

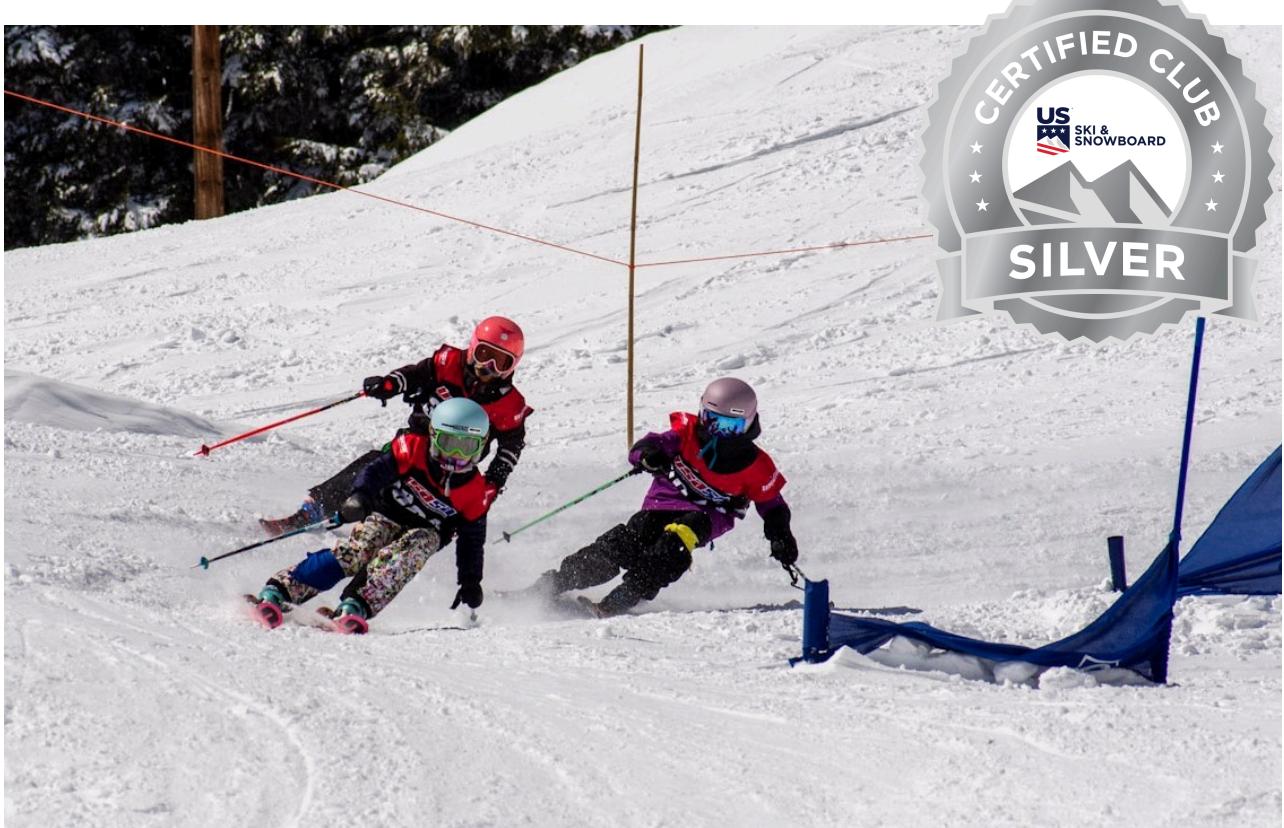


**Mt Bachelor Sports Education Foundation**

## **Parent Handbook**

### **MBSEF Freeride Development Team Program 2025/26**

*2025 US Ski and Snowboard Development Club of the Year*



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A Letter from Chris:

November 20, 2025

Dear Athletes and Parents:

Welcome to the 2025–2026 MBSEF Freeride Development Team! We're thrilled to have you join us for an exciting winter on the slopes at Mt. Bachelor. Whether you're returning for another season or joining the program for the first time, we're eager to kick off a year filled with learning, growth, and fun in the mountains.

Our coaching staff is passionate about helping every athlete develop the skills, confidence, and mindset needed to succeed in freeride skiing/snowboarding—and in life beyond the hill. We believe that winter sport is an incredible platform for building resilience, teamwork, creativity, and respect for the mountain environment.

Throughout the season, our focus will be on progression, safety, and the joy of snowsports. We'll challenge athletes to push their limits in a supportive and positive environment, emphasizing strong fundamentals, smart decision-making, and a lifelong love of mountain sports.

We're also deeply committed to fostering a strong team community. Parents, your partnership is an essential part of that. Thank you for the time, energy, and enthusiasm you bring to early mornings and storm days. Together, we can ensure each athlete gets the most out of their MBSEF experience.

As the snow begins to fall and we gear up for the season ahead, know that our entire staff is dedicated to making this winter rewarding, memorable, and fun. Let's make the 2025–2026 season one to remember—on and off the mountain.

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

If you have any questions or comments about the Freeride Development Program, please send me an email at [csmith@mbsef.org](mailto:csmith@mbsef.org). You can also call MBSEF at 541-388-0002 and ask for Kathy.

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.

See you on the snow!

