

**Tuesday, March 23, 2021, 6:30pm RNST Virtual Coaches' Postseason Zoom Meeting
Agenda and minutes.**

Note: *Meeting updates and minutes are in this pen.*

Attendees: *Barry K, Joe G, David H, Mike T, Peter W, Grant W, Anna S, Robert, Andy W, John R, Cathryn M, Curt, Jennifer, Kelly, Jim B, Joan R, Kelly V, Steve F, Henry W, Robb W, Kristin S, Franz, Rich P, Bob M, Jen, Roberto, Maureen D, Darald B, Sarah J,*

As you have probably heard by now, our long-time fellow coach, Don Pankowski passed away unexpectedly recently. He headed up the important task of taking attendance at practice, was the coach/captain liaison, and headed up the elementary community ed program Let us have a moment of silence in Don's memory now. We will miss you, Don.

Our thanks to Joe for taking minutes at this meeting and to all the volunteer coaches and groomers who helped make this season happen, and especially to:

David H. for keeping the entire team and coaches on focus to make a challenging covid season turnout very well (including encouraging RNST members to sign up and compete in the Wisconsin State Meet and CXC Regional Championships).

Joan R. for being our Covid Focal Point, keeping us covid free, documenting, and providing all the covid guidelines.

Don P. for being the team attendance leader (for the past 10+ years).

Mike T. and John R. for planing and coordinating the team time trial at Eastwood.

Joe G. for being the RNST Olympics planner and coordinator.

Catherine Mc. For leading all the team zoom yoga lessons.

Jim B., Andy W., Katherine A., Joe G., plus team members, Audrey E., Joyce K., Luke D., Jacob R., and Sam L. for leading the team zoom workouts.

Anna S. for being the team photographer, Instagram coordinator, and newsletter publisher.

Kristin S. for helping wherever the team needed her expertise (Team Letters, Attendance, Groupings, and you name it).

Michael O'C. For keeping, prepping, and distributing the team rental skis. Plus RNST/RASC web page maintainer.

Dave G., Peter W. (grooming coordinators for QH), Andy W., Joe G., Mike T. (grooming coordinators for Essex) and all the other groomers who keep the trails top-notch.

Maureen D. for assisting and filling in for Don's attendance duties.

John Munson, city groomer at Eastwood.

1) Ski Camp status for 2021-2022 season (John R).

a) *John contacted Heartwood and the facility, at the moment, is available for next season. Costs are up a bit but appears doable.*

2) Captain for 2021-22 season:

Jack Archbold (Lourdes), Abigail Dewey (Stewartville), Hadley Jensen (Mayo), Lilly Keillor

(Century), and Rachel Perry (Home School).

There were no volunteers, so coach committee agreed on the above. Action: Need to identify a replacement for Don to be the captain liaison.

- 3) Any covid updates or summary (Joan)?
 - a) *Went well. Joan will update the plan to better reflect actual practices.*

- 4) Do the current ski groupings serve us well (David)?
 - a) Is the temporary creation of Group 4 useful? It does allow a group where previous 1st year skiers can go if they are not a clear fit for groups 1,2 or 3. But it also resulted in having to move some skiers back to one of the A-E groups and in big bunches of skiers moving up and down from week to week.
 - a.1. *Action: Keep group 4 – All group A through E from previous year put in group*
 - a.2. *Concerns were raised with the size of group 3. Discussions on how to address with no firm decision.*
 - b) Group 1 is now big, and has some super fast and strong skiers. Do we need a Group 1A? Should we have a girls-only Group 1?
 - b.1. *One suggestion is to hold on or more practices with girls only.*
 - c) I received an email from the parent of a skier with “good technique” but who can’t ski fast due to asthma, and which asked: is it possible to have a group for skiers with good technique who don’t/can’t ski fast?
 - c.1. *Our current program supports this. More communication with skiers of the option to move up/down could help.*

- 5) Should we rotate coaches among different groups so coaches can learn from each other (David)?
 - a) *Good idea.*

- 6) We unfortunately did not have Coach-the-Coaches sessions this season for a number of reasons. Is there interest in resuming 1 dryland session and 1 on-snow? Probably on the weekend (David).
 - a) *Yes!!*

- 7) We initiated some classic technique training sessions this past winter, aimed at RNST skiers participating in CXC Races where 50% of races are classic. We hope to acquire 5-10 pairs of good skin skis for next season to continue classic training for strong skiers. Do we open up classic training for other skiers on the team? We would likely have to then create 2 groups: those wanting to race classic and those wanting to just learn how to do it (David).
 - a) *Agreed it would be great.*
 - b) *Have the program under RNST vs Community Ed. David will pursue.*
 - c) *If interested, send David an email with your interest to help.*

