

Tuesday, Sept 29 2020 RNST *Virtual Coaches' Meeting Agenda and minutes.*

Attendees: Barry, Joan, Joe, David, Kelly, Gretchen, Bob M., Chris Ziegler, Roberto, Don P, Curt, Erin, Jay Kurtz, Andy, Jim, Michael, Nick J, Shawn, Anna, Chris Ziegler, John R, Steve, Bob M, Robb W, Nick J, Kristin,

Our thanks to Joe for taking minutes at this meeting, to Joan for heading up a committee for Covid preparedness (Covid Committee consisted of Joan, David, Rich, Michael, Kristin, Joe, and Barry), and to David for overseeing this all.

1. WELCOME to all, especially the new volunteer coaches for this upcoming season, Erin Dewey and Anna Sortland
2. Note, Joan will go over the Covid plan related responsibilities of coaches and the Covid plan guidelines. See #9 below.

But first, we'll go over #3-8.

3. We have canceled plans for a camp at Heartwood in early January due to Covid challenges, notably group busing and group lodging, as well as Heartwood changing ownership (which may preclude using Heartwood in the future, post-Covid). So we are considering a local Winter Camp weekend at Quarry Hill: 2 days of lots of skiing, like we have done at Heartwood and Maplelag, over a weekend in early to mid-January. We're exploring if we could use the Prairie House as our HQ and warming house and if we could also get outdoor heaters for the deck around the Prairie House. Hoping there are 3-4 RNST Coach Volunteers to help organize the weekend. We'll need more coaches, probably 15-20, available on the weekend selected. (David)
 1. To add variety, hold the event at some place other than QH or Essex. ie Chester Woods. other
4. Registration will be virtual but we'll need Coach Volunteers for Ski Distribution at a tbd drive-through location. Need 6-10 Coaches. (David).
 1. Cap registration limit at 160. Anticipate participation growth due to Covid.
 2. Use the north parking lot at Mayo for club ski rental distribution.
 3. 11/9 Alt 11/16.
 4. First practice Monday, November 30.
5. We will not be doing indoor dryland at RCTC. We may arrange to do outdoor dryland training on reasonable weather days. This could also give us a dry run of our check-in/check-out and Covid preparedness plans. (David)
6. Racing plans are still tbd. We are watching what cross country running teams are doing to see if those meets provide models for what we may do. We had hoped to attend the Wisconsin State Championships this winter. If they have them and still have a "guest" option for skiers from Minnesota, we'll explore if this is possible but it will require parents to transport and lodge their skier on that weekend (same as Pre-Birkie). (David)

1. [David will look into participating in the WI state event.](#)

7. CXC Level 100 Certification. We are sponsoring up to 4 coaches to attend. Will be virtual/online this year. 1 coach has signed up. If you're interested, let me know. (David).
 1. [This year on line.](#)
 2. [Does include one on one session.](#)

8. Pocket Buffs for this season. (David)
 1. [Purchasing 300 with RNST logo](#)
 2. [The pocket-masks allow the insert of a “filter”.](#) These are NOT the typical buffs.
 3. [Each skier will receive one at registration.](#)

9. Here is a summary of the new ways we will be doing our operations this season (2020-21) due to the Covid and keeping everyone (skiers, coaches, roll takers, parents, etc) safe and Covid free: (Joan)

Note: With the email meeting invite that you all received, there are 6 attachments. Please try to have pdf C and pdf E either printed or ready to view because Joan will be referring to those 2 documents as part of this section #9:

- A) This meeting agenda
- B) Check-in/Check-out Volunteer Practice Expectations (PDF)
- C) Coach Practice Expectations (PDF)
- D) Skier & Parent Practice Expectations (PDF)
- E) Summary of RNST COVID-19 Plan (PDF)
- F) COVID-19 Preparedness Plan for Rochester Nordic Ski Team (RNST) (PDF)

Registration, Ski Pickup & 1st Year Skier Orientation meetings

Registration

- Limit of 160 skiers. Registration will be available online on October 15th. Returning skiers registered by October 31 will be guaranteed a spot. After Oct. 31, registrations will be booked on a first-come first-served basis based on the skier's paid registration date.

- All registration will be online.

The RNST COVID plan summary doc will be online and a checkbox is being added to the online registration form - parents will have to check that they've read the doc and agree to abide by it.

Ski Pickup

- Will be held outside. Probably Mayo faculty parking lot (?)

- Will need to ensure that skier's boots match the skis bindings they're issued,

so will tell kids they must bring boots.

- Would Tyrol want to rent boots at the event? Tyroll would prefer that skiers come into the store to ensure a proper fit.
- Will need coaches to hand out skis, poles and to direct traffic to correct area.

1st Year Skier Orientation

- This is meeting where we teach them how to put on skis, poles, and dress appropriately.
- Zoom meeting with 1 coach per small group.
 - Divide by grade and gender
 - Kids can introduce themselves to each other.
 - Coach demo's how to attach boots to skis and how to put on pole strap, then has each kid show on zoom that they've done it successfully.
 - Clothing discussion, including required team buff.
 - Opportunity for kids to ask questions.

Other (Non-Covid) Business

10. Captains for this upcoming season

1. Jacob recommended that the captains would like to work more with first year skiers.
2. Agreed that the captains could reach out to schools to talk about the program.

- Audrey Ehling (Mayo)
- Joyce Korinek (Home School)
- Luke Drake (Mayo)
- Jacob Ratelle (Stewartville)

11. Any news from Parks Dept on Railing on Essex bridge? (Darald, Curt, Jeff)

1. Not in the budget for this coming season. But is on the list of items.

12. should we have a classic style training session 1 to 2 times per week for interested

skiers? Probably with 2 categories: 1. Skiers new to it who want to learn the technique and may also not be strong skiers; and 2. Strong, competitive skiers who want to improve their classic technique and potentially participate in classic races. These sessions could be on the same day we have regular practices, or be on off days and/or weekends. If we proceed with this, we should also consider acquiring some good classic skis to use as loaners. (David)

- Key for skiers wanting to pursue advanced racing programs.
- Let David know if you have any questions, interested in participating or concerns.

13. Reminder of coaches who need a refresher on Concussions, Asthma, and other emergency situations, go to the RASC web page (<http://rochesteractivesportsclub.wildapricot.org/>), click on Rochester Nordic Ski Team and click on Coaches Corner.

David indicated Coaches should also review the RNST Coach policies available on the same website page as the concussion and asthma links and he will be contacting coaches who have not yet confirmed they have not done this.

14. .Gamehaven snowmaking update (Jim Bennett, Michael O'Connor)

1. Not happening this winter. Parking and road construction are not complete.
2. Have a plan to meet the budget of \$230k. Recommend purchase Muler grooming system vs Piston Bully to reduce cost.
3. Two snow guns blowing 1500 feet from lake. City to provide one individual to make snow. Will need volunteer help.
4. Gamehaven would also be a great place for holding a ski camp.

15. Any other business?

- Portable toilets:
 - City not providing.
 - RNST agreed not to provide.
- Due to restrictions at Quarry Hill, Don to cancel the classic ski program this season.

16. Meeting adjourned. Thank you all!