

**FALL RNST COACHES' MEETING (Darald's House)    OCTOBER 3, 2014**

**6:00-7:30 P.M.**

**Attendees:** Peter Wollan, Joey Keillor, Dave Greymont, Paul Ehling, Jim Bennett, Barry Knapp, Darald Bothun, Henry Hocraffer, Ed Proesser, Laura Z, Henry Walker, Jeff Robertson, Michael O'Connor, Robb Welch, Andy Wood, Tish Torchia

2013-2014 Captains: Ian Torchia, David Sorenson, Laura Cattaneo, Molly Doda

- Darald has in the past gotten help from the team captains for the Med City Marathon and expects to do so this year. Also, there is a proposed Healthy Human Race(s) which Darald would work with the captains for volunteer assistance.
- Captain mentors. Intent is to be identified individuals who the captains could turn to for guidance. Tish agreed to assist and will touch base with Don Pankowski to verify that Don is also interested.

Background Checks and Concussion Training: Paul

- Paul collected names/email addresses from those present which will be used to verify whether or not a new background check or new concussion training is required.
- Background checks are now required every 2 years vs 1 year in past.
- Concussion training is required every 2 years. Most of the RNST coaches were trained in 2011. Training will be available on the RASC website.

Yearly Calendar: March 10<sup>th</sup> is the correct date for award night. Spring coaches meeting will be held on Mar 25, 2014. Location: TBD. Michael has the correct schedule in the program packet.

Rochester Nordic Ski Club: Darald

- This program, offered for youth in grades 3 – 6, started during the 2012-2013 season and is planned to be continued in 2013-2014. The program is limited to 30 and last year had 28.
- The program will start on 1/8/2014 and run for 6 session, on Wednesdays.
- Those interested in coaching for this group should contact Darald.
- Darald will send the electronic writeup of the program to Michael to be placed on the website.

Spring Meeting Notes Follow up:

- 1 or 2 fun practices after the Birkie. We need someone to run these fun practices. Volunteers?
- Suggestion to use Elm Creek vs Coffee Mill as alternate practice location in the event of no snow. Michael has made contact with Highland Park instead and the group felt that this was a better alternative.

Online registration:

- As was done last year, all registration will be done online. This year, the hope is that most returning skiers will register prior to the registration meeting. The new registration tool is similar to the RASC membership registration website. During registration, payment may be made using PayPal, Visa, or a check can be turned in at the registration meeting.

- The online registration requires a primary email and a parent's cell phone. There is an optional secondary email field which can be used to input parent's email. Michael said a distribution list can be generated directly from the registration input.

Discussion items:

- Jeff showed the Bjorn ski pants which will be offered to the team. Jeff estimated the cost to be about \$70.
- Financial assistance for skiers
  - Assistance has been available for many years, and has been used in the past.
  - The group agreed that the availability of financial assistance has not been well publicized. This year, it will be included in the information packet, online registration site, and in Michael's slides for the registration meeting.
- New skier concerns about racing.
  - Last year's poor snow amplified the concerns about new skiers having very little time on snow before one of the few team races. The skiers/parents were nervous about safety and just readiness. Henry Walker offered to produce a brief write-up about racing to help new skiers know what the race would be like. The coaches discussed this issue and concluded that safety is paramount, but unless the course is known to be technically challenging or otherwise unsafe for a new skier, encouraging participation while leaving the decision to the skier/parent.
- Beginning coach development:
  - Much discussion with the key being to continue Jeff's efforts to pair experienced coaches with newer coaches when possible.
  - Consider doing an all-coaches training session to help share coaching tips/techniques. This would ideally be an on-snow session and would likely be held on a weekend.
  - Concerns were shared about getting skiers in the right groups. Jeff explained that he has started with grade as the first sort point for new skiers and then relied on coach's input for adjusting.
    - The group suggested doing an early season "time trial" to better sort skiers by speed. One suggestion was to use the color-coded arm bands to facilitate the sorting.
    - A suggestion was made that perhaps the new skier groups could "re-group" half-way through practice to adjust the groups?
  - Heintz Field or Eastwood are good locations for early season practices because they allow coaches to see their group members ski past &/or cross over to next loops readily.
  - Darald encouraged coaches to think about additional coaches and encourage them to become familiar with the program to ensure an adequate pool of coaches.
  - Coach training is available. Michael indicated that the team would pay for coaches who wish to take official coaches training such as that offered by CXC.
- Team organization

- Jeff shared that Joe Gyura has agreed to assume Jeff's organizational responsibilities with assistance from other coaches.
- Lettering
  - Agreement that the technique lettering requirement has been a positive addition.
    - Immediate feedback is key & keep feedback to 1 element at a time.
    - Maplelag trip provides a great opportunity to allow good small-group input and opportunity to practice/re-enforce technique tips.
    - Get other coaches to work with struggling skiers – different eyes and different words can provide other avenues for learning.
    - Terminology – need to try to use consistent terminology with skiers for different techniques to minimize confusion.
    - Dry land training drills to work on timing. Joey agreed to put together a training curriculum.
    - General discussion about lettering philosophy and whether or not it was too easy to earn a letter through the RNST program. Consensus was that the requirements are consistent with other high-school programs.
  - What about the few skiers who just don't get it?
    - Trade off with other coaches for different view/inputs.
    - Eventually they get it and when they do, they really appreciate the time you spent working with them.
- Motivation
  - Should we have a top tier skier come as a speaker for a session or possibly for the awards banquet? No conclusion, but possible consideration.