

## 2018 RNST Coaches' preseason Meeting Minutes

Wednesday, Sept 26, 2018

### Attendees:

- Andy Wood
  - Bob Manulik
  - Don Resmon
  - Darold Bothun
  - Dan Nath
  - Dave Greymont
  - David Herbert
  - Don Pankowski
  - Jim Bennett
  - Joan Rabe
  - Joe Gyura
  - Kristin Sorenson
  - Leah Karsten
  - Michael O'Connor
  - Mike Trantow
  - Nick Johnson
  - Paul Ehling
  - Mary Ann Lutmer
  - Richard Peter
  - Sarah Becker
  - Sarah Johnson
  - Shawn Baranczyk
1. Coach Training: CXC coaches clinic news this Oct 19-21 at Lakewoods in Cable, WI. Twelve RNST coaches are attending. Also, for local *coach the coaches*, we are aiming for an on-snow session focusing on Coaching techniques in early on-snow season.
  2. The 2018 / 2019 season schedule is posted on the RNST google calendar (see link information at bottom). We encourage all coaches, parents, and skiers to register.
    - Nov. 12, 6-9pm. Century HS. [Paul to acquire](#). RNST Registration for all skiers, including loaner ski pick up for 1st year skiers. All coaches are encouraged to attend so we can introduce you to the team and so you can please help us at the various registration and equipment stations.
      - Michael will be out of town. Will coordinate with David on loaner ski handout.
    - Nov. 19, 4-5pm: [Paul to acquire location](#). 1st year skier equipment orientation - 10 to 15

coaches needed

- Nov 27 (Tue), 1st day of practice outside.
  - Dec ?, Do we want a waxing demo night? [Barry to determine / coordinate](#). There was discussion whether one is needed considering the wax session at Maplelag. [Will survey skiers](#).
  - Jan 3. First practice after Holiday (Christmas) Break.
  - Jan 4, 5, 6 Maplelag. [John to forward email with details and sign up](#).
  - Feb 28 last day of practice.
  - End of season skier/parent/coaches banquet. Thursday, March 14, 2019.
  - Jan 25. [Mike to verify date](#). Rochester Invitation.
  - Dec 1. Cedar Ridge Farm pole-bounding hike.
3. Background-checks/concussion training ([Paul E.](#) will get our email and review these 2 topics) and possible new: Safesport guidelines. (David H).
4. Coaches Asthma Training Module. Please see the link here for more info on handling asthma situations.  
[www.WinningWithAsthma.org](http://www.WinningWithAsthma.org)  
We need to stress to parents and students that they need to inform us (the coaching staff) of medical problems such as asthma so we can be better prepared for on-trail emergencies.
6. David covered the following: Coaches' responsibilities, policies, principles: including required items, but also covering things like how to handle an emergency, what should be reported to parents and/or Team (medical emergency during practice); always have 2 coaches waiting if there kids who are not picked up after practice and don't give a skier a ride home unless there is another coach in the car w you, etc. .
7. Captains Liaisons Report. - Don P and Leah. Captains for this upcoming season are: Ariana Wertz (Century), Erik Jensen (Mayo), Ingrid Wilder (Mayo), Alex Gay (home school).

*Last season's captain's summary* is a very complete review of what we did well along with suggestions. Barry has included a complete softcopy of this summary in this meeting invite. Please review it. Some of the notes from that summary are included at another place in this agenda, but most of them are below.

We did not discuss all the below items but did discuss the request for more “free ski” time. The general concession practice sessions are for coach / skier practice / training.

- Would have liked a few more practices with free skiing throughout the seasons, but the free ski sessions at the end of the season were really nice! General disagreement with the exception

of a few at end of season. Could also set aside a small portion of a practice as “free ski”.

- Enjoyed free ski days and felt people used those productively for the most part
- The Olympics were amazing as always, such a fun way to conclude the season and it was great that the team got some news coverage for it
- Liked having dome and dryland groups divided up by gender and age-made for a good experience for people of all levels
- Liked having a system of set days for different activities/locations (dome vs running on designated days)
- More opportunities for away meets (Red Wing meet was out of our control really so that would be nice if that could be included)
- Rennet was a really fun, great opportunity!!!! Would recommend to skiers next year!!!!
- Seemed like a good amount of involvement in Rochester Invite. Some interest in having T-shirts for the meet, but we’re not aware of how that’s worked out in the past. Overall the event went really well from our perspective!
- Perhaps creating a list or resource for people who want to do community races that simply lists event, sign up, etc would be helpful to some skiers who want to do something extra
- Skiers who participated in the sprint relays (at Maplelag) seemed to have fun with that and others had fun watching and cheering!
- At Maplelag, the dance with the DJ, talent show, unlimited cookies, delicious food, beautiful ski trails, and everything else that Maplelag has to offer once again yielded a great weekend for RNST kids full of improvements in skiing and lots of fun!
- Great usage of Remind-felt it was utilized a lot more than past years and it was really helpful:)
- Mailchimp makes sending out emails easy on that end, but caused issues on the receiving end. Oftentimes the Mailchimp emails went into “promotions” in gmail and people didn’t get the information as a result of not seeing the emails. Not sure if there’s a good solution to this, just something to be aware of
- and their final comment...We love the coaches!! Thank you all for all your hard work and dedication to our team!!!!!! The team wouldn’t be what it is without you!!!!!!