With enthusiasm,

Christopher Smith

Head Coach MBSEF Freeride Development Team

Mount Bachelor Sports Education Foundation

# Contact Roster

## Administration

Kevin Perkey, Executive Director: [kevin@mbsef.org](mailto:kevin@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 ages 8 -14 who are enthusiastic about winter sports and have spent 2-3 in a ski school program. They should be linking parallel turns (ski) or linking heel and toeside turns (snowboard) consistently 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 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 to the Freeride Competition or Big Mountain programs.

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

### **What else is available through MBSEF:**

- 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 10, 2025 - March 15, 2026
  - 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 1-4, 2026
- Spring Camp: March 21 - 24, 2026

#### **Seasonal Camps:**

- **Air Bag Camp:**
  - Camp 1: April 18-20, 2026
  - Camp 2: April 24-26, 2026
- **Spring Sessions:**
  - Sessions 1,2,3: April 30 - May 17
  - Tuesday/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 22-27 (10-13 year old camp)
  - Summer Camp 2: July 13-18 (14 years and older camp)

## Program Schedules continued

### **Dryland:**

#### **Strength Training:**

- **Summer:** June 19 - August 14, 2026
  - M/T/F 9:00-10:30am at MBSEF
- **Fall:** September 17 - November 13, 2026
  - M/T/F 4:00-5:30pm at MBSEF

#### **Trampoline Sessions:**

- **Winter:**
  - January 13 - March 19, 2026
  - Tuesdays/Thursdays at Mountain Air
- **Spring:**
  - May 5 - June 9, 2026
  - Monday/Tuesdays at MBSEF
- **Summer:**
  - Session 1, 2 - June 15 - August 11, 2026
  - Monday/Tuesdays at MBSEF
- **Fall:**
  - September 14 - November 12 , 2026
  - M/T/W/TH 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** departure at the MBSEF Office with an approximate return time of **4pm**.

Lunch for the freeride team is between **12:00p.m. – 1p.m.** but varies depending 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, and through our communication app.

## 2025/26 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.

**Slopestyle:** Saturday, Jan 24th (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)

**Skier/Boardercross:** Saturday, Feb 21st (riders perform tricks and jumps on a sloping course over multiple ramps and obstacles)

**Halfpipe:** Sunday, March 15 (skiers and snowboarders execute multiple tricks consecutively while riding down the halfpipe)

\*Competition dates are tentative, based on conditions and grooming

### **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 (optional)
- 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!
- Skigee - or similar Goggle Scraper
- Positive attitude!



## What We Teach

The MBSEF Freeride Development Program has developed a set of priorities in our coaching methods to consistently facilitate athlete progression. Our athletes will progress through these essential elements.

### **Technical Aspects of Freeride Skiing:**

1. **Athletic Stance:** Focus will be on skis hip width apart, pressure on the ball of the foot, flexed ankles, rounded back, and maintaining a strong posture.
2. **Lateral Balance:** Directing balance toward the outside ski will be emphasized while maintaining the inside shoulder/hip higher than the outside shoulder/hip.
3. **Ankle Flexion/Recentering:** Continual forward movement throughout the turn by ankle flexion. Angle of shin to match angle of spine.
4. **ATML:** Focus on the 4 parts of a freestyle maneuver by breaking them down into **Approach, Takeoff, Maneuver and Landing**
5. **Pole Touch:** To learn to use poles for enhanced balance, timing and body positioning.

### **Technical Aspects of Freeride Snowboarding:**

1. **Riding Stance:** Emphasis is on a stable, athletic alignment with hips centered over the board, flexed knees and ankles, a neutral spine, level shoulders, and pressure balanced between the feet based on pitch and snowpack.
2. **Lateral Balance and Tilt:** Athletes learn to manage edge angle by moving the lower body independently of the upper body. Focus is on maintaining a strong platform through controlled ankle/knee flexion and avoiding unnecessary upper-body rotation.
3. **Fore-Aft Control/Recentering:** Riders continually adjust forward and backward pressure to stay centered over the board through the entire turn. This includes staying stacked, and avoiding getting caught in the “back seat” after terrain changes or features.
4. **Upper/lower body separation/alignment:** We default to quiet upper body, and hand positioning to stabilize, support rhythm, and promote clean movement patterns through variable terrain. Riders will learn to utilize upper/lower body separation when needed, to perform more dynamic movements, and trick set-up.
5. **ATML:** Focus on the 4 parts of a freestyle maneuver by breaking them down into **Approach, Takeoff, Maneuver and Landing**.

Throughout our season we continually refer to these dynamic principles as the foundation for advanced freeride skiing and snowboarding. Efficient spins, grabs, drops, switch riding, and terrain park proficiency all stem from blending these fundamental tools with confidence and consistency. Athletes learn the importance of approach speed, takeoff positioning, trick selection, and balanced landings. We prioritize a progressive, intuitive, approach to build successful foundations for future competitors and life-long athletes in the sport.

# **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.

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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.

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**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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## **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:**

**Slopestyle:** Saturday, Jan 24th (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)

**Skier/Boardercross:** Saturday, Feb 21st (riders perform tricks and jumps on a sloping course over multiple ramps and obstacles)

**Halfpipe:** Sunday, March 15 (skiers and snowboarders execute multiple tricks consecutively while riding down the halfpipe)

\*Competition dates are tentative based on conditions

## MBSEF'S Podium Sponsors

### 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.

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