



Rochester Nordic Ski Team 2020-2021

Team Orientation and Registration Information

www.rasc-mn.org

**Program Information, brochure, online registration available at
www.rasc-mn.org>Rochester Nordic Ski Team**

Rochester Nordic Ski Team (RNST) Program Overview

For most of us, Minnesota winters are a time of hibernation with little in the way of outdoor activity. Our goal is to show students that once the basic skills are mastered, Nordic skiing is an exhilarating sport and one of the best ways to stave off the effects of a long cold winter. Through this program, skiers will learn life skills that will enable them to get out and enjoy the wintertime. For athletes, it also provides an excellent means of building endurance and fitness over the winter months and gives them a jump-start on Spring and Summer sports.

This program is run by the Rochester Active Sports Club (RASC). The goal is the development of Nordic skate skiing both as a recreational and competitive sport in Rochester high and middle schools. This ski program is open to all 7th – 12th grade students in Rochester and the surrounding area. Because the RNST is hosted by RASC, registration fees include membership to RASC with full member benefits, including regular e-mail updates, a club web site and an electronic bulletin board. Members are also entitled to discounts off items purchased at several local ski and bike stores.

Beginning/Recreational/Competitive Skiing

Beginning/recreational skiers will find a great opportunity to master basic Nordic skate skiing techniques and gain lifelong skills through effective coaching and practice sessions. Those interested in a more competitive, athletic approach will be offered advanced coaching as well as opportunities to ski in meets.

Skiers will be grouped according to their skills and proficiency and moved to more advanced groups as their skills improve based on coaches' recommendations.

Online registration: www.rasc-mn.org>

Rochester Nordic Ski Team>Join Rochester Nordic Ski Team

ONLINE REGISTRATION OPENS OCT 1, 2020 FOR ALL SKIERS.

This year due to COVID, we will be limiting our registration to 160 skiers.

Returning skiers will get priority if registered by Oct 31, 2020.

RNST Skate Ski Program

Open to 7th - 12th Grade

Groups for beginning through competitive skiers

Practices: Monday/Tuesday/Thursday

3:45 Check-In

4:00 pm - 5:30 pm Practice

(Ongoing updates available on Mail Chimp and Remind)

First-Year Skier Informational Meeting

Wed, Nov 4, 2020

6:00-7:00 PM

Zoom Meeting

Sign Up Here: <https://forms.gle/KefxHQqp7mTmSwMr8>

Zoom link will be sent after sign up.

We would like to answer all of your questions
as you consider the Rochester Nordic Ski Team this season.

Skiers and Parents are encouraged to attend.

UPDATE: RNST Ski Pick Up (10/31/2020)

Once you have registered and paid to lease your skis,
Contact Michael O'Connor at RNSTequipment@gmail.com

To schedule a time for pick up.

Please arrange to pick up skis by November 9.

RNST Ski Pick Up

YOU MUST BRING YOUR SKI BOOTS

Please bring a mask.

Mon, Nov 9, 2020

“Rain Date:” Mon, Nov 16, 2020

Watch Facebook or the Website for Date Changes Due to Weather

5:00-6:00 PM

Waldo High School North Parking Lot

Station 1: Confirm Registration/Payment

Station 2: Directed to Lane based on Height/Weight

Station 3 (4 Lanes): Poles and Ski Pick Up

Sponsored by: Rochester Active Sports Club

Note: Loaner skis and poles will be available for a small fee for first-time skiers. Excess equipment may be available for returning skiers but will not be assigned or distributed until the first day of practice.

There is no guarantee of equipment availability for returning skiers.

First-Year Skier Mandatory Equipment Orientation (Zoom) –

Mon, Nov 23, 2020 4:00 pm

First Practice (all skiers) – Mon, Nov 30, 2020

No practice- Thurs, Feb 25, 2021

Last practice – Thurs, March 4, 2020

2020 – 2021 Calendar

Access the RNST Google Calendar by adding RNST3128@gmail.com to your own Google Calendar by following the instructions at this link:

<https://support.google.com/calendar/answer/37100?co=GENIE.Platform%3DDesktop&oco=1>

