in as soon as possible without disrupting other competitors.

3. STARTS

3A. Slalom Starts: As soon as the Starter receives the order to send the next racer, the competitor is given the preparation signal of "RACER READY" and a few seconds later the start signal "GO". The competitor must not trip the start wand before "GO" and must start within 10 seconds after the signal "GO" is given.

3B. Giant Slalom Starts: As soon as the Starter has received the order to send the next racer, a 10 second signal is given. After 5 seconds, a countdown of "5 - 4 - 3 - 2 - 1 - GO" begins. The racer may leave anytime after "3" or 3 seconds after "GO".

4. BIBS

4A. The racer must have a bib in order to participate in the race.

5. CORRECT PASSAGE THROUGH A GATE

In Slalom the gate consists of a single pole, except the first, last, and any vertical gate which consists of two poles. In the single pole gates there is an imaginary line between turning pole to turning pole. In the gate with

two poles, the imaginary line is between the turning pole and outside pole. (See following page for diagram.) In Giant Slalom the single gate is marked with a banner held up by two poles.

5A. If a gate fault occurs, only in SL is a racer allowed to hike, to correctly pass through the gate in question. (See following page for diagram.)

5B. In GS hiking is no longer allowed. If the racer loses all the momentum and comes to a complete stop, the racer must withdraw from the race course due to safety concerns. A racer cannot put a ski back on in a GS race.

6. INTERFERENCE

6A. If a spectator interferes with a racer, there is a missing gate, or another racer is in the way, it is the racer's responsibility to stop and immediately tell a gatekeeper he/she would like a re-run. The racer must then ski outside of the course to the finish. The racer must speak to the Finish Referee and explain the situation. The racer will receive a provisional rerun. The racer must return to the start and speak to the Start Referee. The Start Referee will run the athlete as soon as possible without disrupting the race or other competitors. The Race Officials will review the situation in question and a decision will be made as to whether or not the rerun will stand or if the athlete will be disqualified.

7. FINISHING THE COURSE

7A. To finish the course, the racer must pass through the finish gate under the following circumstances:

- I. On both skis
- II. On one ski, if within two gates of the finish gate

7B. If a racer loses a ski, he/she may not continue and must withdraw from the competition. This results in the following two things:

- I. Not being eligible for the second run
- II. Not receiving race points for the day's competition

*7B. MWC RULES

7B. If a racer loses a ski within two gates from the finish in his/her run, he/she may finish on one ski. In SL and GS, a racer must withdraw from the race if he/she loses a ski above the last two gates of his/her run. U12+ may still take their second run.

7C. If a racer does not finish the first run or is disqualified he/she may not take a second run.

*7C. MWC RULES

7C. The racer will be allowed a second run without finishing the first run, however he/she will not receive any MWC points.

8. RACE START ORDERS

*8A & 8B. MWC RULES

8A. MWC Team members will start next to each other. There will be a random draw within each MWC team, U10 groups will start first, and finish their one run race. Next the U12 MWC Teams will run their 1st and second run. The U14/U16 Teams will start after the U12's have completed both runs. The group start order will be rotated from race to race. For their 2nd run the U12, U14/U16 will start in reverse order within each age group.

8B. Races for U10 athletes will consist of only one run. Races for U12, U14/U16 will consist of two runs.

9. INDIVIDUAL SCORING FOR THE MWC EVENTS

9A. Each age class gender group is placed into rank order by time. Each athlete will receive MWC points according to placing within their age class gender group.

9B. Individual scoring will follow the World Cup scoring system as follows:

PLACE	POINTS	PLACE	POINTS
1ST	100	9TH	29
2ND	80	10TH	26
3RD	60	11TH	24
4TH	50	12TH	22
5TH	45	13TH	20
6TH	40	14TH	18
7TH	36	15TH	16
8TH	32	16TH-30TH	DECREASE 1 POINT PER PLACE

9C. The overall MWC age class standings will be determined by counting (adding) the place points from an individual's four best MWC race results.

10. MINI WORLD CUP TEAMS

10A. Teams will be the athlete's regular skiing group on race days.

10B. A handicap system will be used to calculate team points.

