

Wednesday, May 11, 2022 6:30pm RNST Coaches' Postseason Meeting Agenda at Pasquale's (130 5th ST SW). Social half-hour (food and beverage) begins at 6:00.

Our thanks to Curt Hale 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 head team attendance taker and our team Covid Focal Point.

Jim B. for being the team liaison to the City Parks Dept for ski trail design and snowmaking at Gamehaven.

Mike T. and John R. for planning and coordinating the RNST Invite at Eastwood.

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

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

Captains Abbi, Rachel, Hadley, Lilly, and Jack their many roles of helping the team.

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.

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.

Peter W. for heading up the elementary classic ski program on Wednesdays at QH

Andy W. for giving Classic Ski instructions on Wednesday nights to all interested team members, and for hosting the Coaches EOS Happy Hour(s).

Who else am I missing?

Meeting Notes in GREEN Italics.

Attending: Curt Hale, David Herbert, Roberto Cattaneo, Olivia Gay, Richard Peter, Shirley Peter, Joan Rabe, Jim Bennett, Denny Truelson, Andy Wood, Brett Ostby, Barry Knapp, Darald Bothun, Anna Sortland, Henry Walker, Michael Trantow, Michael O'Connor, Kelly VanCamp, Kristin Sorenson, Mike Holmes.

1) Ski Camp status for 2022-2023 season (John R)

Reserving next year's camp for January 6,7,8 2023 at Heartland. Costs have gone up to \$350 from \$250 last year which is a real concern. \$55 of the \$100 increase is due to bus transportation and the other \$45 is due to increases at Heartland. Last year RASC subsidized \$20 of the cost to get it down to \$230 as that cost was already a concern. The camp is the highlight for most people on the team and it was sorely missed the past two years due to covid.

It was suggested to form a Heartwood Committee to look at all the options to reduce costs as it is estimated attendance could be as much as 50% less. The Committee will be led by John Resman and will consist of Kelly Van Kamp, Barry Knapp, Andy Wood, Jim Bennett and David Herbert.

2) Captain for 2022-23 season:

Sarah B., Greta D., Estella R., Xavier L., Nicholas V.C., and Ari W.

Increased to 6 skiers this year to add 2 school representation in addition to the strong representation from Home School skiers.

Should look at ways to get them more involved, such as dropping down to help coach on occasion which was a big success this past year.

3) Any covid updates or summary (Joan)?

None at this time.

4) Any Attendance Notes (Joan)?

- An early comment from parent/coach Catherine: regarding “the volunteer work at every practice, I think parents need to get a specific targeted communication discussing how vital parent volunteers are And asking them to do it. David addresses it, but I think we could push a little harder. As usual, it is many of the same parents doing most of the work.”

This message was re-enforced.

It was noted Joan did a great job this past year in leading this!

Also, it was suggested that coaches helping with attendance could help coach one on one near the sign-in area after groups have left for beginning skiers that could use the extra help.

5) Summary of CXC Races and Jr Olympics Events that members of RNST participated in (David, Anna, Kelly, and/or Henry).

We had 6 skiers who participated this year (Van Kamps, Sortlands, Anna Pichard, and Hadley Jenson). It covers 5 weekends of races and a significant amount of effort but was overall worth it according to the skiers and helped them to gain experience and improve. Some of the competition is very advanced. Classic waxing is also a specific challenge.

6) Feedback/notes/comments from last season's Captains (Darald, David, and Kelly).

- One early comment from a parent/coach (Catherine): “Captains practice was spectacular this year with easy participation by all. Core workouts and group soccer, let's encourage more of that. Every skier I saw attending loved it and it set the tone for a really connected team season.”
- Liaisons, please pass this on to next season's captains.
- Early comment from coaches (Mark and Barry): Keep up The use of captains to demonstrate technique or lead a long ski works well, especially when the kids have gained the basic skills.

David will follow-up with end of year recommendations from this year's captains and report back.

7) Thoughts/recommendations from the end-of-season team survey (David).

Saw a slight decrease probably mostly due to Covid and no camp again. Free skiing and games rated well. Zoom practices rated poorly.

8) Coaches thoughts on returning to the RCTC Dome for some dryland days (David)?

It was agreed we should try to reserve the Dome again if it is inflated in time and the costs have not increased too much.

9) Should we have designated *free-ski* practice days (David)?