October		Online Registration Opens: www.rasc-mn.org > Rochester Nordic Ski Team
Nov 4	Wednesday	6:00 pm First-Year Skier/Parent Informational Opportunity- Zoom
Nov 9	Monday	6:00-7:00pm Ski Pick Up: Mayo North Parking Lot
Nov 16	Monday	6:00-7:00pm "Rain Date" Ski Pick Up Mayo North Parking Lot
Nov 23	Monday	4:00pm Mandatory Equipment Orientation for First-Year Skiers
Nov 30	Monday	4:00 pm Regular Practice Schedule Begins Monday, Tuesday, Thursday - 4:00 - 5:30 pm (actual times will vary, please watch your email for updates)
Dec 22	Tuesday	Last practice before Winter Break
Jan 4	Monday	Practices resume
Jan 17	Sunday	4:00-9:00pm Victoria's Fundraiser
Feb 25	Thursday	No Practice (Birkie Weekend)
Feb 26	Friday	Kortelopet (Preregistration required-Hayward, WI)
Feb 27	Saturday	Birkiebeiner (Preregistration required-Hayward, WI)
Feb 28	Sunday	Community Service Hours Due
Mar 4	Thursday	Last Practice
TBD		6:00 pm End of Season Awards Ceremony- John Marshall Cafeteria

Communication

RNST uses **Mail Chimp and Remind** as our primary communication tools. Mail Chimp emails will be detailed weekly schedule. **Remind** will be used for last minute updates and sent as text messages, including cancellations due to weather or change in practice locations. We will aim to send practice changes before noon on the day of practice. All parent and skier contact information provided during registration will be added to these two communication platforms.

- **Mail Chimp:** All emails provided during registration will be signed up for Mail Chimp emails. You are able to opt out of these emails if they do not apply to you.
- **Remind:** All cell phone numbers provided during registration will be signed up for Remind messages. This information is designed to be last-minute, short text messages so we recommend entering your cell phone number instead of your email address. You are able to opt out of these messages if they do not apply to you.
- **Google Calendar:** This calendar can be added to your own calendar and synced to your phone. <https://support.google.com/calendar/answer/37100?co=GENIE.Platform%3DDesktop&oco=1> for instructions on how to subscribe to the Google Calendar. Email address is rnst3128@gmail.com
- **Facebook:** (<https://www.facebook.com/pages/Rochester-Nordic-Ski-Team/129592440523825>) or go to <http://www.rasc-mn.org> and click on the RNST tab on the left side. The Facebook link can be found on the right side of the RNST page.
- **Instagram:** Go to Instagram page "rnst4751"

Practice Information

****Due to COVID:** We will have limited Outdoor Dryland at least once per week until there is snow. Watch Mail Chimp emails for Weekly Practice Schedule.

Training Sessions – Dates and Times

The first practice will be Monday, November 30. Regular practices will be held on Monday, Tuesday and Thursday from November 30, 2020 until March 4, 2021. In general, practices will run from 4:00pm until 5:30pm. The end time can vary due to many reasons including site availability, weather, and darkness. Please check the weekly communication regarding the duration of each practice.

During Rochester Public Schools' Winter Break, we will also break from practice. Therefore, there is no practice from December 23-January 4. **We do practice on other non-school days during the season (MLK Day, President's Day).**

Skiers are required to make their own travel arrangements to and from all training sessions.

Skiers should be prepared to ski by 4:00, **which means arriving by 3:45 in order to have time to sign in and put on equipment.** Groups will leave the sign in area shortly after 4:00pm so please allow the proper time to meet up with your correct group!

Skier pick up: At least two coaches will always stay until all skiers are picked up.

Please be respectful of our volunteer coaches' time and pick up your skier promptly!

Note: Skiers are welcome to arrive and leave practice at any time, however those who do not participate for at least one hour will not receive lettering credit for that day's practice.

Cancellation of Training Sessions

Temperature: ski sessions are cancelled if the ambient temperature is below 0 degrees or wind chill is below -10°F at the training site. At temperatures close to these cutoffs, practice time may be shortened to 1 hour. Updates will be posted on Facebook and sent out by Remind and Mail Chimp. Outdoor dryland practices may be cancelled due to stormy, wet, muddy and/or extreme cold conditions.

Training Locations – Dryland (No Snow)

We will have limited Outdoor Dryland at least once per week until there is snow. Adjustments will be made if there is significant snow.

Training Locations – Snow

Ski locations are determined based on trail snow conditions as well as which trails can support a large number of skiers. Our most frequent options will be Quarry Hill, Essex Park and Eastwood Golf Course. Other options include lake skiing at Mayowood Lake and Chester Woods lake. Locations will vary each day so please be sure to watch your Remind and Facebook for the most up-to-date information about practice location!

Attendance Policy

We encourage all skiers to attend as many practices as possible. Skiers will be required to check in and out at each practice for their safety and for our lettering recordkeeping. **Skiers do not need to notify RNST if they will not be at practice.** Please do notify Head Coach David Herbert (rnst3128@gmail.com) and Kristin Sorenson (rnstmembership@gmail.com) if you will not be at practice due to a medical reason.

Team Conduct

Each member of the team is expected to conduct him/herself in a manner which is safe, conducive to learning, and respectful to teammates and coaches. Team members are expected to ski with a group at all times.

