



Rochester Nordic Ski Team Handbook 2023-2024

**Team Orientation
and
Registration Information**

www.rasc-mn.org/rnst

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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 skiing both as a recreational and competitive sport for 7th-12th graders in Rochester and surrounding areas. Our main focus is on Nordic *skate* skiing technique.

The RNST ski program is open to all 7th – 12th grade students in Rochester and the surrounding areas, including homeschools. Because the RNST is hosted by RASC, registration fees include membership to RASC with full member benefits, including regular e-mail updates, a club website, social media and electronic trail reports. 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. Skiers 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.

RNST Skate Ski Program

Open to 7th - 12th Grade

Groups for beginning through competitive skiers

Practices: Monday/Tuesday/Thursday

3:45 pm Check-In

4:00 pm - 5:30 pm Practice

Practices in December and January will end between 5:00 and 5:30pm depending on available daylight. Practice end times will be communicated via Email and Remind Texts. *See page 8* (Practice and calendar updates will be sent via Email and Remind)

Practice locations will vary depending on trail conditions.

Locations include: Quarry Hill Park, Essex Park, Chesterwoods Lake and Gamehaven Park

Early season dryland practices will be held until there is sufficient snow to ski. Dryland practices will take place at the RCTC Dome or outdoors on park trails.

Online registration 2023 www.rasc-mn.org/rnst

***Join Rochester Nordic Ski Team**

ONLINE REGISTRATION OPENS OCT 17th, 2023 FOR ALL SKIERS and Closes Nov. 13th. There will be a \$10 late fee for registrations received after Nov. 13th, 2023

In order to match our coaching staff and not overload ski trails, RNST Registration may be limited to 170 skiers.

Returning skiers will get priority if registered by Oct 26, 2023.

First-Year Skier Informational Meeting

Tuesday, October 24th, 2023

Century High School Cafeteria

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.

*Century * Homeschools * John Marshall * Lourdes * Mayo * Schaeffer Academy*



Calling All 7th-12th Graders !

in Rochester, Surrounding Areas and
Home Schools!



- * Learn a Lifetime Sport * Stay Fit * Be Outside*
- * Make New Friends * Optional Racing* Ski Camp*
- * 150 Skiers & 35 Coaches* Ski & Pole Rental Available*

**The Rochester Nordic Ski Team invites you
and your parents to attend the**

**First Year Skier
Informational Meeting**

Tuesday, October 24, 2023 6:30PM – 7:30PM

Century High School Cafeteria

For More Information Please Visit

Rasc-mn.org Click on Rochester Nordic Ski Team

Questions?... Please email: rnst3128@gmail.com

*Dakota * John Adams * Kellogg * RCLS * St. Francis * St. John's * Willow Creek*

*Byron * Dover * Egota * MN Online * Pine Island * RCTC * Stewartville * Zumbrota Nazaretha*



Lifetime Sport Development

First-Year Skier Equipment Information

Discounted Rental Skis and Poles are Sponsored by: Rochester Active Sports Club

Note: Rental skis and poles will be available for \$35 for first-time skiers.

Excess equipment is usually available for returning skiers but is not guaranteed.

See Page 9 and Appendix B for details and fees for ski & pole rental

You must rent or purchase your Nordic Skate ski boots. RNST Rental Skis have only ProLink bindings on them now. These bindings work with ProLink or NNN boots with one bar and do not work with boots designed for SNS bindings or earlier Salomon one-bar bindings. Skiers planning to rent skis from RNST should get boots with one bar that are designed to work with ProLink or NNN bindings.

Examples of Nordic *Skate* Boots Below



UPDATE: RNST Loaner Ski Ordering and Pick Up

Please order your loaner skis and poles when registering for the team at

www.rasc-mn.org/rnst

Choose the “Ski Rental” option. You will be asked to provide the following information:

Skier Height and Weight

RNST Rental Skis have only ProLink-NNN (1 bar) bindings.

RNST will email you when your skis and poles are ready for pick up. The email will include the address where you may pick up your rental skis and poles.

