



Mt. Bachelor Sports Education Foundation

MBSEF Stevenson Youth Program 2025/26

PARENT HANDBOOK



Welcome to MBSEF!

Dear MBSEF Stevenson Youth Program Families,

Welcome to the 2025/2026 Nordic Season and thank you for joining our Nordic Youth Development family!

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 events, while also learning about ski equipment, how to use it and take care of it.

Our sessions 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 young athletes to have the best experience possible while we are out on the snow.

We will meet pre-season to go over program details and answer any questions you might have. Date and time TBD, but plan on early December.

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. Session Schedule: Our schedule is designed to balance skill development with fun adventure and opportunities. Weekly schedules will be posted and updated on our team communication app.

2. Equipment and Gear: Proper equipment is crucial for performance and safety. I have included an informational flyer within this document to help you choose the right gear for your skier.

3. Parent Involvement: Your support and involvement are invaluable. We encourage you to attend parent meetings, volunteer during the season, and communicate openly with co-coaches and me. 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, social media (mbsef_nordic), and team communication apps. We will provide regular updates and important information throughout the season on our communication app, Spond. 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 athletes are aware of and following these practices.

We are looking forward to a season filled with growth, achievement, and fun. We welcome your family to the MBSEF family,

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

Reitler Hodgert
Nordic Program Director



Mt. Bachelor Sports Education Foundation

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MBSEF Mission

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.

Nordic SYP Team Mission:

To build confidence on cross country skis and inspire a lasting love of winter sports and outdoor recreation.

Nordic SYP Goals:

- Embody a fun, engaging, and team-oriented atmosphere
- Allow for young skiers to discover and explore the opportunities – whether that be competitively or recreationally – offered by a winter sport
- Develop and expand upon a foundational skill set in both skate and classic cross country ski techniques
- Teach young athletes strategies to prioritize both physical and mental well-being in sport

Contact Roster

Administration

Amy Tarnow, Executive Director: amy@mbsef.org

Kathy Kurtz, Membership Coordinator: mbsef@mbsef.org

Marieka Greene, Events and Financial Development: marieka@mbsef.org

Kristie Holman, Accounting: accounting@mbsef.org

Lead Coaching Staff

Reitler Hodgert, Nordic Director: Reitler@mbsef.org

Lydia Youkey, Nordic Head Coach: Lydia@mbsef.org

Jake Egelhoff, Nordic Development Lead Coach: Jake@mbsef.org

Karen Kenlan, Stevenson Youth Nordic Program Head Coach: syp@mbsef.org

SYP 2025/26 Coaches Contact List will be provided in 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.





2025-2026 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 basic knowledge of Nordic skate and classic technique. Our main objective for young skiers is learning while having fun on skis. In the SYP skiers in 2nd through 5th grade, (ages 7-11) can participate in 10 sessions beginning January 4th and ending March 11.

SYP participants will ski in small groups based on age, focus and ability. Our sessions consist of progressive, age-appropriate activities that will develop their XC skiing skills, improve fitness, and develop environmental awareness. They will also learn how to take care of their equipment and dress appropriately for winter weather.

Enrollment Options: Available sessions include Saturday, Sunday, Tuesday or Wednesday options, plus a 2-Day Winter Camp 12/20 & 12/21, all at the Mt. Bachelor Nordic Center. Multiple sessions are also available. See below for dates and times.

Flexible Classic and Skating Sessions: We alternate weekly between skate and classic technique. Younger beginner skiers have the option of classic skiing only. We will always let you know which technique we are doing for the week ahead of time.

Events: Throughout the year the skiers will participate in special event days that include Paintball Biathlon, Super-Hero Costume day, a Trivia hunt, and fun adventure skis!

Important Dates:

MBSEF In-House Nordic Ski Swap: TBD

Skyliners Ski Swap: October 11, 2025, 8am - 5pm (The Ice Pavilion)

Parent Open House: TBD

Winter Camp: December 20, 21 *2 daily sessions: 9-10:30am or 11:30-1pm

Saturday Sessions: Jan 3 through March 7 1:00pm - 2:30pm

Sunday Sessions: Jan 4 through March 8 9:00am - 10:30am

Tuesday Sessions: Jan. 6 through March 10 3:30pm - 4:45, (3:30 - 5pm as daylight allows)

Wednesday Sessions: Jan. 7 through March 11 2:30pm - 4:00pm

Trail Passes/Transportation: All participants will be responsible for their own passes. Go to www.mtbachelor.com for early season pricing. No transportation is offered for this program.

Equipment: Skiers need their own classic and skate equipment (skis, poles, boots). Options for equipment can include a season package rental or purchasing new or used equipment from any of our local shops. For used gear come to the MBSEF Skyliners Ski Swap October 11, 2025. Young beginner skiers have the option to do only classic skiing until they are ready to try out skating.

For 2025-2026 registration visit mbsef.org

COMMUNICATION

Spond APP:

Purpose: Spond is used to send real-time, day-to-day updates to keep athletes and families informed about practice plans, last-minute updates/changes, and reminders.