Further discussion is contained in Appendix C and in the RNST Covid Preparedness Plan, including specific team member responsibilities related to our plan.

Program Fees/Equipment/Clothing

Registration Fee

\$85 for 1st year skiers, private school, home school, or non-Rochester public school students (grade 7 – 12).

\$110 for returning Rochester Public School/Byron skiers (includes lettering fee).

The registration fee includes fee for an RNST pocket face mask/buff that will be provided to each skier.

Fees are due at time of registration by cash, check, or online payment. We encourage you to pay online: There are NO ADDITIONAL FEES for online payment of registration.

If you do pay by check, please make it payable to RASC and mail to Kristin Sorenson.

(Contact for mailing address: rnstmembership@gmail.com)

All registrations will include a Buff for wearing to cover the face while skiing.

Note: Financial assistance is available through RASC for those who need it – please contact Darald Bothun for more details (rnstscholarship@gmail.com).

Equipment

To assist you with understanding all the costs of participating in the ski program for a season, here is an estimate of some of the common additional costs that may be incurred.

Skis & Poles, leased from RASC for season (first year skiers) **\$35.00**

Ski Boots, leased or purchased from Tyrol for season

Salomon S/Race Skiathlon Jr Boot (sizes smaller than 8 US mens)

Lease = \$84/Purchase = \$140

Salomon RS8 Skate Boot (sizes 8 US mens and larger)

Lease = \$122/Purchase = \$203

Clothing+

Team Jacket (optional-see below)

Team Price \$150 (includes shipping)

Team Pants (optional-see below)

Team Price \$70 (includes shipping)

Winter clothing (base layer/socks/gloves/etc)

Variable (*10% discount for RNST Skiers*)

+Rochester Nordic Ski Team “Jackets” (Winter 20/21)

- “Podiumwear” Team Jacket will be available to order through an online Storefront.
- Model: Silver Level jacket (available in unisex or women’s sizes).
- Price: \$140 plus \$10 for shipping. Jackets will be sent directly to skier’s shipping address.
- Online Storefront will open October 15th and will be available at this link: <https://www.podiumwear.com/team-storefront/rochester-nordic-ski-team/>. Password is **RNST**
- There will be sample sizes (to determine sizing) available at Tyrol starting Oct 19th through Oct. 26th.
- **Online storefront will close November 6th.**
- Jackets should be arriving in early December.

+Rochester Nordic Ski Team “Pants” (Winter 20/21)

- Craft “Storm Balance Tight” will be available to order through Tyrol Ski & Sports.
- Price: \$70.00 (retail price \$120.00). Prepay at time of order.
- **Orders can be placed at Tyrol until November 6th.**
- Availability is currently looking good but cannot be guaranteed due to changing supplier inventory.
- Samples sizes are available to try on at Tyrol.

High School Athletic Letter in Nordic Skiing

Skiers have the opportunity to earn a high school letter from their high school. To fulfill the requirements of the program the student must attend at least 85% of practices, participate in at least three races, demonstrate proficiency in skiing, and meet the community service requirement. In order to allow skiers to fully develop their skills, first-year skiers are not eligible to letter. Full details of the lettering requirements can be found in Appendix A.

Parent Volunteers

We rely on parent support for our Check In/Check Out system. Please sign up to help us!

<https://www.signupgenius.com/go/60b0c4caea72ba31-2014>

Lost and Found/Valuable Safety

Avoid lost and found by LABELING ALL ARTICLES OF CLOTHING! Lost and Found/Valuable Safety will be available at the Check In/Check Out area at every practice. Never ski with valuables (keys/phones) in unzipped pockets! Leave these items with Coach Don at the sign in area.

Medical/Asthma/Concussions

RNST does not collect physicals. We ask parents to work with your medical caregivers to determine that skiers are eligible to participate without restriction. All RNST coaches have concussion training. Asthma is a condition that can easily be exacerbated by cold and exercise. Please carry an inhaler at all times and inform your coach if you have asthma! Please inform your coach if a medical situation arises during practice!

Competitive Events

Competitive Events are TBD this year due to COVID-19. Stay tuned!

Meet the Coaches

All positions and coaches are volunteers!

RNST Operations Group

Steve Felton-School Liaison
Dave Greymont-RASC Treasurer
Joe Gyura
David Herbert
Joey Keillor-RASC Webmaster
Michael O’Connor-RASC President
Kristin Sorenson
Henry Walker
Andy Wood



RNST Volunteer Staff

RNST Head Coach – David Herbert

RNST Assistant Head Coaches-

Joe Gyura, Leah Karsten, Joey Keillor, Barry Knapp, Joan Rabe, Andy Wood

RNST Administration- Kristin Sorenson

RNST Coaches

All coaches are volunteers and have completed a background check through the Rochester Public Schools as well as concussion training. Many of our coaches have also received Level 100 and 200 Certification by CXC (Central Cross Country Ski Association).

