

October 5, 2017 RNST Coaches' pre-season meeting minutes
Pinewood Elementary School

Attendees: Paul, Don, Dave G, Bob M, Joan, David, Roberto, Henry, Jim, Kristin, Peter, Paul, Henry H., Robb, Kevin, Sarah, Katherine, Shawn, Jim, Andy, Michael, Franz, Joey

- Dry land: Use the Kwik Trip Dome for indoor sessions. Reserved on Mon & Thu. If weather is nice, will practice outdoors. Thu will focus on Yoga. Have reserved the Dome for the first 4 weeks.
 - Please let us know if anyone has ideas/suggestions for indoor activities at the dome.
 - Found that separating groups by gender was helpful.
 - Team groups of Beginner, Sport and Comp.
 - **Decision:** Agreed to now use: 1, 2, 3
- CXC coaches clinic:
 - Club will cover the cost.
 - David sent email with details. Let Dave know asap if interested.
- Dry land coaches session: tbd
- Schedule:
 - Google calendar has been updated. Following are early dates.
 - Nov 8 info session for new skiers
 - Nov 13 Registration @ Century. Need help!!
 - Nov 20 first year skier equipment check
 - Nov 27 first practice.
 - **Decision:** Due to new technologies in waxes, we will not facilitate a wax clinic.
- Use same communications as last year – remind, mailchimp, etc.
- Background check and concussion training. Good for 3 years. Paul has list of coaches needing to certify. Concussion training is available from the RASC.
- Rochester Invite: The wood section of Eastwood course will no longer be groomed. Which also means there will be no lights at Eastwood.
- Community classic ski program. Let Don Pankowski know if you are interested in helping.
- End of season banquet: March 15 or 22.
- Franz will coordinate the away races. Thank you, Franz!
- Essex trail run: Oct 21. Suggested more should be done to publish this great run.
- Maplelag: Jan 5 through 7
- Essex trail workday: Oct 28 9:00 / Noon. Andy and Joe to coordinate.
- Asthma training:
 - Mandatory for HS coaches.
 - Can take the course on-line. The link to the online program is:
www.WinningWithAsthma.org
 - When complete, you will receive a very informative card that list symptoms and recommended action(s).

Decision: Required for Minnesota State High School League (MSHSL) coaches, voluntary but strongly recommended for RNST coaches.