

Thursday, April 12, 2018 RNST Coaches' postseason Meeting at Pasquale's Pizza

Dave Greymont started mtg at 6:30pm

Attendees:

Dave Greymont
Peter Wollan
Katherine Argo
Don Pankowski
Rob Welch
Jim Bennett
Roberto Catteneo
Bob Manulik
Bob MacCarty
Sara Johnson
Joan Rabe
Bob Ziller
David Herbert
Shawn Baranczyk
Mike Trantow
Paul Ehling
Michael O'Connor
Henry Walker

Since Dave Greymont ran the meeting for Barry Knapp, who wasn't able to attend, he started the meeting with some Barry-type bad jokes.

The next 5 topics (plus their subtopics, are from David)

General: Coach input on:

- Practice format: do you like the current approach of providing some general suggestions but allowing individual coaches to interpret what works for them?

YES

- How we can incorporate games and other fun activities into practices?

Ideas

Have game near sign out area. Dismiss kids to do that at end of practice.

Maybe have captains run the games.

- How much free skiing?

Captains would have liked more free skiing days

Ari – wanted to ski more

Ideas – We can spend some time on “lesson time” and then free ski afterwards. Best to give them a free ski goal. For example, ski a loop multiple times.

Smaller groups (i.e. more coaches) make less wait time for kids.

- Processes to ensure skier safety (asthma inhalers, AED device, protocol for what to do if a medical situation occurs out on the trails).

More to come, but will probably strongly encourage coaches to do the asthma module

The coaches training session said that coach should have a list of competitors who need medication, and that they need to check before race that the student has the med, and they can't go if they don't have it.

Peter Wollen suggested a folding toboggan that we could use to get hurt people off the trail.

Dave Herbert suggested meeting of a few people before end of next season to start to develop safety processes.

- Dryland activities -Thoughts on the RCTC indoor sessions; suggestions for other indoor or outdoor activities?

Include doing V1/V2V2a on dry land.

- Any other suggestions to help make your coaching experience even more enjoyable?

Coaching assignments during practice

are coaches satisfied with the current program? (Groups 1,2, 3 and 1stYear A-E and X)?

Should separate kids by speed, not quality of technique.

Should we rotate coaches through different groups more than we have? To allow skiers to get exposure to different coaches and coaching styles and to let coaches see the range of skiers in RNST

Coaches can handle this themselves, by signing up for variety of levels.

Would be useful to have strategies for slow coaches to work with faster skiers.

- Should we pair coaches and rotate the pairings, to give coaches exposure to different coaching styles?

Coach-the-Coaches sessions - are coaches interested in continuing these? Aiming for 1 pre-season and 1 on-snow. Should we have the on-snow session aim to provide instruction to coaches on their technique (where in the past we focused on how to teach other skiers the technique)?

YES to both, including how to play games and improvement of coaches ski skills.

Thoughts on short intra-squad races, like Chester Lake 2.1k and Essex 1.5k. Do more of these?

Maybe different events for diff levels of skill.

Is there interest in attending CXC coaching/certification sessions? (Jim Bennett, Roberto Cattaneo and David Herbert) attended CXC Level 100 and Level 200 conference last October in Cable, WI

The next 4 topics are from John R.

Do we want to fund the trip to Hyland ski race next year? If so, would we limit it again to just one bus - first come first serve? We had enough room this year, but what if interest is higher next year? Sounds like the skiers that participated had fun.

YES \$500 for coach, \$300 for school bus. Entry fee \$10, which we paid this year. Only do 2 buses if can fill the 2nd one.

Captain Voting Results

Captains will be Ariana Wertz (Century) Erik Jensen (Mayo) Ingrid Wilder (Mayo) Alex Gay (home school)

Maplelag - we have Jan 4-6 reserved for our ski camp.

Should any outreach be done at John Marshall? We have so few skiers from JM. Would possibly a meeting with the cross country running team in mid October be helpful (since many skiers come from the cross country teams at Mayo and Century).

These are the skiers from JM this year:

Annika Gustafson
Cody Hillesheim
AJ Poirier
Ben Trantow
Peter Dahlen

Should we contact the non-seniors to: 1)see if they're coming back next year (if not, why not), and 2) get suggestions from them on how we can increase the participation from JM

Cross country coach at JM is not supportive, would rather have kids running in the winter than skiing. (AJ was told not to ski)

Should we attend JM's event night? Mike Trantow & John will try to figure out a way to do some promotion at JM.

Are the coaches interested in looking into this or increasing the participation? or do we just leave it as is since we have enough skiers on the team? It's such a drastic difference in participation - that I think it might be worth at least meeting with maybe the cross country team to spark some potential interest in participating.

From Henry H.

One item that I'd like to have discussed at the coaches mtg is lettering. I'd like to at least consider an exception to the *1st year skiers can't letter* rule for seniors. It doesn't happen often, but I had one a year ago that was just a great kid, wound up being an excellent skier, and didn't letter because she was a senior. She was home-schooled to boot. She never complained about it but it bothered me a bit

We already have a "coaches discretion" rule that would allow a first year skier to letter. But in general coaches are in favor of sticking to the "no first year skier" rule. It used to be really easy to get a letter via RNST and we had a lot of kids that joined just to get an easy letter.

From Dave G.

There's been some email discussion amongst the groomers about designating a couple of trails as "one way only". The reason for the designation is to prevent snowplowing down hills that scrapes off the snow.

Trails:

Quarry Hill: Trail up into Parkwood Hills. (Another suggestion was to designate it for advanced skiers only)

Essex: West hill by playground

Trail from Hell

Coaches agree that if groomers think a hill should be one way, they should do it. We would follow their rules when skiing with kids.

Misc

Captain's Report (their observations and suggestions about practices and the team in general).

Captains gave Don Pankowski a very detailed and organized report. He will send to Barry to be distributed along with these minutes.

Don is getting plastic-coated maps of Essex and QH that can be marked up at each practice so check-in people know where each group is starting.

Peter Wollen is be willing to start the trail-naming process. We gave him the thumbs up.

Jim Bennet gave us update on Gamehaven snowmaking possibilities. Need both water & power. Best skiing is on west "dumbbell" of site. Would hope for 2.5K of trail (which would be 200 hrs of labor to build each year). Shooting to make this happen for fall of 2019. Michael is meeting with the new Rochester Parks Foundation, which may be a good money-raising mechanism. RASC involvement may help Park & Rec get state Legacy funds.

Meeting adjourned at 8:15pm.

Submitted by Joan Rabe