Please see the website for more information about our coaches! www.rasc-mn.org>Meet the Coaches

Katherine Argo
Shawn Baranczyk
Mark Behrends
Jim Bennett
Darald Bothun
Roberto Cattaneo
Chris Derauf
Erin Dewey
Steven Felton
Joey Furst
Dave Greymont
Joe Gyura
David Herbert
Nick Johnson
Sarah Johnson
Leah Karsten
Joey Keillor
Barry Knapp
Bob MacCarty
Bob Manulik

Dan Nath
Michael O'Connor
Don Pankowski
Rich Peter
Joan Rabe
James Ratelle
John Resman
Franz Rinkleff
Luke Russell
Anna Sortland
Mike Trantow
Denny Truelson
Kelly Van Camp
Henry Walker
Robb Welch
Peter Wollan
Andy Wood
Chris Ziegler
Bob Ziller

Meet the Captains

Boys: Luke Drake (Mayo)

Girls: Audrey Ehling (Mayo)

Jake Ratelle (Stewartville)

Joyce Korinek (Home School)

Appendix A - LETTERING REQUIREMENTS

Lettering Requirements will be adjusted due to COVID-19
and based on what is feasible throughout the year.

If there are no competitive events, we will not require this component of lettering.

However, assume that all other components are expected.

- The first year of participation on the Rochester Nordic Ski Team is an introductory year. Skiers will be learning the techniques of skate skiing and building skills and endurance. First-year skiers will not be eligible to earn a Varsity Letter.
- The second year and every year after that, the following criteria will be used to determine if a skier is eligible to receive a letter:

Minimum expectation: Approximately 136 Points

- **Practice Requirement – attend a minimum of 85% of the total of held practices (approximately 24 sessions = 48 points)**
- It is expected that each skier will be in attendance at a minimum of 85% of the held practices. Each practice is worth 2 points.
- A maximum of 4 bonus points can be applied to practices.

- **Race Requirement – participate in 3 high school ski meets (3 meets=60 points)**
Schedule – to be determined and will be announced in advance.
- It is expected that each skier will participate in a minimum of three RNST high school ski meets. Each meet is worth 20 points. Some of these meets may be intra-team time trials.
- A non-RNST high school race or a citizen's race may be used to supplement club races but the details (name, location, date) must be communicated to rnst3128@gmail.com.
- JNQ Races can be used as an alternative to RNST meets.

Junior National Qualifiers (JNQ) - Alternative to RNST meets

At the highest level of junior racing is Junior National Qualifiers, with the top skiers competing for spots on the Junior National Team to compete with top juniors from around the country. For those skiers who wish to ski at a competitive level, one JNQ Qualifying event can be substituted for 2 RNST high school ski meets. If you plan to compete in the JNQ races, please contact Coach Henry Walker well in advance as these events require significant preparation. More details at JNQ website:

<http://www.cxcskiing.org/pages/events/cxc-junior-cup.html#Championships>

JNQ Schedule

Check the JNQ website: <http://www.cxcskiing.org/pages/events/cxc-junior-cup.html#Championships>

Additional Notes about JNQ Races

- JNQ's are open to everyone but you are required to sign up well ahead of time so do not wait for the last minute to decide.
- Points are accrued in each race so if you really want to qualify for Nationals, plan to attend as many races as possible.
- The current race schedule is not set in stone, it will likely vary due to conditions and other factors so again, plan to attend as many as possible.
- Contact Head Coach David Herbert if you are uncertain about attending or need support to attend. David will help provide a coach to answer questions, help wax, manage registration, etc.

Appendix A - LETTERING REQUIREMENTS (continued)

Wisconsin State Championship Ski Races

Because RNST is not a member of the Minnesota State High School League, our skiers are not eligible to compete in the Minnesota State Championships. The Wisconsin Nordic Ski League does allow guest skiers from adjacent states to attend their State Championships held at the Birkebeiner trailhead near Cable, Wisconsin, assuming a skier and/or their team have petitioned to participate and been accepted. One RNST Skier attended the Championship last season and based on that positive experience, we will be planning to petition for interested RNST skiers to attend the meet in February 2021 at the same location. The meet includes a classic-style race on Saturday and a skate race on Sunday. Interested skiers will need to have their own transportation and lodging and pay fees associated with the meet. Contact Head Coach David Herbert if you are interested in attending or have questions about the meet.

