

RNST Coaches' preseason Meeting Agenda & Minutes

Tuesday, Sept 24 2019

Attendees: Barry, Joe, David, Joan, Don, Andy, Steve, Kristin, Michael, Roberto, Laura, Katherine, Kelly V, Jim, Darald, Rich, Nicholas, John, Bob, Joey, Sarah

1. WELCOME to all, especially the new volunteer coaches for this upcoming season.
2. Coach Training, CXC Certification (David), New Policy re Abuse Prevention
 - Max of 4 coaches who have not attended it yet.
 - Info to be announced tonight (dates and location).
 - CXC Certification is good for two years.
 - Those interested in attending the conference should contact David.
 - He will send a note with details.
 - This year certification session: Oct 18 – 20th
 - Implementing a new policy around preventing, identifying and responding to abuse (this policy is required for sports that are part of Olympic governing bodies).
 - Due to extensive requirements and estimated costs for annual club and individual memberships, RNST has not decided to rejoin the U.S. Ski and Snowboard Association. However, we have agreed to adopt many of the USSSA program policies.
 - - Policies: David has compiled a set of policies for RNST based on USSSA guidelines and he passed around a few copies. He invited suggestions.
 - Michael recommended RNST should require coaches to review the new policies and sign/confirm once they have done this and we can then keep a log.
 - Discussion around how to address the onerous training packages (concussion, asthma, SafeSport, etc). Discussed compiling key points for coaches to review and signoff vs completing the various online training programs.
3. Schedule overview
 - TBD Spartan, Rocket, Panther Nights for Recruitment
 - Wednesday, Nov 6, 6:30pm. First year skier/parent info opportunity – Mayo HS 2-254/2-257
 - Monday, Nov 11, 7pm. RNST Registration for all skiers. All skiers/parents are encouraged to attend. Century HS Cafeteria Area
 - Tuesday, Nov 12. Last day of registration.
 - Monday, Nov. 18, 4-5pm 1st year skier equipment orientation - 10 to 15 coaches needed
 - Saturday, Nov 23, Fund Raiser for Ian Torchia's Olympic trials at QH.
 - Laura said she can help with MSP connections, Skinnyski, etc

- Subgroup working on the program.
 - Monday, Nov 25, 1st day of practice
 - Wednesday, Dec 4 (tentative), Hands-on waxing night.
 - We will reserve a larger place (like an elementary school gym); skiers (and parents) will be invited. This could be an optional practice counted as one extra credit practice. We will probably need upwards of 10 coaches to bring their waxing gear.
 - Saturday, Dec 7, 10am. Andy's farm for pole bounding and hot chocolate
 - Thursday, Dec 19, Last practice before winter break.
 - Thursday, Jan 9. First practice after winter break
 - Fri-Sat-Sun, Jan 10-12. Heartwood Conference Center Ski Trip.
 - Sunday, Jan 19, 4-9pm. Victoria's Fundraiser.
 - Friday, Jan 24. Eastwood Invitational, headed up by Mike Trantow (as always, Mike will need lots of support from coaches and parents).
 - Thursday, Feb 20. No practice (Birkie weekend).
 - Friday, Feb 21. Kortelopet
 - Saturday, Feb 22. Birkebeiner
 - Thursday, Feb 27. Last day of practice
 - TBD End of season skier/parent/coaches banquet.
 - TBD End of season coaches' meeting.
4. News/updates on our Heartwood Conference Center Ski Trip (John R.).
 1. Fri-Sat-Sun, Jan 10-12. Heartwood Conference Center Ski Trip.
 2. Roughly 45 min drive to Birkie trail for optional ski trails especially in low/no snow conditions.
 5. If we will not be able to do a waxing session at Heartwood this January, should we have a ski waxing demo night in early December (or maybe even a mass skier waxing night with hands on instruction (much like we used to do at the first night of Maplelag to all interested))?
 1. Would not work at Heartwood.
 2. Plan a session in Rochester school gym.
 3. Make as “extra” practice not required, or hold two sessions on one day. Skiers can choose between dry land or wax session.
 6. Have we thought about a “Spartan, Rocket, Panther Nights for Recruitment” night (it is noted in the schedule). I (Barry) could maybe find time to contact the JM xc team coaches.
 1. Options to engage the team captains for ideas on how best to pursue. Barry, Don and David

agreed to lead.

7. Note from Mike T to be thinking about: I plan to organize an open "Citizen Race" to be coordinated with one of the RNST races/time trials at Essex in February - - anyone interested in helping plan that, let me know. I'll have a separate meeting at a local Brewery on a Date TBD.
8. We have a new RPS liaison (replacing Paul E.) Steve Felton. Background-checks/concussion training. Here is an online link to a concussion training package:
<https://www.cdc.gov/headsup/youthsports/training/> Every coach needs to renew every 3 years.
 1. Background checks due in November. Steve will work with David on the list of those coaches that are due for processing.
9. Coaches Asthma Training Module. Please see the link here for more info on handling asthma situations. www.WinningWithAsthma.org **We need to stress to parents and students that they need to inform us (the coaching staff) of medical problems such as asthma** so we can be better prepared for on-trail emergencies.
 1. Not required but encourage all coaches to complete.
 2. David will check on getting the "summary template" posted in the coaches corner.
10. Let's go over coaches' responsibilities, policies, principles: including things like how to handle a medical emergency during practice. Also, always have 2 coaches waiting if there are kids who are not picked up after practice and don't give a skier a ride home unless there is another coach in the car with you, etc.
 1. Prioritize safety of skiers,
 2. If applicable call 911.
 3. Call Don or David if assistance is needed with getting injured skier back or attending to group.
 4. Plan will also be available on the weekly Coach mailchimp
11. Parent-skier-coach signup meeting (Nov 11). Have we reserved the Century cafeteria? Will Kristin and Michael be the organizers/facilitators this year as last year?
 1. Yes is reserved.
 2. Will include ski swap.
12. Please see the '18-'19 captains' report (found in the post season '18-'19 post season coaches' minutes which is attached). There are some good mind joggers there. Captains for this upcoming season are: Isabel Field, Maddy Perry, Adam McPhail, Jacob Ratelle.
 1. Held meeting with captains and agreed on assignments.
13. Racing: aim for 5 meets. Should we add some optional (or required) short 1-2k time trials every couple of weeks, so skiers can see how they're improving through the season? (David H).
 1. David and Michael to explore some of the local citizen races that would be applicable.
14. RCTC Dome: Do we have the dome reserved during the Nov-Dec timeframe for Mondays as a fallback in case bad weather forces us indoors; and Thursdays for Yoga (is Kerry Todd willing and able to lead us in yoga?)?
 1. David pursuing.

15. Any other topics?

1. World Cup March 17. Would be great if we could coordinate a team trip. Would require skiers to miss a day of school.
2. Don was at Telemark last week.. Birkie Org may purchase. Target to wrap up plans by Sep next year.
3. Sarah: How do we address skiers that sign in, then go off to ski alone or with a friend(s)..
 - 3.1.Suggestion: if a coach comes across a lone skier(s), have them stay with the group and report to Don after practice to record skier names to identify repeats; consider contacting parents if multiple offender. Need to communicate this practice to skiers.

16. Jim B: Snow making will not occur this year at Game haven.

1. Waiting to hear where the power will be set.
2. Want to develop a temporary 10K trail.
3. Next: get layout of temporary trail and start mowing for snow grooming.
4. RASC will make trails. City will groom and plans to use a Piston Bully.
5. RASC is committed to \$150K in five years.

Meeting adjourned. Thanks to you all.