It was agreed we should institute more free-ski practice sessions next year as they were popular with most skiers. It was suggested they should be unannounced ahead of time. It would also be a good time for one on one coaching and testing for those than want it.

10) Any suggestions to practice format (David)?

Add more games when possible.

Reduce time spent on announcements in the beginning. Perhaps the individual coaches could cover with their groups sometime during the practice to save time.

11) How to make optimal use of Gamehaven (David)?

Suggested to do some dryland training out there to familiarize everyone on the area ahead of skiing it.

12) There has been some recent talk by RPS (Roch Public Schools) about starting school 55 minutes later in the day; it looks like this thought has been tabled for next school year, but it is something we should be lobbying against (and keeping abreast of) in the future as a 55 minute later start implies a 55 minute later end of school, which would raise havoc with our practices (Jim and David).

This should not be an issue at this time and next year all schools are looking at starting 10 minutes earlier. There was discussion about going back to a 400pm start but still some concerns about enough time for commuting. It was left at a 4:15 start but it was suggested to have at least an hour practice as 45 minutes in the beginning of the season was too short.

13) Is the Essex Park bridge railing construction a moot point now that we have Gamehaven, or should we continue studying the feasibility of it?

We will address again with the City as it is really their responsibility but it is doubtful anything will be done considering all the other projects they have going on. We will need to remind skiers of the safety concerns here, especially when it is ice covered.

14) Gamehaven snowmaking update (Jim Bennett)

Hail Mary!

We have all the equipment.

It is probably now under the Forestry area instead of Park and Rec.

Still looking at 3K of trails which should be sufficient, especially with the width of trail.

At some point may need to request lighting and perhaps a warming hut.

Sled hill has had use and could be a concern with skiing areas.

We have offered grooming volunteers but don't know if they will be need yet.

Will probably look at moving snowmaking equipment more than moving made snow.

With Global Climate Change this project will become even more important to the success of our team. Overall temps have gone up 6 F since the 1970s and we did not have very much snow last year!

15) Skier gender.

Gender identification was an issue this past year. We will keep our current selection criteria, follow the lead of the Rochester public school system, and address individually as necessary.

The issue is most problematic in racing results and lodging.

We do not divide out training sessions any more based on gender.

16) Did the groups 1, 2, and 3 get the printout (or softcopy) of the skiers in each group for the coaches usage? If so, how did it work out and should we continue it?

This could probably be improved for groups 1,2,3 but seemed to work well for groups A-E.

The names on the skies was helpful.

17) Here is a book recommendation from Coach Jim Bennett. It's titled *A Winter's Children* by Ryan Rodgers. Here is a note from Jim about it, "It is a history of Nordic skiing in the US, mostly in the Midwest. There are lots of mentions of local places, people, and events. I think anyone of the coaches would enjoy it."

18) We gave "perfect attendance" awards at the team Banquet this past March in honor of deceased Coach Don Pankowski. This is a reminder that we should continue this honor from now on.

19) Thanks to coaches and team members and parents who participated in the Essex Park Earth Week/Litter Bit Better Cleanup.

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):

20) 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.

There was significant discussion on placing and moving skiers in different groups. It should never be considered a demotion and just a move.

A-E groups did a good job moving skiers between practices due to feedback to Barry K after each practice.

1,2,3 groups feedback should go through David H who can decide on best moves.

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) Darald created a useful list of dryland exercises (especially useful for non-dome practices) that I (Barry) plan on having Michael O'C. Upload to our web Coaches Corner by next fall when our dryland practices begin.

23) A placeholder of a suggestion for next season prep from Bob M. regarding the placement and shuffling of especially Groups A and B. I (Barry) am putting it here so I do not forget. That's all.

24) Check out the awesome link (featuring interviews of David, Michael, and Lorie Forstie) from KSMQ's Off 90. Here is the link:

<https://www.youtube.com/watch?v=YLLa9JGlijk4>

25) New Business: Signs (Curt H)

It was observed that we have many signs down at Essex and they are not consistent between Quarry Hill and Essex or clear to non-skiers. Some people do not care but many people are not sure what to do.

Suggest using "PLEASE" instead of NO Walking on Trails and suggest walking on "side of trails". Mike T. will look at updating, especially at Essex which has had a lot of changes. He may need a committee to help.

We will also ask the city about cleaning up the wood harvesting areas at Essex before grass starts growing and makes it very difficult.

26) Meeting adjourned 8:10 pm

Thanks all. Have a good summer. See you next fall.