- **Technique Requirement – Proficiency in Home Position and Four Techniques (16 points)**
- Each first-time lettering candidate must demonstrate he/she understands the home position and can properly perform the four basic skiing techniques - double pole, V-1, V-2 and V-2 alternate.
- Testing will be done by selected coaches at designated practice sessions on a pass / fail basis.
- Under normal circumstances, it will only be necessary to pass skills testing one time during a skier's RNST career. However, all four tests will need to be passed in the same year for this to carry to the following year.

- **Community Service Requirement – 12 hours (12 Points)**
- Even if you are not choosing to letter:
ALL RNST MEMBERS ARE ENCOURAGED TO PARTICIPATE IN THIS VALUABLE ACTIVITY!
- Any Community Service hours should be a benefit to your community, church and neighbors with no benefit to yourself except for the good feeling or the thanks you may receive for the service.
- The community service hours should be submitted only to the Rochester Nordic Ski Team and not used for a requirement of a different organization.
- The Community Service hours may be accumulated anytime from February 24, 2020 through February 28, 2021. A minimum of 12 hours is required to meet this lettering requirement.
- Submit your Community Service using the online form (<http://tinyurl.com/RNSTservicehours>). An e-mail confirming your submission will be sent to your parent/guardian's address. We want them to celebrate your Community Service hours!
- The online information may be filled out anytime during the season until the deadline of Sunday, February 28, 2021. Hours may be submitted as they are earned. It is not necessary to wait until all hours are accumulated before submitting.
- Please indicate the specific community service and for whom the service was provided.
- Completed hours will be reviewed by Coach Darald Bothun.
- **Bonus Point Sources**
A maximum of 4 bonus points can be substituted to achieve practice requirements. Skier is responsible for communicating their attendance to workshops/ski camps and citizen's races to rnst3128@gmail.com.
- Two points will be granted for each workshop or ski camp attended. These workshops are in addition to regular practices and must be conducted by the coaches or other qualified skiers.
- Heartwood ski camp credit: Skiers must attend all Heartwood sessions to receive credit for 2 practice sessions and 1 race. (not available this year)
- A citizen's race may be substituted for two practices (4 points).

Appendix A - LETTERING REQUIREMENTS (continued)

- **Coach's Discretion:**
- If an athlete is injured during the season and is unable to participate fully because of the injury, the coaching staff will decide objectively whether they felt the injured athlete would have reached the lettering criteria had the injury not occurred. This decision will be based largely on whether the athlete had been on pace to letter at the time of the injury.
 - Please communicate any injuries that impact practice attendance immediately by emailing rnstregistraton@gmail.com . Credit for practice will be at the coach's discretion.
 - A doctor's note may be required to document an injury when it impacts lettering.
- Letter winners are expected to uphold team spirit and proper team conduct. A letter will not be awarded to anyone who does not demonstrate these qualities.
- Intra-team races may be scheduled to substitute for meets or practices cancelled due to weather.
- If weather conditions limit the number of planned practices, 85% of held practices will be used to determine the total minimum points required.

Appendix B - EQUIPMENT AND CLOTHING

Equipment

Note that there are two types of Nordic ski techniques – skating and classic. Skating technique will be the primary technique at all sessions. **When purchasing or renting equipment, please ensure that you get skating equipment** (skis have no kick zone, poles are longer and boots are stiffer and higher than those used for classical skiing). If renting equipment to match RNST skis, rent boots that match the skis' bindings. This year we are changing some of our club skis to a new binding. It is recommended that you rent your boots BEFORE picking up your club skis on November 9 at Ski Pick Up and then bring them along. We will match your skis to your boots.

RASC Skis and Poles

A limited number of skis and poles will be made available to first-year skiers **for a charge of \$35 for the ski season** (this charge also covers the cost of maintenance of the equipment, replacement of broken skis, poles and preparation of the skis at the beginning and end of season). First year skiers will get preference for this equipment. Sign up to get this equipment when you register.

For returning skiers, loaner skis may be available, but will not be determined until first-year skiers are fulfilled. This is to ensure that all first-year skiers obtain equipment. Note: the club has 100 pairs of skis, so we are usually able to provide equipment to all who request it, but be aware that this is only guaranteed for first-year skiers.

Waxing

All skiers are encouraged to learn how to properly care for and maintain their own skis. There are a number of online videos that teach the fundamentals of waxing and ski maintenance. Please contact any one of the coaches if you have questions about waxing or are interested in good online links. Although we encourage skiers to learn to maintain their own equipment, an opportunity will also be available each year for a coach to wax these skis. If you would like to have your skis waxed, contact Michael O'Connor at rnst3128@gmail.com

Rental Equipment

Locally, Tyrol Ski and Sports has equipment available for rent or sale. Shop early for the best selection! Robb Welch will be on-hand at Orientation for questions.