9. Racing: aim for 5 meets. Should we add some optional (or required) short 1-2k time trials every couple of weeks, so skiers can see how they’re improving through the season? (David H & John R). We briefly discussed adding short time trial events during practices. Will revisit during the season.

10. RCTC Dome: similar to last year, we'll have the dome reserved during the Nov-Dec timeframe for Mondays as a fallback in case bad weather forces us indoors; and Thursdays for Yoga (w Kerry Todd). Are coaches supportive of keeping the rotating stations like we used last year when we were in the Dome? Yes.

11. Jim and Michael provided an update on Gamehaven snow-making plans.

- RASC would need to provide \$150,000 by the end of five years.

12. Dec 1. Andy said to plan on Cedar Ridge Farm pole-bounding hike on a Saturday during dryland season.

13. Comm-Ed elementary school classic ski class (Wednesdays after school in January and Feb). Don P is the coordinator and could use a few new volunteer coaches. Please let Don know if you are interested. Also, RNST team members are needed to help coach the elementary students (plus they get service hours).

- First Wed of Jan is first practice.

14. End of season coaches' mtg...[Barry will find a good date in later March using Doodle.](#)

15. Don P will discuss the check in/out procedures, and group assignments. Don will have large maps of both Essex and Quarry Hill. Coaches will be asked to put their starting practice areas on map so late comers will have a spot to go to, and not wander around.

- To help guide late attendees, Don has maps of practice areas. Coaches should let Don know where you plan to spend the first 15 min of practice to direct late shows.

16. Two ski topics that Coach Peter W. has a great interest in. As he says, this is an FYI, and for anyone who would like more info, please contact Peter.

1) I want to start up an adaptive cross-country program in Rochester, for sit skiers and sight impaired. This will require interest by people from Mayo and from Park & Rec, and some funding (a sit ski costs about \$5000), so it may not happen this year, but if things fall in place it could possibly start in January. I have sources of training from people in Minneapolis. The major way it might affect the ski team is that team members who are interested in going on to careers in rehab might want to be coaches, for community service credit.

2) For the Gamehaven park, I think there should be regular service from Ski Patrol. This requires agreement from Park&Rec, and isn't really crucial for next Fall, when the initial 1k loop opens (optimistically, maybe). There is a local cross-country ski patrol -- we are at the Birkie every year -- but for regular patrolling we need more patrollers. I'd like to recruit ski team members in the spring, for a first aid course in the summer. They need to be 15 yrs old to patrol.

So I guess these are really FYI items right now. I'll be available by email, and happy to answer any questions. I'd also appreciate info about people in Park&Rec to talk to about both these issues.

17. Kristin forwarded the notes below to the coaches. I'm posting here as well.

**1.(Skiers, Parents, Coaches) Sign up for Mail Chimp here: <http://eepurl.com/ciFMef> (Please sign up to get team information throughout the season)**

**2.(Skiers, Parents, Coaches) Subscribe to Google Calendar: For instructions on how to subscribe to the Google Calendar:**

**<https://support.google.com/calendar/answer/37100?co=GENIE.Platform%3DDesktop&oco=1>  
Email address is [rnst3128@gmail.com](mailto:rnst3128@gmail.com)**

**3. (Skiers, Parents, Coaches) Sign up for RNST Facebook Page:**  
<https://www.facebook.com/pages/Rochester-Nordic-Ski-Team/129592440523825>

**4. (Skiers, Parents, Coaches) Sign up for Remind to get texts for last minute updates: Send the following text to 81010: @RNSTmsg**

18. Michael O'Connor gave an update on changes to the RASC board (RASC is the overseeing organization of RNST) . Some of the board members are retiring from the board of directors and some other members are taking their place. The new Nordic Skiing Board members are Joe Gyura, David Herbert, and Jim Bennett.

19. Meeting adjourned. Thanks to all.