

Rochester Nordic Ski Team 2013-2014 Calendar

September 25	Wednesday	Coaches' Meeting
Practice Schedule	Mon., Tues., Thurs. – 4:00-5:30 PM	
Nov. 4 (If possible)	Monday	Registration (2-3 weeks until first practice)
Nov. 25	Monday	First Practice
Dec. 18	Thursday	Last practice before winter break
Jan. 2	Thursday	First practice after break
Jan. 3-5	Friday-Sunday	Maplelag Ski Trip
Feb. 17	Monday	Last Practice
March 10 (If possible) weeks after last practice)	Monday	End of Season Awards (about 2 weeks after last practice)
March 25	Tuesday	End of Season Coaches' Meeting

RNST Coaches Meeting

March 26, 2013

Attendees: Darald, Barry, Paul, Dave, Joey, Maryanne, Jeff, Henry, Rob, Bruce, Ed, Michelle, Laura, Peter, Michael, Andy, Pat, Don, Chris.

Agenda:

- Introductions
- Calendar for 2013-2014 - Darald B. Agreed to keep as scheduled.
 - Suggestion to plan spring awards two weeks after last practice - Paul E.

Agreed
 - Suggestion to leave the first day of practice as listed - John R.
 - Consider holding one or two “fun” practices after the Birkie.
 - Fall plan discussion.
- Adult Ski Lessons - Peter W. Agreed the coaching staff needs to focus on youth skiers.
 - If snow is sufficient, Peter will consider holding Saturday sessions for the adults.

- Snow making - Henry W. Working with a consultant on options. Nothing that will materialize within the next few years, but pursuing options. Next steps are to develop a trail development plan and required funding.
 - Pursuing plans to groom existing trails at Game Haven next year.
- Background checks-who? - Paul E.
 - Currently needed every year as RNST coaches are considered volunteers.
 - Concussion training is required every two years.
- Michael is pursuing another website provider that will provide additional functionality such as training requirements, etc..
- Rochester Nordic Ski Club update - Darald B.
 - Coaches: Maggie, Stephanie Kruger, Paul, Don, Barry, Joe, Becky Tangalos, Leitha Bothun, Darald
 - Practice: Every Wednesday starting Jan.9, canceled three, but made up two.
 - Kids: 28 enthused third through sixth graders
 - Community Ed.: Coordinated by them and handled all of the communications
 - Future Plans: Coaches will meet to plan another year.
- Team Uniforms - Jim B. Jim was not in attendance. A concern was raised that having a team uniform could leave some unable to purchase. A suggestion is to offer as a RASC uniform along with RNST.
- Jeff mentioned that the distributor that we purchased jackets from offered to supply us Bjorn pants for \$70. Agreed to pursue as the pants will not contain a RNST logo, but rather offer a competitive price.
- Discussed options for providing some form of assisting youths with financial assistance. [Decided to discuss in the Fall meeting.](#)
- Jeff reported that we had 30 active coaches.
- Team Captains - Jeff R.

Ian Torchia, David Sorenson, Laura Cattaneo, Molly Doda
- Race guidelines for new skiers? - Dave G. This years first race was at Northfield which is a technical course. Should we have guidelines to ensure skiers have sufficient skills to participate in races?
 - [Decided to hold until discussion in the Fall.](#)

- One other suggestion in low snow conditions, is to schedule a ski event at Elm Creek early in the season to provide experience.
- Maplelag Date - Jeff R. (John not available, but he sent out the reason.). Agreed to keep as scheduled.
- Other:
 - Ensure new coaches are aware of process on how to move skiers to different skill levels.
 - Skill level movement to be discussed in the fall meeting
 - Provide guidance for new coaches on teaching techniques.
 - Possibly a fall session discussion
 - Provide a coach mentor.
 - Continue practice of providing a mentor for captains.
 - Discuss above options at the fall meeting.