



2025-2026 Nordic Competition Development

Ages 14-22 (U14's with Nordic Program Director Approval)

Winter Nordic Competition Development skiing is an important part of most skier's development, and again this year MBSEF will strive to better support student athletes.

The Winter Competition Program is specifically designed to bring motivated skiers together to supplement their school program, to train with other highly motivated skiers, and accelerate their development. The program has flexibility of schedule and a training plan which allows skiers to maximize their progress in the sport while competing as part of their high school and collegiate team.

Skiers preparing for Junior Olympic Qualifiers who are still in Middle School are eligible for this program.

This program focuses on a systematic improvement of all techniques, developing a well-rounded education of the sport, developing an understanding of training planning and training principles, developing an understanding and learning to practice proper equipment care, and coordination of training with the skier's other sports activities.

Program Dates: December 2 Through March 1

Midweek training Tue/Wed/Thu/Fri after school

Sat/Sun training 9:45am on snow

- Goal oriented and competition focused programming
- 4 and 6 days per week options. With either seasonal or year round offerings
- Twice weekly, before school, strength programming
- Regional and national travel (PNW Cup, Junior Nationals, Junior National Qualifier events, and other NRL opportunities)

Thanksgiving Camp: Thanksgiving Camp is again scheduled for Silver Star, BC, Canada, dates TBD.

Competition/Travel: Race opportunities throughout the season will be available at the skiers option. Racing beyond the skiers team schedule is not required. MBSEF will offer skiers the opportunity to compete in PNW Junior Olympic Qualifiers. Other races around Oregon and Washington may be available. Fees for these events will be set closer to the events. All out of town trips are supervised by the coaching staff.

Trail Passes: All participants will be responsible for their own passes. Purchase passes early through mtbachelor.com. Depending on weather and snow conditions, some training may take place at Meissner.

Equipment: Skiers need their own equipment for all programs. Equipment can be obtained at many locations including the Skyliners Ski Swap in October; Sunnyside Sports; Webcyclery; and Mt. Bachelor. MBSEF occasionally has a limited supply of used equipment for loan.

Transportation: MBSEF van transportation for the season can be provided for a fee, which is outlined on our Transportation Form. Nordic Competition Development skiers choosing MBSEF van transportation will meet at the MBSEF Bill Healy Training Facility.

Lockers: Athletes choosing transportation have equipment lockers available at MBSEF.

For 2025-2026 online registration visit mbsef.org