Appendix B - EQUIPMENT AND CLOTHING (continued)

Purchasing Skis, Poles and Boots

The cost of ski packages (skis, bindings, boots and poles) ranges from about \$350 - \$800. We would recommend ski packages in the range \$350-\$550. Again, Tyrol is your local option. With a 10% discount for RASC membership and lease and purchase options, these packages may be very reasonable. Alternatively Gear West in the Twin Cities (in Long Lake, on 394/Hwy 12, west of 494) offers the option to lease a package at ~½ price. If at the end of the season, the skier decides to continue in the sport, they pay the other half, otherwise they simply return the equipment at the end of the season. Finn Sisu in St. Paul is another top quality ski store in the Twin Cities that caters to high school teams.

There are a large number of on-line ski stores that often offer excellent deals. Below are some we recommend:

Akers Ski (www.akers-ski.com)

Reliable Racing (www.reliableracing.com)

Sports Rack (www.skiguys.com)

Winter Clothes Shopping

Online stores such as REI and Campmor offer inexpensive ski clothing. A full listing of online ski stores can be found on the RASC website at www.rasc-mn.org > Nordic skiing > Nordic Links (upper right corner of the page).

Clothing: What to Wear

The following is a list of the essential items required

- * 1 pair of skating skis – these should be matched to skier's weight and ability
- * 1 set of bindings – there are 2 main systems – Salomon and NNN. The bindings should be selected to match the binding system on the boots (note: Tyrol only rents boots that match Salomon bindings)
- * 1 pair of skating ski boots
- * 1 pair of skating ski poles – with the skiers standing in street shoes, pole length should come to just the upper lip.
- * 1 pair of Nordic ski gloves and/or mittens
- * 1- 2 ski hats / ear muffs (1 light, 1 heavy)
- * 1 balaclava for cold days
- * 1 set of long underwear top and bottoms (base layer),
- * 1 extra top layer underwear
- * 1 pair of windblock pants
- * 1 breathable lightweight jacket
- * 1 windbrief for guys

Additional items: Dermatone for face. Second base layer for cold days or if one base layer is not enough.

Clothing: What NOT to Wear

- * No jeans or cotton clothes. When wet, these draw heat from the body and can lead to hypothermia
- * No heavy winter jackets. After 5 minutes of skiing, these are generally too warm.

Appendix C - Team Member Eligibility and Conduct

RNST follows the Rochester Public Schools guidelines for participation in athletic programs. More specific details of these guidelines and information regarding violations are available in the Activities Offices.

Academic Eligibility

Student athletes are expected to maintain satisfactory progress towards graduation. All student athletes should have achieved the following number of credits at the end of each semester to maintain eligibility.

Freshman Year:	End of 1 st Semester 3 credits	End of 2 nd Semester 6 credits
Sophomore Year:	End of 1 st Semester 9 credits	End of 2 nd Semester 12 credits
Junior Year:	End of 1 st Semester 15 credits	End of 2 nd Semester 18 credits
Senior Year:	End of 1 st Semester 21 credits	End of 2 nd Semester 24 credits

All students are expected to maintain passing grades in their current classes.

School Attendance and Behavior Standards

Athletes are expected to abide by all school attendance and behavior guidelines. Participation in extracurricular activities is a privilege offered to students in good standing. Athletes are expected to be in class as scheduled. Unexcused absences may result in exclusion from the next event. Athletes may be excluded from events or activities due to behavior unbecoming that of an athlete or for a violation of the school's rules of conduct. A felony conviction will have a penalty no less than that for a second chemical violation.

Team Member Conduct

Expectation: Each member of the team is expected to conduct him/herself in a manner which is conducive to learning, safety, and having respect for teammates and coaches. Each skier is also expected to abide by the guidelines in the RNST COVID Preparedness Plan. For safety reasons during practice, please do not ski unsupervised unless directed to by a coach(es). **All team members must join their assigned group as directed.** If a skier arrives after groups have departed, ask the attending coach for the procedure(s) to follow. An attempt will be made to find their assigned group, or by a coach's permission be assigned to a different group for that day only.

Examples of misconduct: (not inclusive) – not attentive, distraction to other skiers, disruptive behavior, lack of effort, misrepresenting practice attendance, destruction of property, and not following coaches instructions. If a Coach views an individual's conduct as detrimental to the practice, the individual will be advised. Misconduct identified by a coach will be reviewed and re-confirmed in a follow-up discussion with other coaches in attendance. Depending on the severity of a misconduct, the coaching staff's discretion in applying an appropriate consequence may/will supersede the three warning system stated later in this section.

