

**Attendees:** Kristin Sorenson, Joey Keillor, Dave Greymont, Paul Ehling, Barry Knapp, Henry Hocraffer, Ed Proesser, Henry Walker, Jeff Robertson, Bob Manulik, Bob MacCarty, Mark Behrends, Joe Gyura, Chris Flood, Gary Gross, Peter Wollan, Michael O'Connor, Eric Lindberg, Rich Peters, Andy Nelson

Joey called the meeting to order and explained that as coordinator, he had several goals:

1. Reduce the coordinator role's time commitment
2. Don't burn volunteers out
3. Simplify and by doing so, make transition of coordinator role easier
4. Overall spend less energy on organization and more on coaching

Joey shared a draft of RNST's purpose:

## **RNST**

### **Lifetime sport development**

#### **Enjoyment – Technique – Fitness - Service**

There was agreement that the team's primary focus is on lifetime fitness vs. the development of highest level competitive skiers. Henry Walker will work with those looking for top-level competitive skiing and direct them to resources around the region to continue their development.

Kristin covered the new check-in/check-out process. Timestation will be used to record check-in/check-out this year. Timestation is a mobile device-based app. Kristin is in the process of creating QR code badges and ski stickers which skiers will use to check in/out. Parent volunteers will have the Timestation app on their phones/tablets. As a backup, each skier will have a 4 digit PIN which can be used to record check-in/out if need be. Parent volunteer response so far has been good.

Joey discussed the modified practice flow. Key points:

- There will be no group breakout for dryland practices.
- For on-snow practices, there will be 4-5 large groups (Competitive, Sport, 1<sup>st</sup> year grades 10-12, 1<sup>st</sup> year grades 7-9)
- Coaches will sign-up to work with one of these groups each day using Signup Genius. Once practice starts, the coaches associated with each group will quickly break the group into smaller sub-groups which they will coach for that practice.
- Each practice will have a predefined set of goals with Social, Skiing Technique, and Training elements. These serve as "talking points" for practice...giving coaches a similar framework to work with. The practice goals aren't meant to dictate everything, and coaches need to be creative and use ingenuity to fill in around the framework.
  - Joey is looking for ideas for each of these categories. Watch for an email with directions for how to input your ideas into a centralized repository.

- In general, skiers will stay with their large group, however coaches can reassign if appropriate, and skiers can petition to change groups using a pre-defined request form.
- Coaches would like to have the names of skiers in the large groups they'll be working with. These will be available on the RNST Dropbox.
- Coaches should remember to use the team captains to help assist in the coaching of newer skiers.
- Intend to have video sessions at many practices for 5-10 skiers to allow skiers to actually see what they're doing. Michael also spoke about the Coach's Eye video analysis application.

Chris Flood shared a primer on Elements of Techniques and explained plans to build on this topic. He also mentioned some excellent resources on YouTube and the Eastern Massachusetts Bill Koch Ski Club <http://easternmassnordic.org/> for training young skiers.

183 skiers have signed up for the 2014/2015 team so far.

Coaches:

- Rich Peters and Andy Nelson were welcomed as new coaches. Welcome!
- Keep looking for other coach candidates.

Eric Lindberg shared that the meets are set for the year. Michael O'Connor will get the schedule on the website.

Joey will be gone for the practices on 11/24 & 11/25. Henry Hocraffer agreed to get the notifications out for these practices.