Content: This platform is where you'll find updates on daily schedules, any last-minute adjustments due to weather, and event-specific information.

RSVP Feature: Families can use Spond to confirm athlete attendance for practices and events when requested by coaches.

Notifications: We encourage families to leave push notifications for this app ON. For that reason, please don't use it as a social network or to send personal messages to our entire group. We want to highlight the importance of messages that will often go out the day of or day before events to ensure everyone has up to date information.

Calendar Sync: Spond offers a calendar that can be synced to iCal or Google Calendar for easy access to the latest schedule. As much as possible our coaches will use this calendar to schedule program-level events.

Joining your group: Coaches will give you specific information and invite you to join the groups that your athletes are part of.

Download the Spond app: <https://www.spond.com/en-us/>

After you register your child with MBSEF you will be sent an invite to join the group. Spond can be used on your phone or computer.

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.

Active

Purpose: Active is our platform for sending detailed program information and long-term plans to your email.

Content: Families will receive program notes, seasonal outlines, and training block information in email from our active system. As much as possible, we try NOT to use this for day-of notifications. This is the place for guidance, expectations, and specific resources athletes need to reference throughout the season.

Frequency: Updates will be sent as needed through this platform to your email.

Newsletters and Network for Good

Purpose: Monthly newsletters provide an overview of MBSEF's programs, upcoming events, achievements, and other organizational news.

Content: These newsletters highlight program updates, recognize milestones, share upcoming events, and include calls for community support, such as volunteer or donation opportunities.

Network for Good: This tool is used for additional email communications tied to fundraising campaigns, event support, and donation appeals.



MBSEF Website

Purpose: The MBSEF website serves as the main information hub, where you can find comprehensive details about MBSEF's programs and resources.

Content: This site houses static information about each program, MBSEF's mission, staff contacts, policies, and key resources like FAQs, financial aid details, and training guidelines.

Maintenance: The website is regularly updated to ensure that program descriptions, schedules, and contact details remain current.

Social Media

Purpose: The MBSEF social media outlets, serve as outlets for friends and families to follow along with the adventures and goings on of our athletes.

Content: MBSEF Nordic's team Instagram (mbsef_nordic) is managed by the MBSEF staff, with help from our athlete social media interns (thank you, Sophie and Will!), and shows everything from training adventures to race highlights and athlete blog posts. Also follow our club wide Instagram (mbsef_programs and mbsef_events) for even more, club wide, content!

Integrating Communication Channels

MBSEF is committed to consistency across these platforms, reinforcing our values and providing a seamless experience for families.

Your feedback is valued, and adjustments are made periodically to enhance the effectiveness of each channel.

Each communication channel supports the others. Spond messages may include reminders to check newsletters, and newsletters will often prompt families to stay updated via Spond.

This communication strategy is designed to keep MBSEF families informed, engaged, and connected throughout the season.



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!!



Come join us for a pre-season Nordic Camp at Mt. Bachelor!

**SATURDAY & SUNDAY
DECEMBER 20, 21**

STEVENSON YOUTH PROGRAM

KIDS

WINTER CAMP

**MT. BACHELOR
NORDIC CENTER**



WE WILL BE GOING OVER THE BASICS OF BOTH SKATE AND CLASSIC 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.

THIS CAMP IS FREE TO ALL SYP PARTICIPANTS BUT ALSO OPEN TO THE PUBLIC FOR A FEE OF \$30 PER SESSION.

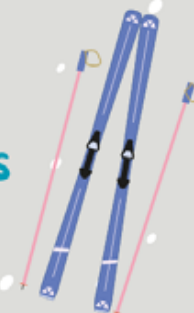
FOR MORE INFORMATION EMAIL SYP@MBSEF.ORG

SESSION TIMES:

9AM - 10:30AM OR 11:30AM - 1:00PM BOTH DAYS



MT. BACHELOR SPORTS EDUCATION FOUNDATION



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. Not to be used during the session!



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:

- Ski Waxing 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.

Ski Safety/ Cold Weather Policy

On the rare occasions when alpine lifts are no longer running due to high winds, temperatures outside fall below 5°F, or road conditions are unsafe, we will may cancel practice altogether if deemed necessary for the safety of our athletes and coaches.

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
- Bring handwarmers



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

Stevenson Youth Program

2025-26 Coaching Staff



Karen Kenlan
Head Coach



Dan Montoya



Mike Sigler



Hilary Garrett



Kate Gordon



Michael Hamilton



Colin Mahood



Jeff Johnson



Jason Adams



Bruce Rogers



Mike Dirkson



Yuliia Hryhorenko



Dave Sjogren



Tiago Reis



Erin Ford



Lance Waltjen



Jessie Dale

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/>

All MBSEF Stevenson Youth Program coaches have completed required certifications to be licensed through U.S. Ski & Snowboard which include basic avalanche knowledge, concussion training, first aid and MAAPP policies.

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



Gold Sponsors



Silver Sponsors



Bronze & Copper Sponsors