Consequences from misconduct

First Offense: Warning, coaches' discussion with skier, parent notification by coach(es) involved, and documentation* by reporting coach(es). Practice will not count.

Second Offense: Warning, coaches' discussion with skier, parent notification by coach(es) involved, and documentation* by reporting coach(es). Practice will not count.

Third Offense: Warning, coaches' discussion with skier, parent notification by coach(es) involved, documentation* by reporting coach(es), forfeit privilege of attending RNST events and earning a Varsity letter for the season.

*Documentation includes date, student name, coach reporting, a brief written summary of the offense, notes and date of parent notification. Documentation is to be retained by a team designee.

Appendix C - Team Member Eligibility and Conduct (continued)

Mood-Altering Chemicals

The Rochester Nordic Ski Team recognizes the use of mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The misuse and abuse of mood-altering chemicals for some adolescents affects extracurricular participation and development of related skills. Others are affected by the misuse and abuse of family, team members or other significant persons in their lives.

Rule: During the calendar year, regardless of the quantity, a student shall not: (1) use or have in possession a beverage containing alcohol; 2) use or have in possession tobacco or electronic cigarette; or, 3) use or consume, have in possession, buy, sell, or give away any other controlled substance, other intoxicating substances, look alike substances or drug paraphernalia. The rule applies during the entire year including the summer months. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student's own use by her or his doctor.

Penalties for Infractions Involving Mood-Altering Chemicals

First Violation: After confirmation of the first chemical violation, the student shall lose eligibility for 50% of the scheduled regular season events of the activity season in which the student is a participant. Any percent of an unfulfilled suspension will be applied in the next season the student participates in. The first possession violation will result in a suspension of 2 weeks or 2 events, whichever is greater.

Second Violation: After confirmation of the second chemical violation, the student shall lose eligibility for one calendar year.

Subsequent Violations: After confirmation of the third and subsequent violations, the student shall lose eligibility for further participation.

Racial, Religious, Sexual Harassment/Violence, Hazing and Bullying

During the school year, a student shall not violate the racial/religious/sexual harassment and racial/religious/sexual violence expected code of conduct. Respect is provided to everyone.

Types of misconduct:

Racial Harassment or Violence	Bullying, either direct or via any social media
Religious Harassment or Violence	Hazing
Sexual Harassment or Violence	Assault

Penalties for Racial/Religious/Sexual Harassment, Hazing and Bullying Violations

First Violation: After determination of the violation, a student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater.

Second Violation: After determination of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant or three (3) weeks, whichever is greater. Before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that the student has received counseling from a community agency or professional individual such as a school counselor, medical doctor, psychiatrist, or psychologist.

Third Violation: After determination of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater.**Accumulative Penalties:** Penalties shall be accumulative beginning with the student's first participation in a RNST activity and continuing through the student's high school career. After determination, the student shall lose eligibility for the next year, i.e., twelve (12) calendar months.

Appendix C - Team Member Eligibility and Conduct (continued)

As a student I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my actions and the consequences of my actions.
- I will respect the property of others.
- I will be responsible for all equipment issued to me and will return it at the conclusion of the season.
- I will respect and obey the rules of my school and the laws of my community, state and country.
- I will show respect to those who are responsible for enforcing the rules of my **school and the laws of my community, state and country.**

Appendix D - COVID-19 Preparedness Plan Summary

Social distancing

The following changes are being made to allow adequate social distancing and cleanliness during practice and other RNST events:

- All RNST registration will be online.
 - We are planning an outdoor ski and pole pickup process that will minimize gathering.
 - We will not hold the usual registration meeting, and to convey the necessary info to skiers and parents, will either hold a zoom meeting or provide on-line materials.
 - The first-year skier orientation meeting (how to put on skis and poles, how to dress for skiing) will be via zoom (in small groups).
 - There will be no away ski camp this year. given the Covid-19 risks in group travel and lodging. However, RNST is exploring ways we might have a Saturday/Sunday local camp where the team and coaches train at one of our local trails.
 - There will be no early-season indoor training sessions at the RCTC dome. We may hold some outdoor dryland training sessions.
 - All skiers and coaches need to wear RNST pocket buffs, which will be supplied to them by RNST. This buff has a pocket into which an additional filter (kleenex, coffee filter, etc) should be tucked. These do NOT need to be worn while skiing, but must be used when checking in, meeting for instruction, waiting for postpractice pickup, etc.
 - Check-in/out volunteers must wear masks at all times.
 - Ski practice check-in and check-out process has been changed to eliminate congestion at the tables. Skiers will line up 6' apart while waiting to check in or out, and will give their name to the check-in/out volunteers, who will mark them off, and verify that each skier has a mask. Skiers waiting for pickup after practice will line up 6' apart across the first row of the parking lot. The first row of the parking lot will be blocked off to allow space for the line.
 - Registration is limited to 160 skiers. Coaching groups (a "pod", which includes skiers and coaches) is limited to a maximum of 25.
 - Rochester Park department will not make bathrooms available in the parks this winter.
 - Plans for races are still in-progress. It's likely there will not be any group start races or races with more than 2-3 teams.
 - At the beginning of practice, coaches will remind skiers about mask protocol, to cover sneezes and coughs, and to avoid touching their faces.
- Skiers may leave backpacks, keys, etc at the check-in desk as usual, and will be asked to handle their own items.

