

## Minutes of virtual eos coaches' meeting. March 23-April 3, 2020

Due to the coronavirus we did not hold an in-person coaches meeting. Instead, agenda items were distributed to coaches on March 23, 2020 and coaches provided virtual feedback via email through April 2nd. The responses are shown in red in the updated minutes below. Thank you, coaches, for your participation!

1. Heartwood team ski camp weekend. (John R and his team of assistants)

2. Captains Voting Results (John R.).

Audrey Ehling (Mayo)  
Joyce Korinek (Home School)  
Luke Drake (Mayo)  
Jacob Ratelle (Stewartville)

The next topics (plus their subtopics are from David)

General: Coach input on:

3. What worked well this past season and what are areas that could be improved:

- Skier groupings (A-E,X, 1,2,3) **Worked well.**
- Coach assignments to groups. **Do some shifting from week to week; take requests from coaches.**
- Coaching plans: for on-snow, for indoor
- Use of Mailchimp for coach updates **Worked well.**
- How we used the Dome: stations, captains leading sections, yoga
- Races: Away (Winona Dec, Heartwood); Home (Invitational, Heart Thumper, Essex Citizen Race).
- Increasing awareness of citizens events: Pre-Birkie, Mora, Korte, Birkie. New: Wisc State
- Championships (we are planning to attend with interested skiers in 2021.
- Practice locations. **A good mix; keep it up; one practice at Chester Woods was great.**
- Registration and First Year Equipment Orientation. **Worked well.**
- End of Season Banquet. **A great banquet was all planned until coronavirus appeared.**
- **The video games link was appreciated by many coaches, however, those videos brought up the need for a wider area (sometimes on a downslope), so we will identify some good candidate areas at Essex, QH, and Eastwood for wider areas and pass on requests to groomers.**  
**Also, another shout out thanks to all groomers.**
- **A comment from Isabel (one of the captains this past season): She liked it when veteran skiers could take an occasional practice and work with and help coach some beginner skiers. Great idea!**

4. Summary of end-of-season survey of the team members from David. Here is a link:

<https://www.surveymonkey.com/results/SM-7SFT5PCM7/>

**A comment from Coach Mac nicely sums up the survey: The survey reinforces the already well recognized notion that the skiers really like games/events during practice. (Second in popularity only to free skiing!)**

(David H.): **One of the primary things we were also trying to learn from the survey is whether skiers plan to return next season and if not, why not? Trying to ascertain the reasons behind why we seem to lose a number of return skiers every year, often juniors who have been with the team for more than a few years. The survey only had one person say they would not return and that was because they "will not be here." I'm hoping we see good return turnout next year, but maybe the 45 survey respondents are the more gung ho members of the team.**

5. Earlier in the year, Mark B visited with David about future marketing of the team using social media.

It may be an early task of next years captains to provide guidance. Things like a video or slide show of the many events the team participates in positioned in/on the social media format that kids would see would seem appropriate. Captains could host (with assistance from coaches) after school info sessions at their respective schools. (Mark B)

Note, this suggestion from Mark, segues well with the excellent video that Nicholas Van Camp created.

Also, #6 ties in with 5. Here is a link to the video:

<https://drive.google.com/file/d/1LIDIBCmWpSZ5WeanIfMS6WRWSoHucRCW/view>

**Coach Joan: I talked briefly with David Herbert about this...If the decision is made that it's ok to make the video public (despite music copyright concerns), my brother James would like to link to it from the Y105 radio website.**

6. Plans to Increase Team Membership – (David). More active outreach to Rochester and surrounding schools so we are part of their Activities listings; Enlisting captains and other team members to reach out; Use of PeachJar app, which schools use to publicize various activities; Build on our enhanced Facebook and Instagram efforts to have engaging content during the offseason; More active linkage to elementary program and reconsideration of implementing some of the programs developed by MyXC.

Do a better job of promoting RNST to some low-membership schools (like JM and Schaefer) including contacting the xc coaches at those schools early in their season.

Note, we could also use Nickolas' video when we meet with new perspective team members.

5 and 6 go together. We need to form an action committee to have our ducks lined up to meet with xc teams at JM, Schaefer, and other schools(?) to help get the word out. Barry volunteers to be on the committee. Others interesting in helping, please let Barry know.