Please arrange to pick up skis by November 17, 2023

First-Year Skier Mandatory Equipment Orientation

Mon. Nov 20, 2023 4:00-5:00 pm Century High School Cafeteria

First Practice (all skiers)- Mon. Nov 27, 2023

Holiday Break- No Practice Dec. 26th - Jan.3, 2024

No practice- Thurs. Feb 22, 2024

Last practice- Thurs. March 7, 2024

2023 – 2024 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>

Oct 17th	Online Registration Opens: www.rasc-mn.org/rnst *Join Rochester Nordic Ski Team
Oct. 24th	6:30pm – 7:30 First-Year Skier/Parent Informational Meeting Century H.S.
Oct. 26th	Returning Skiers Priority Registration Deadline
Oct. 17-Nov 21	Rental Ski & Pole Pick Up- Once you have paid for ski rental, RNST will email you your equipment is ready for pick-up at the address provided
Nov. 13th	6:30-7:30 PM All Team Season Kick-off Meeting Century H.S.
Nov. 13th	Online registration closes, \$10.00 late fee after Nov. 13th
Nov 20 Monday	4:00 Mandatory Equipment Orientation for First-Year Skiers Century H.S.
Nov 27 Monday	4:00 Regular Practice Schedule Begins: Mon., Tues., Thurs., 4:00-5:30PM <i>(actual times will vary depending on available daylight, please watch your email for updates)</i>
Dec 2 Saturday	10am *Optional* Pole Bounding & Hot Chocolate, @ Cedar Ridge Farm
Dec 21	Last practice before Winter Break
Jan 4 Thursday	Practices resume
Jan 5-7	*Optional* Heartwood Ski Camp Trego, WI
Jan 14 Sunday	4:00-9:00pm Victoria's Ristorante RNST Fundraiser
Feb 22 Thursday	No Practice (American Birkebeiner Weekend)
Feb 25 Sunday	Community Service Hours Due from lettering candidates (see pages 15-17)
Mar 7 Thursday	Last Practice
TBD March	End of Season Awards Ceremony

Team Races:

3-5 races will be added to the calendar at a later date. Please watch your email for race announcements and registration. Races are optional. 3 races are needed to meet lettering requirements (see pages 15-17)

Communication

RNST utilizes email and an app for text messages called **Remind** as our primary communication tools. **Emails** will include a detailed weekly schedule and other updates. **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.

➤ **Emails:** All emails provided during registration will be signed up with our email platform. 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. **The Remind app does not allow us to enroll skiers age 13 or younger.** Parents of skiers 13 and younger, please be sure to sign up for Remind!"

➤ **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/RochesterActiveSportsClub>

➤ **Instagram:** Go to Instagram page "rnst4751"

Practice Information

Training Sessions – Dates and Times

The first practice will be Monday, November 27th. Regular practices will be held on Monday, Tuesday and Thursday from November 27, 2023 until March 7, 2024. In general, practices will run from 4:00 pm 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 25-January 1. **We do practice on certain 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 4:00pm, **which means arriving by 3:45pm 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!

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 sent out via Remind and Email. Outdoor dryland practices may be cancelled due to stormy, wet, muddy and/or extreme cold conditions.

Training Locations – Dryland (No Snow)

We will have Dryland Practices each week until there is snow. These typically take place at Quarry Hill Park, Essex Park or the RCTC Dome. 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 the new trails at Gamehaven Park. We may also include lake skiing at Chesterwoods 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 RNST Administrator Joan Rabe (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 unless your coach has designated free ski time. **Further discussion is contained in Appendix C.**

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 ski technique proficiency, 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.

Lost and Found/Valuables Safety

Avoid lost and found by LABELING ALL ARTICLES OF CLOTHING! Lost and Found/Valuables 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 the coaches 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

We typically participate in 5 competitive events each season, including the Rochester Invite in January, 1-2 intra-team time trials, and away races (usually Red Wing and Winona). We also may participate in additional races such as the Wisconsin State Championships in mid February and select Citizens Races. Many of the RNST skiers and coaches participate in the Korteloppet (Feb 23) or Birkebeiner (Feb 24) large citizens races in Cable, Wisconsin (The Korte and Birkie require advance registration). Please contact coach David Herbert if you have questions about the Korteloppet, Birkebeiner or other Citizens Races.

Program Fees/Equipment/Clothing

Registration Fee

\$100 for all skiers

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

If you are unable to pay by credit/debit card, please send an email to rnstmembership@gmail.com

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 Ski & Sports for the season

Salomon R ProLink Boot

Lease= \$124 / Purchase= \$207

Salomon RS8 Boot

Lease = \$140 / Purchase = \$234

Optional Team Clothing+

See page 17 for recommendations about clothing to wear for practice and meets

Rochester Nordic Ski Team “Jackets” (Winter 23/24)

- “Podiumwear” Team Jacket will be available to order through an online Storefront.
- Model: Silver Level jacket (available in unisex or women’s sizes).
- Price: \$150 plus \$5 for shipping. Jackets will ship together to Coach David’s address and will be distributed at practice.
- Online Storefront will be open Oct.19th - Nov.16th Please use the following link
- **<https://www.podiumwear.com/team-storefront/rochester-nordic-ski-team-2023/>**
- Skiers can use the sizing chart available on the storefront or call Podiumwear to ask for guidance at (651)-330-2718. It is always better to size up, to make room for layers.
- Jackets should be arriving in late December and will be distributed at practice.

