



BEND NORDIC COMPETITION TEAM

The Competition Team is designed to inspire skiers to work hard for themselves, their team and their community in order to achieve their personal best in their sport and as individuals.

Athletes are offered age appropriate training and racing opportunities which follow United States Ski Association development pipeline guidelines. These experiences systematically guide each athlete from daily practices to local, regional, national and international experiences. Athletes are lead through varying activities to improve their strength, technique, coordination, agility, aerobic and anaerobic capacities with the end goal being to successfully apply these skills to ski racing environments.

Athletes will have access to resources including physiology testing, blood lactate testing, video feedback and organized team travel and technical support at training/racing events. Competition Team alumni enter collegiate ski programs with a solid understanding of physiology, excellent technique and the ability to assist in the development of their own training plan.

Competition team coaches, subscribe to a big picture view in their approach to athletic development. Coaches will provide solid, consistent, individualized year round training and racing opportunities for intrinsically motivated athletes while simultaneously fostering a lifelong love for an active, outdoor lifestyle. Coaches maintain a high level of fitness to be able to train alongside athletes and consider themselves 'students of the sport' in order to educate athletes about the evolutions of technique, physiology, waxing and training philosophy.



Ages	14-22 or USSA Age Class J2, J1, OJ or Senior
Dates	September 1st 2009 to April 30th 2010
Days/Times	<ul style="list-style-type: none"> • 5-6 days per week. • Athletes must make arrangements with their school counselor to be excused from D block for the 2nd Quarter. • Athletes will be picked up from their schools on Wednesdays (early release) for the entire season.
Options	Fall school sports participants may chose to decline Fall Training
Costs	Tuition: \$2200 w/Fall Training (includes transportation) \$2000 w/o Fall Training (includes transportation)
	Season Pass: Discounted passes will be available in September at www.mtbachelor.com Expect \$109 child-\$219 adult
Locations	Mt. Bachelor Nordic Trails and local Sno Parks
Extras	Tuition is all inclusive. Participants will be provided with transportation, ski storage, waxing facilities and team wax.

"I have personally been able to watch the growth of so many athletes in the program, and the changes are really stunning. With the absolute confidence of my own personal experience and that of many of my friends, the individuals that come through the program are prepared to face the challenges of the world. Period." Dakota Blackhorse von Jess,

Junior National Sprint Champion, World Junior Team Member