7. How about if during one of our dry land sessions in December we have someone from the Dan Abraham Healthy Living Program come in and conduct a class on nutrition for the aerobic athlete. When I (Andy) was in high school I would come home after a swim workout and drink a 1/2 gallon of milk and down a package of Oreo cookies. I wouldn't be surprised some of our skiers to the same thing! (Andy)

8. Should we request the City to put up railings on the creek bridge at Essex? Factors to consider are the 2020-2021 use plans for Essex, Quarry Hill, and Gamehaven. (Darald)

Action: Darald, Curt, and Jeff Robertson will be/are contacting Mike Nigbur of the Roch Park Board to see if this can become a reality. It is indeed a safety issue, especially when icy.

9. Suggestion to provide letter bars for those wishing to letter in their 2nd, 3rd, etc. years of qualifying. It may encourage some veteran kids to continue as participants. (Darald)

Darald and Steve Felton are going to make this happen. Thanks.

10. Comments and suggestions to the Loopy-Loppet All Comers ski race at Essex that was Mike Trantow's excellent brainchild.

Coach Joan: Well organized race. Would definitely encourage kids to ski in it next year.

11. Discussion of the annual Rochester Invite at Eastwood. See Mike T's comments at end under #11.

12. Should we do anything more to ensure skiers in the elementary program set their sights on RNST? See #6 above.

~~13. Do we have the right mix between learning to ski, having fun, and training to race?~~

~~See the team survey link in #4 above. We can omit this item as it is covered in #4.~~

14. Are there any new elements you think we should add to our program? Yes.

Curt suggested adding some Classic training. David's reply: We've talked at the Operations group of starting to build up a supply of some good classic team skis for skiers that have the interest and then having a few practices where that would be an option. Many of our coaches are well qualified to teach classic. Our JNQ level skiers (Hadley and Natasha this year) need to learn it, and it may be of more interest for skiers that want to go to the Wisc State Championships next year, where they have classic one day and skate the next (our skiers can choose to just do skate at the Wisc championships, but they're seeded in the skate race based on their placement in the classic race the day before).

Coach Joan: From my perspective, we had the right mix this year. Rich and I had more serious young girls this year. That is, they didn't JUST want to play, but also wanted to improve their technique and get a good workout

15. Captains' Feedback (what went well and suggested improvements from our '19-'20 captains). We are awaiting a more feedback from our captains this year. Stay tuned in...

16. Special Needs Focus/Idea. How did we do with team members with special needs?

17. I (Barry) volunteer to arrange another hands-on waxing night in early December if we feel it was worthwhile last year. We had 7 volunteer coaches (with their waxing gear) and about 20 skiers attended to wax and learn the techniques of waxing. Also, see Mike Trantow's comment on #17 suggesting to consider another waxing night (or maybe replacing the December one) in February.

18. SNS Binding system will become obsolete in the next 1-2 years with implications for RNST fleet of skis (Michael).

18. Potential Impact of Covid-19 situation on next season. Keeping an eye on it as the new season approaches.

19. Suggestion from Curt: We should look at a tag system for check out at practice. Person has an assigned tag with their name and returns at end of practice. It would help with forgetting to sign out. I can explain more if people are not familiar.

We will put this on the agenda for our fall preseason mtg and in the meantime, let's get Don involved and have Curt explain his idea in more detail to a few of us before the fall meeting.

20. More suggested topics we can bring up at our fall preseason meeting:

- Concussion training for interested skiers and parents; they could even take the online course.
- Dogs at team events? Is this a concern? Do we need to say that they have to be on a leash?

Following is feedback from coach Mike Trantow (Mike's comments are so inclusive, we decided to paste them in entirety here):

1 – Heartwood – NC -no comment, didn't attend this year

2 – Captains – NC

3 – I think most everything worked well, except the Covid-19 cancellations of post season activities

- I think RNST's handling was appropriate and the virtual banquet / emails were well presented.

4- Survey Results – seemed in line with past feedback (wish more kids had responded)

5/6- outreach video – Good ideas!

7 – Dryland Nutrition – I have mixed ideas about this.. It's worthwhile information, but I'm not sure the

kids would appreciate more "education" after school, since they already rate dryland exercises pretty low.

\*CONSIDER\*- maybe just add a simpler bulletized nutrition document or a section to the "Am I Ready to Race" \*OR\* make some videos on the subject matter

Then kids can view it if they want to improve their performance.

I would be willing to create one on carb-stocking for longer races (>1hr)

8 – Railings at Essex bridge? Yes, it is needed.. Hopefully the City will be doing a lot of work at that area.