Rochester Nordic Ski Team “Pants” (Winter 23/24)

- Craft “Advanced Nordic Training “Pant” will be available to order through Tyrol Ski & Sports. (There is a women’s and a men’s version.)
- Price: \$73.00 (retail price \$130.00). Prepay at time of order.
- Orders can be placed at Tyrol until November 15th.
- Availability is currently looking good but cannot be guaranteed due to changing supplier inventory.
- Samples sizes are available to try on at Tyrol.
- Nordic pants will be arriving by ~mid-December and can be picked up at Tyrol.

See pages 20-21 for recommendations about clothing to wear for practice and meets

Parent Volunteers

Parents are an integral part of our team!

We rely on parent support for our Check In/Check Out system. We ask that each parent volunteer at one practice during the season.

We may also enlist your help for our home race. TBD.

Please sign up on Sign Up Genius using the link below.

<https://www.signupgenius.com/go/30E0B44A5A82BA7F85-rnst1#/>



RNST Operations Group and Coaches

All positions and coaches are volunteers!

RNST Operations Group

Jim Bennett -Coach	Joan Rabe -Coach
Steve Felton-School Liaison	John Resman- Coach
Dave Greymont-RASC Treasurer	Kristin Sorenson-Administrator
Joe Gyura-Coach	Anna Sortland-Coach
David Herbert- Coach	Kelly Van Camp-Coach
Joey Keillor- Coach, RASC Webmaster	Henry Walker-Coach
Barry Knapp -Coach	Andy Wood-Coach
Michael O'Connor-Coach, Equipment Manager	



RNST Staff and Coaches

RNST Head Coach – David Herbert

RNST Assistant Head Coaches-

Joe Gyura, Joey Keillor, Barry Knapp, Joan Rabe, Anna Sortland, Kelly Van Camp, Andy Wood, Henry Walker

RNST Administration- Joan Rabe and Anna Sortland

RNST Race Coaches – David Herbert, John Resman, Franz Rinkleff, Anna Sortland, Mike Trantow, Kelly Van Camp

RNST RPS School Liaison – Steve Felton

RNST Check-In Co-Coordinator- Maureen O'Shaughnessy and Rosalie Vondrashek

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

Shawn Baranczyk	Joey Keillor	Franz Rinkleff
Mark Behrends	Nathan Kennedy	Luke Russell
Jim Bennett	Barry Knapp	Wayne Sadecki
Darald Bothun	Stephanie Lewis	Kristin Sorenson
Roberto Cattaneo	Jennifer Lisowe	Anna Sortland
Erin Dewey	Marianne Luetmer	Katherine Teigen
Steven Felton	Bob MacCarty	Mike Trantow
Joey Furst	Bob Manulik	Denny Truelson
Olivia Gay	Catherine McBride (yoga)	Kelly Van Camp
Dave Greymont	Michael O'Connor	Henry Walker
Joe Gyura	Brett Ostby	Robb Welch
Curt Hale	Rich Peter	Peter Wollan
David Herbert	Tobias Peikert	Andy Wood
Sara Holmes	Joan Rabe	Bob Ziller
Jack Jagielski	Jakob Ratelle	
Sarah Johnson	John Resman	

Meet the Captains



Ashley Calvert
Century High School

Amelia Decker
Mayo High School

Eli Hicks
Homeschool

Nathan Jeche
Stewartville High School

Soren Laack
Mayo high School

Lainey LeQuire
John Marshall High School

Sylvie McBride-Bergum
Mayo High School

Appendix A - LETTERING REQUIREMENTS

- 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: **Practice Requirement – attend a minimum of 85% of the total practices for the season.**

- It is expected that each skier will be in attendance at a minimum of 85% of the held practices.
- **Race Requirement – participate in 3 high school ski meets**
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. 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 in advance** to rnstregistration@gmail.com
- CXC Races can be used as an alternative to RNST meets for lettering requirements

Central Cross Country (CXC) Races

At the highest level of junior racing are CXC races where top skiers from the region compete and gain points to qualify to attend the Junior National Championships and potentially join the U.S. Ski Team. For those skiers who wish to ski at a competitive level, one CXC Qualifying event can be substituted for 2 RNST high school ski meets. **If you plan to compete in the CXC races, please contact Coach David Herbert well in advance as these events require significant preparation.** More details at the CXC website:

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

CXC Schedule

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

Additional Notes about CXC Races

- CXC races 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.
- During the 2022-2023 season, RNST had 4 skiers actively participating in CXC races

Appendix A - LETTERING REQUIREMENTS (continued)

- **Technique Requirement – Proficiency in Home Position and Four Techniques**
- 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**
- 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 March 1, 2023 through February 25, 2024. 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 February 25, 2024. 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.
- Skier is responsible for communicating their attendance to workshops/ski camps and citizen's races to rnst3128@gmail.com.

