

March 29, 2017 RNST Coaches' end-of-season  
Meeting Minues 6:30 PM Pinewood School

**Attendees:** Paul, Don, Rich, Dave G., Darald, Bob M, Joan, Barry, John R, David, Andy, Mike T, Roberto, Henry, Curt, Jim, Kristin, Peter, Michael

Joe G volunteered to take minutes, Thanks, Joe. Also, thanks to Paul E for reserving this meeting place.

1. Introductions, Welcome (cookies and a joke if you are well behaved).
2. Did the week-shift-to-the-right (start a week later and go a week later into March) work well? Do we want to continue this way? [Yes](#)
3. Did the early season (b4 snow – December) at OMC work well (Ops board)? Any suggestions for improvements/modifications?
  - Yes, Andy and the Ops Board have some new early season plans (pre-snow) to present.
  - [#Decision: Ops Group decided not to use OMC.](#)
  - [Use the dome more often for yoga, display videos on technique, and ski specific training.](#)
4. RNST Coach Feedback re: (David)
  - Communications this year: MailChimp, Remind, Coach emails, website, Facebook? [Was great!](#)
  - Flexible approach to coach assignments for Sport and Comps, where we created groups based on the # of coaches available for a given practice
    - [To resolve concern with named groups, go back to using only letters? The concept of 3 groups \(beginner, sport, comp\) remain just labeled by a letter.](#)
  - Approach to coaching the 1st year/Beginner groups. [Concession that it worked well. Incorporate fun activities in practice. Helps the skiers forget about skiing while having fun.](#)
  - Do we have too many, too few or the right # of races? [5 races a season is optimal.](#)
  - Suggestions to improve practices
  - Coach the Coaches (the CXC indoor/dryland session and the on-snow session with Henry and Joey)
  - Use of on-snow practice locations
  - Yoga/Zumba for indoor dryland practices. [Per captains, Zumba was not liked. Preferred yoga.](#)
  - Length of dryland season
  - Length of On-Snow season
  - Plans for dealing with medical situations during practice.
  - How did we do regarding cancellations or practice location changes, both in communications and in the decision making around those. [Send out change notifications as soon as possible,](#)

- Are we doing the right things to help prepare coaches for practices? Anything missing or useful that we should consider
5. Are the lettering requirement revisions working well? Any suggestions for improvements/modifications?
    1. Paul: changes went well.
    2. #Suggestion: Need to change the perception that first years skiers can race.
    3. #Suggestion: hold a first year only race towards the end of season.
  6. Rochester Invite Report (Mike T).
    1. Overall went well.
    2. Having more parents help would be great.
    3. #Suggestion: Encourage early finish skiers to stay for the entire race to cheer on skiers.
  7. Away meet reports (Eric L)
    - Also, Eric is retiring and is being replaced by Franz (Thanks, Eric! Welcome Franz!). David is also planning to attend the races to help.
  8. 2017-18 Captains voting results. John R
    1. Aly Welch -- Century
    2. Sara Holmes -- Mayo
    3. Spencer Moore -- Mayo
    4. AJ Poirier -- John Marshall
  9. Captains liaison feedback (Don P). Do our captains have any suggestions/recommendations?
    - Don is looking for another coach to be a co-liason with him. Who would like to help him?
    - Don is looking for another coach to be a co-liaison with him. Who would like to help him?
    - Practices: OMC sessions, even the first one, were well received, from 1 st years to experienced. Yoga is preferred over Zumba.
    - Over all they seemed to flow better than in the past, more
    - organized. Starting time (3:45 go at 4:00) worked well. For the most part practices were well run.
    - Earlier notification of practice site if possible, tough to line up rides with short notice.
    - The length of the season is conflicting with other activities at school.
    - Comp & Sport: Want more structured practices, reduce the standing around, more skiing. Continue open ski sessions after drills.
    - Sound System: Great! Nice to be able to hear announcements.
    - Coaching: Kudos to Coach David for organizing the practices and having them run so smoothly. To all the coaches a great job! Would like to see more women coaches. (from the female captains)
    - Endorsements for next Captains: Those receiving endorsements were Sarah Persons, Sara Holmes, AJ Poirier, and Spencer Moore. Any of the girls.
  10. Comm-Ed elementary school Wednesday classic ski class recap (Don P).
    1. 40 registered, 30 attended.
    2. Move cap from 40 back to 30 for next season.
    3. HS volunteers saved the day!