9 – Letter Bars – good idea

#10 ESSEX CITIZEN RACE – Saturday, Feb 15, 9am-11am

#### WHAT WENT RIGHT (MOST EVERYTHING)

Flags (Cattaneo), Start/Finish Line (Resman, Registration)

Participation by volunteers and skiers

News coverage – two TV and Post Bulletin

Birkie Warriors - 2020 folks + Darald & Barry

Timing the weekend before Birkie worked well, Combined with Women's Ski Meet-up

\*Weather!!! - I wish we could always count on great snow, sunny skies and just sub-freezing

temps – it was perfect!

#### WHAT COULD BE IMPROVED:

Registration – some names/emails illegible afterward – consider using tablets/keyboards to track , esp. for RASC membership

Starting lanes need to be wider or have folks only 3-4 abreast to avoid pile up before the first turns to 55th Street fields

Return up from Concrete Bridge by fence-line too narrow. either reverse the hill paths, take out more trees, or maybe the bike path to steel/wood bridge will be open next year.

Need more time (>2 hrs before) and more spray paint to mark the course, New Arrow signs?

More Notice/Directions to take advantage of Little Barn Cocoa/Cookies

- We could have had snacks at the Pavilion, but it depends on wind and cold (inside better, in that case)

Need more cold water at finish: ~50 skiers drank > 2gal (refilled from 5gal in barn)

\*CONSIDER\* May be only track two race options: One Loop and Three Loops (skip 2Loops... people can always drop/stop when they want)

\*CONSIDER\* - Publicizing more widely next year for more skiers is an option (ex: SkinnySki),

- BUT we might need to change the Waiver/Liability and signups to get a better feel on numbers

before-hand.

Did not really need Race Rolls from Great Harvest (not enough participants to justify)

#11 EASTWOOD INVITE – Friday Jan 24, 3:30-5:30pm

#### WHAT WENT RIGHT

##### Volunteers!

Course grooming - prep just before event paid off, esp. Dave Greymont's last comb passes

Snacks - appreciated by skiers

Clubhouse - warmup/food/Awards - afterwards it was cleaner than I expected from the packed in crowd.

Parking - helped greatly to have directors (better if not doubled duty since timing overlaps 1st race)

Timing/Results - no hitches, ready on time

NEWS coverage -only one confirmed before-hand, but KIMT, KAAL, PostBulletin attended

#### WHAT WENT WRONG (mainly venue timing)

Clubhouse bathrooms - had to get portable toilet on short notice. ( \$280 cost )

City started doing brush removal near/on-course day before jeopardizing – Need to contact them at least a week in advance to prevent trail damage.

Had a few calendar conflicts with traditional volunteers/coaches

#### WHAT COULD BE IMPROVED

RNST skiers sticking around to cheer and Awards (a perennial problem), but the clubhouse \*was\*

FULL, so more people would have been problematic.

Coordinate earlier with Eastwood and City plans - maybe the date should be vetted with more folks/groups?

Volunteer Prep at Starting Line and Finish

More volunteers to avoid "double-duty" and scramble at the beginning

Could they meet before-hand 3pm or earlier to go over duties ( with Starting Lists) ?

Marking the course or adding Course Monitors at some key spots (esp. last hill before the oval finish)

Get four copies of the starting lists, RNST club info, maps ready for the NEWS outlets ... similar to the visiting team packets.

\*CONSIDER\* – EASTWOOD Invitational - Timing on Friday (School out) vs Saturday Weekend. There are Pros/Cons for each – maybe poll the coaches on this?)

\*CONSIDER\* – START line double poling – Just start wider and let them skate right from Start.

\*ACTIONS\*

Post links to NEWS outlets pics and stories\*\* (DONE)

THANK YOU letters from the Captains to John Munson (City groomer), Dave Nogosek(clubhouse), Great Harvest (race rolls)

13 – Right mix of activities – I think it is well balanced

14 – New elements – \*CONSIDER\* schedule a couple Classic Ski optional practices on

Wednesday/Weekends ( vs. only at January Ski Camp)

- I have at least 4 pairs of classic skis, with boots I would let kids use to try it out.

- Classic skiing can be more leisurely and social (less physically demanding to get out and enjoy winter)

- any serious JNQ may want to add this technique/skill

15 – Captain Feedback - NC

16 – Special Needs – NC

17 – Waxing Night - \*CONSIDER\* doing another mid-February when kids skis start getting "slow" – but maybe participation doesn't warrant it?

18 – SNS binding – NC

19 – Covid-19 impact – Hopefully Not! Might impact the Essex work day as part Of Litter-Bit-Better (see below)

20 – Other Topics - \*Volunteer Work Times\* \*CONSIDER\* making optional trail improvement work days part of the schedule