Appendix A - LETTERING REQUIREMENTS (continued)

- Heartwood Ski Camp Credit: Skiers must attend all Heartwood sessions to receive credit for 2 practice sessions and 1 race. **See page 18
- Approved citizen's race may be substituted for one practice.
- 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 rnstregistration@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.
- **Coaches' Discretion**

Appendix B – Heartwood Overnight Ski Camp (optional)

Heartwood Conference Center
Trego, WI
January 5-7, 2024
Cost Approximately \$250 per skier
Details will be provided when finalized



Heartwood Ski Camp 2019

Appendix C - 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 skate equipment** (skis have no kick zone, poles are longer and boots are stiffer and higher than those used for classic skiing). If renting equipment to match RNST skis, rent boots that match the skis' bindings. This year, we have changed many of our club skis to a new binding. It is recommended that you rent or purchase your boots BEFORE picking up your club skis. If you are unsure of what type of ski binding your boot requires, please email a photo of the underside of your boot to coach O'Connor at RNSTequipment@gmail.com . We will match your skis to your boots.

RASC Skis and Poles

A limited number of skis and poles will be made available for rent 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 110 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 Coach Michael O'Connor at RNSTequipment@gmail.com.

Rental Equipment

Locally, Tyrol Ski and Sports has equipment available for rent or sale. Shop early for the best selection!

Purchasing Skis, Poles and Boots

The cost of ski packages (skis, bindings, boots and poles) ranges from about \$400-\$800. We would recommend ski packages in the range \$400-\$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, there are 3 ski shops in the Twin Cities offering Nordic ski equipment: Gear West, Finn Sisu and Pioneer Midwest.

Appendix C - EQUIPMENT AND CLOTHING (Continued)

Clothing: What to Wear

Nordic skiing requires different winter clothing than other snow activities (downhill skiing, sledding, etc.). Because of the physical effort Nordic skiing requires, it is important to have breathable clothing that you can move in. Bulky winter jackets and thick snow pants are not ideal. The following is a list of suggestions.

- Windproof long sleeve, light weight, breathable jacket. The RNST team jackets are made for Nordic skiing. Some skiers really like Bjorn Daehlie or other brands.
- Windproof pants: the RNST team pants from Craft are good for this, but so are Swix and other brands.
- Nordic Ski gloves for warmer days and Nordic ski mittens for colder days. Toko and Swix are popular brands.
- Good socks made for skiing (no cotton). Smartwool PhD Nordic is a great choice.
- Thin hat or ear band for warmer days. Lined hat for colder days or 2 hats layered.
- Buff or multiple buffs. A buff pulled over the back of the head under a hat works well.



- Balaclava to wear under a hat.



- Protective glasses or goggles in case it's snowing or if the cold/wind bothers your eyes.

Appendix C - EQUIPMENT AND CLOTHING (Continued)

For Extra Cold Days Windstopper top and Windstopper bottom base layers. Craft, Lifa, and other brands make base layer tops and bottoms where the front has an extra layer of Windstopper fabric. These are priceless on days that are below zero or have cold windchills. Craft produces an Active and an Active Extreme line of Windstopper base layers. The Extreme is thinner; you might like the Active line better.

- Extra base layer top. You can wear a sleeveless inner base layer, then put a long sleeve base layer over that.
- Windproof vest to wear over the outer jacket.
- For face protection against frostbite on especially cold days, you can use Kinesiology tape (cut to fit the cheeks and nose) or Dermatone balm.



- Hand and Foot Warmers



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 or thick snow pants. These are generally too warm.

No practice if air temperature < 0°F.

No practice if wind chill < -10F.

In the event of practice cancellation due to weather or other changes, a message will be sent via Remind to skiers and parents.

Appendix D - 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.

Appendix D - Team Member Eligibility and Conduct (continued)

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.

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.

Appendix D - Team Member Eligibility and Conduct (continued)

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

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.**