4. It was suggested that we purchase some classic skis for the student coaches.

11. Recommendations from Don on the team practice check-in/checkout system.

1. Need more!! Decided to really stress (and plea) at the Nov 13 signup meeting that we really need more parents to come forth and signup to help out. As an alternative on a light parent night, a couple coaches could come a bit early and help Don with the signup (this would be Plan B and if we publicized it, perhaps this would motivate more parents to help).
2. Lost and found not working.

12. Does anyone have some new coaching candidates for next year?

13. Team Calendar for next season:

- A date in later September for the pre-season coaches meeting (Barry will get Kristin's help using Doodle to find a good night for us all).
- Would Monday, November 13, 2017 work for the parent-skier-coach signup meeting. Yes
- #Decision: Agreed to hold another information session for new skiers / parents. Target November 1.
- #Decision: First year skier equipment pick up and orientation. November 20.
- #Decision: Last day of practice. March 1.

14. Suggestions for some Nordic ski related promotions (this is more of a RASC endeavor, but since we are all RASC members, I will mention it here). (Rich P.)

- Prepare (or purchase) posters and a video to be placed and/or run on weekends in the Quarry Hill ski rental room - to orient QH visitors on using ski equipment, skiing techniques & locate helpful references

We will look for some online printable posters with ski binding/boot directions as well as basic classic ski techniques to display near the ski rental area. A video was also discussed but tabled until we figure out a way to acquire one for the rental area at QH.

- Interest in ad-hoc Saturday or Sunday ski classes at QH for Teen thru Adult age persons (with a \$10 donation to QH?).

No action taken, however, this idea is out there to discuss more at our September meeting.

15. Here is a little conundrum that we had this year (and every year it seems like) that we might come up with a better way to handle: (Dave G. and Joan)

- We had one first year skier who showed up for practice only a very few times. Each time it was like starting over with a brand new skier requiring the coaches full attention and taking them away from attention to other skiers. Since we have no required attendance for the first year skiers how do we best manage this kind of situation?

We will discuss more at our September meeting.

16. Could/should we notify KTTC and KAUS TV next season for the two for-fun ski events (the intersquad sprint loop race and the Rochester Olympics) to get some good PR airtime? I (Barry) can do this if I get your approval tonight (maybe with some help from a second person to remind me to do it).

Yes.

- Joan's brother works at a radio station and is willing to see if/how he can help and perhaps do an interview of the captains.

17. Did the video of the Coach-the-Coaches training session on Sunday, Jan 29 at QH by Joey and Henry get created and edited? If so, can we add it to the RASC/RNST web page under Coaches Corner?

- John Delone took video of session.
- John gave video to David who is editing. When finished will post on YouTube.

18. FYI note from Robb...Kristin and I will be doing the team jackets and pants once again for next season. They will be the same as this year's version. We actually have a pre-order already placed for what we estimate will be 75% of the needed quantity

19. Maplelag:

- More coaches than previous years.
- Snow conditions were perfect.
- Maplelag may not want to do box lunch for trip home.
- Discussion pending on whether to hold a second classic session again next year.

20: Eastwood trail mowing and trail light putup and takedown.

- Dave G has moved with his own equipment.
- Need a new volunteer to keep that trail usable.
- Decided to let the city take over the light putup and takedown project.

21. RNST Banner & a Tent

- Don suggested that we could use a banner to put up at our Invite (at Eastwood) and for Olympics type events (at QH).
- Along with this banner discussion we decided to purchase a pop up tent (w/ walls) for use on windy practices for the attendance takers.

Meeting adjourned. Thanks to you all; it has been a great season with everyone pitching in and helping out the group effort.