11. MINI WORLD CUP TEAM POINT CALCULATIONS

11A. The MWC team scoring system works as follows:

I. Racers are timed on the first race of the year. If only one run is executed, then the results from the one run will be considered a race. A handicapping system will be used based on the first race.

II. Team awards are based on combining the individual scores (top five scores count, others are used for tie breaking purposes).

11B. Team points are accumulated throughout the race season.

11C. The number of teams participating in the MWC program will determine the point distribution. A sample point distribution for 10 teams follows:

1st Place: 15 Points	6th Place: 5 Points
2nd Place: 13 Points	7th Place: 4 Points
3rd Place: 11 Points	8th Place: 3 Points
4th Place: 9 Points	9th Place: 2 Points
5th Place: 7 Points	10th Place: 1 Point

12. WINTER TERM PROGRAM PARTICIPATION IN THE MWC SERIES

12A. Winter term skiers no longer participate in the MWC races.

12B. U16's will start with the U14 age group.

13. SELECTION CRITERIA FOR BUDDY WERNER CHAMPIONSHIPS

13A. The Buddy Werner Championships are open to all MBSEF U12 competitors with a valid USSA license

14. SEEDING FOR THE BUDDY WERNER CHAMPIONSHIPS

14A. Seeding will be determined from the MWC Individual Standings. There will be separate seed lists for SL and GS. The top 7 seeded skiers will be placed in the seven top seed groups for each event. Athletes ranked below 7 will all be put in an 8th seed with a random draw.

2024/25 Ski Season Calendar

Major Dates/Races

Dec 7	First Season Evaluation	Junior Race Center
Dec 14	MWC Program Begins	Junior Race Center
Jan 2-5	Winter Break Camp	Junior Race Center
Jan 12	MWC Race GS	Cliffhanger
Jan 26	MWC Race - SL	Lower Leeway
Feb 1-2	4-Way Race	Mt. Hood Ski Bowl
Feb 15-16	Meadows Challenge	Mt. Hood Meadows
Mar 1	MWC Race - GS	Lower Leeway
Mar 2	MWC Race - SL	Lower Leeway
Mar 15	MWC Finals Kombi Race	Cliffhanger
Mar 15	MWC Awards Banquet 3:30 - 5:30 pm	Junior Race Center
Mar 16	Buddy Werner Training	Junior Race Center
Mar 22-25	Spring Break Camp	Junior Race Center
Mar 28-30	Buddy Werner Championships	Lookout Pass
Apr 5	SG/Jump/XC Training	Junior Race Center
Apr 11-13	May Day Race	Mt. Bachelor

For Race Information and Results visit www.mbsef.org

Training Schedule

*disciplines can change depending on conditions and hill space. Changes will be posted on the Spond app.

DECEMBER

14	Directed Free Skiing
15	Directed Free Skiing
18	Directed Free Skiing
21	Directed Free Skiing
22	Directed Free Skiing

JANUARY

2 - 5	Winter Break Camp 9 am to 1 pm
8	GS Training
11	GS Training
12	GS Race
15	SL Training/Directed Free Skiing
18	SL Training
19	GS Training
22	SL Training
25	SL Training
26	SL Race
29	GS Training/Directed Free Skiing

FEBRUARY

1	Directed Free Skiing/4-Way Race at Ski Bowl
2	Directed Free Skiing/4-Way Race at Ski Bowl
5	SL Training/Directed Free Skiing
8	GS Training

- 9 GS Training/Directed Free Skiing
- 12 Directed Free Skiing
- 15 SL Training/Meadows Challenge
- 16 GS Training/Meadows Challenge
- 19 GS Training
- 22 GS Training
- 23 SL Training

MARCH

- 1 GS Race
- 2 SL Race
- 5 Directed Free Skiing
- 8 Kombi Training
- 9 Kombi Training
- 12 Kombi Training
- 15 MWC Finals Kombi Race
- 15 MWC Awards Banquet JRC 3:30 - 5:30 pm
- 22 -25 Spring Break Camp - 9:00 am to 1:00 pm
- 28 - 30 Buddy Werner Championships - Lookout Pass

APRIL

- 5 SG/Jump/XC Training - 9:00 am to noon
- 11 - 13 May Day Race