- 8) I recommend we launch an expanded junior program, for skiers younger than 7th grade. With both a learn to ski group, who learn on fishscale classic skis and also a freestyle group for younger skiers who want to skate ski and maybe participate in races. Winona and Red Wing have strong programs, and we saw many of Red Wing’s younger racers when we went to their race this year. I think this sort of program would be enjoyable for accomplished young skiers and help build a pipeline of skiers for the

regular RNST program. Don Pankowski did a great job managing a learn-to-ski Community Ed program for young skiers the past many years, with rentals from Quarry Hill. Part of this recommendation recognizes we will need to find a new coordinator for that program and/or merge it into the recommended expanded program. We would need some extra coach time, either on days when there is not an RNST practice, like Wednesdays, or can we have those sessions occur on some of the same days as the RNST practices (David)?

- 9) Are coaches okay with the RNST Coach Policies (David)?
 - a) *No concerns.*
- 10) This season we had 153 skiers participate, up from around 125 last year. Any concerns about that # of skiers (David)?
 - a) *Covered above.*
- 11) Discussion on finding a replacement for a new team practice attendance taker/coordinator.
 - a) *Document and communicate role / responsibilities and then communicate to solicit candidates. Maybe Maureen and Kristin can help document?*
 - a.1. *Barry will reach out to Maureen to acquire her input.*
 - b) *David said he will pursue getting RNST material stored at Don's home.*
 - c) *Should we do something to memorize Don? Barry to set up a google pole to solicit ideas.*
- 12) Any news from Parks Dept on Railing on Essex bridge?
 - a) *Mike, Andy and Joe will continue to pursue with city and suggest possibility of RASC building a bridge.*
- 13) Discussion on the phone app called Coaches Eye.
 - a) *Joe provided an example on how he used the application.*
 - b) *David to pursue RNST funding to purchase a license.*
- 14) Gamehaven snowmaking update (Jim Bennett, Michael O'Connor)
 - a) *Plan is to have a 2.2K man made snow for the 2021 / 2021 season.*
- 15) Reminder of Coaches and Groomers Happy Hour at Andy Wood's country estate on either May 1st, 2nd, or 8th; the deciding factor will be the afternoon with the nicest weather forecast. Look for announcement in later April.

The following are suggestions from coaches to help/improve our practices (these are mainly mind-joggers to put in the pre-season meeting next fall and to implement next winter):

- 16) Move coaches around among the beginner groups (Curt).
- 17) Remind skiers at beginning of season that their coaches may move them to other groups and to not be surprised or take a downward move in a bad way.
- 18) Have veteran skiers help coach the beginner skiers now and then; this is often

suggested at the eos meeting, I (Barry) keep forgetting to do it (on my big todo list).

- 19) For the non-beginner groups (1,2,3), have a printout or softcopy list of the kids in each group to help those coaches. It would be very helpful for the coaches to learn the skier names; it does not have to be every practice, but every week or two (Sarah).
- 20) Get a photo of each skier at registration time (or early in season) to show along with the groups at practice to help (especially beginner) coaches get to learn names (Jennifer).
- 21) Reminder to coaches who need a refresher on Concussions, Asthma, and other emergency situations, go to the RASC web page (<http://rochesteractivesportsclub.wildapricot.org/>), click on Rochester Nordic Ski Team and click on Coaches Corner.

22) New Business

Are coaches interested in being able to buy a super puff down jacket with the RNST logo and name on the front and back? I (David) won such a jacket at the WI State Meet thanks to Joey Keillor loaning me the money to enter the raffle. The company, Endurance Enterprises/Enjoy-Winter, based in Madison would offer us discounts that would price the \$280 jacket at \$140 (for >40), \$168 (20-40) or \$196 (base team rate of 30% off). I will receive mine in the next couple weeks. They're also willing to provide a bunch of samples next fall to check out sizing. We could also open these up to skiers as a warm coat option, or keep them just for coaches. The company says they keep a large amount of inventory on hand and do the logo applications themselves so turnaround time is a couple weeks. The company is also willing to discuss discounted access to Bliz sunglasses and goggles, Start wax and poles and a new line of gloves. Here's a link to the jacket: <https://enjoywinter.com/apparel/anti-freeze-superpuff-2-jacket>

23) Any other new business?

- a) *Barry to coordinate a group clean up effort at Essex and/or QH.*

24) Meeting adjourned. Thanks all. Have a good summer. See you next fall.