Appendix D - COVID-19 Preparedness Plan Summary (continued)

Ensure sick skiers, coaches and other volunteers stay home and prompt identification and isolation of sick persons

Skiers, coaches and other volunteers are encouraged to self-monitor for signs and symptoms of COVID-19. RNST is asking parents, skiers, coaches and other volunteers to use the following info to decide whether to attend practice.

- If a person (skier, coach or other volunteer) has ONE of these symptoms and feels well enough to attend practice, they may do so:

- sore throat
- nausea
- vomiting
- diarrhea
- chills
- muscle pain
- excessive fatigue
- new onset of severe headache
- new onset of nasal congestion
- runny nose

- If a person (skier, coach or other volunteer) has TWO of the above symptoms or ONE of the following symptoms, they must not attend practice, and must be evaluated by a health care provider.

- fever greater than or equal to 100.4°F
- new onset and/or worsening cough
- difficulty breathing
- new loss of taste or smell

- If a skier, coach or other volunteer at practice meets the above criteria, they will be separated from others and asked to leave. Parents of any skier asked to leave will be notified.

- It will not be possible to check temperatures at practice due to the low air temperatures, so skiers (or their parents), coaches and other volunteers are asked to check their temperature each day they intend to attend practice.

- Any positive COVID-19 test results will be reported by the testing agency to the Minnesota Dept of Health, who will initiate contact tracing, and RNST asks parents or volunteers to also immediately report positive test results to coach Joan Rabe (507-269-3162) or Head Coach David Herbert (507-269-9312).

RNST has also implemented a policy for informing skiers and volunteers if they have been exposed to a person with COVID-19 at ski practice and requiring them to quarantine for the required amount of time.

- Kristin Sorenson will retain the daily check-in sheets that indicate which group each skier and coach is in, and that information will be used to identify skiers and coaches who have been exposed to COVID-19.

- RNST will make that info available to MN Dept of Health COVID-19 contact tracers, who will contact those exposed, and give them guidance on proper action.

- If MN Dept of Health advises exposed skiers, coaches or other volunteers to be quarantined, those persons will not be allowed at practice until the quarantine expires.

- RNST will use Mailchimp email to notify the RNST community of the situation. To protect health information privacy, names of the affected parties will not be used.

Full Preparedness Plan available on the RNST website.

Skier and Parent Practice Expectations

related to RNST COVID-19 plan

Parents are expected to:

- Ensure that only a healthy skier is sent to practice (see details below in Skier section).
- Make sure that skier has the required RNST pocket buff which will be provided to the skier by RNST. This buff has a pocket into which an additional filter (kleenex, coffee filter, etc) should be tucked.
- Ensure that skiers have read and understand the Skier expectations below.

Skier are expected to:

- Bring the required RNST pocket buff to all practices, and wear it all the time they're at practice, unless they're actively skiing. It must be worn when checking in, meeting for instruction, waiting for post-practice pickup, etc.
- Line up 6' apart while waiting to check in or out. Skiers will give their name to the check-in/out volunteers, who will mark them off.
- Skiers waiting for pickup after practice must line up 6' apart across the first row of the parking lot (the row nearest the check-in area).
- Only attend practice when healthy. If a skier has ONE of these symptoms on a practice day, and feels well enough to attend practice, they may do so:
 - sore throat
 - nausea
 - vomiting
 - diarrhea
 - chills
 - muscle pain
 - excessive fatigue
 - new onset of severe headache
 - new onset of nasal congestion
 - runny nose
- If a skier has TWO of the above symptoms or ONE of the following symptoms on a practice day, they must not attend practice, and must be evaluated by a health care provider.
 - fever greater than or equal to 100.4°F
 - new onset and/or worsening cough
 - difficulty breathing
 - new loss of taste or smell
- If a skier attends practice when the above criteria indicate they shouldn't, that skier will be separated from others and asked to leave. Parents of any skier asked to leave will be notified (and, of course, they will be called if their child needs a ride.)
- It will not be possible to check temperatures at practice due to the low air temperatures, so skiers (or their parents) are asked to check the skiers temperature each day they will be attending practice.