

FALL 2019 MN Nordic Ski Coaches' Association Fall Meeting Notes – draft for minutes 10-26-19

Meeting called to order at 9:30am by president Robb Lageson

Introductions and preview of meeting agenda

Informational Presentations

Mora Vasaloppet Races and Race Center presented by Jack Schminghammer, Vasaloppet
- Races and events offered by the Mora Vasaloppet Center and programs

CXC- presented by Joe Haggenmiller, CXC
Shared CXC program goals and plans-
Skier development in the Central Region
Stages of skier development and ability
Develop a change in the mindset (confidence and readiness attitude) of the skiing culture on the Central Region athletes and coaches.
Shared regional elite program (REG) growth goals and plans.
Working to develop the change in the training philosophy of skiers of our region ahead (volume, intensity, attitude).

2020 World Cup Race Bill McKinney- Fastenal Parallel 45 WC race programs Volunteer
Shared about the upcoming 2020 World Cup races

Current updates about the development of the World Cup races in Minnesota this winter at Wirth Park.

-World Cup events March 14th - 17th

Tuesday, March 17th
Head to Head Competition
1.7K Sprints 160 Racers

-All the best WC skiers in the world will be here, it is the season finale and Crystal Globe Awarded
- Information at www.mnworldcup.com
-Shared about venue, course, spectators. Snowmaking is solid; course will be tough- Diggins approved.
-Very expensive event to put on, all funding is provided by fundraising and spectator tickets to support event.
-Goal is to get at least 20,000 people there, give FIS World Cup reason to add Minneapolis as a future and long-term venue.

Minnesota Youth Ski League MYSL- presented by Chrissy Snyder

- Success of MYSL. Biggest year ever last year. Over 1,000 kids in the program. Irondale and Elk River programs had notably tremendous growth.
- Shared Skiwerks Series. Team sprints at Wirth on Wednesdays beginning January 7th
- Junior coaches – encourage High School skiers to coach.** They register (free) and get experience, work in the community and get recommendations. Sign up your skiers!
- Ski-Swap- great place to get equipment for incoming, new HS skiers and get great stuff for those who want a good deal.

2019 Spring Minutes – Move to approve. vote. **Unanimously approved.**

Treasurers Report presented by Rich Heilman, Treasurer.

- Current Nordic Ski Coaches Association balance of 1,030.00.
 - Spending and expenses- carry an even budget. Income is Coaches Association dues kickback (1,030.00) and from Charlie Banks Relays (275.00).
 - Main expenses are All-State Awards, Coaches meetings (space, food).
- Suggested ideas for using our funds - donating, supporting, sharing and building revenue and growing the sport/giving back encouraged by Rich.
- Suggestions: Coaches Scholarship for education, encouraging new coaches, paying for entry fees for training. Skier Scholarships for college.

Action Item: A survey will be sent out to collect responses on the use of money for new coaches training scholarships for Level 100 training (number of scholarships and amount and qualifications) as well as solicitation for suggestions and further ideas of money making/money using ideas.

Victor C Dunder Award presented by Rich Heilman (on behalf of Denny Green)

13 recipients from 2018-19. Write letter to be considered. Get skis, poles, boots.

Be sure to write a big thank you letter to the ski shops who support your recipients!

Hall of Fame Nomination of John Filander.

- Bio and nomination presented by Rollie Ring-Jarvi.
- Shared about John, dedicated service to the sport for over 40 years on all levels.
- An ambassador of the sport and a “no-brainer” for why to consider for Hall of Fame.

Vote: Unanimously approved. John Filander Awarded 2019 MN Nordic Ski Hall of Fame

New State Meet Format- presented by Bob O’Hara. Sprint relays. Shared how it went in the proposal meeting at the State. Approved for 2022. Rules will be set and followed. Hand-offs, technique, etc.. we will train the coaches who will train the skiers. Best bet is to work on the freshman and sophomores to learn to sprint relay (2022).

3 teams per section: The 2 qualifying teams per section bring a relay team, the top non-team qualifying relay is the third team. 24 total relay teams at State.

Reduced individual qualifying skiers from 8 to 4 per section.

Location of meet, number of days increased (from 1 to 1.5 days) and management under discussion. Will continue further work with an advisory committee and coaches assn input.

Charlie Banks Relays- presented by Rollie Ring-Jarvi. Moving forward with CBR event as we approach the future addition of the relay event at the State Meet. Discussion to have the next 2 years be a “prep” for the future State Meet relay (2 skiers vs. 4 skiers) or keep it the same. Discussion continued. **Motion to keep the same and not change for 2020 (4 skiers, both techniques). Motion to approve. Vote. Unanimously approved.**

Adaptive Skiers at State Meet- presented by Robb Lageson and Bethann Chamberlain. Proposal of Adaptive skiers integrated into State Meet with adjusted final race time based on an algorithm using times from world-wide data from adaptive skier race results. Levels would be determined (i.e. blind B1, B2, B3. Level of sightedness) to determine the final time adjustment percentage amount (for example, 3% vs. 7% vs. 11%) Bethann shared the importance of our flexibility, readiness and willingness as we add this to our events and integrate effectively.

Types of physical disability can range: (leg, arm, vision)

Many things to consider- State qualification standard, Category, Timing adjustment. Many, many considerations about how to administer.

Action Item: Will go to an Association On-line “vote” before spring deadline. We need a unanimous vote to make a recommendation.

Break for lunch

Wax Policy - Robb presented the points of discussion being based on the inconsistencies or misunderstandings that needed clarification from 2018-19.

Looked at the CXC policy as an example: FS no wax restrictions. CL no restrictions in the kick zone.

We will keep our current Fluro ruling for the wax policy for 2019-20.

No fluoros for glide waxes. Paraffin waxes only for regular season. Fluorinated kick-zone hard waxes are OK.

Post Season races (Conference, Section and State championships) Fluorinated hard waxes or liquids are ok, not powders. **Charlie Banks will be considered a post-season race if teams wish to wax with fluoros. We will table further decisions until after the 2019-20 season following the European decisions on wax rulings regarding fluorinated waxes, wax safety, etc..**

Clubs and High School Programs -Presented by Robb and further topic presented by Joe Haggemiller. What are the limits of participation for High School skiers that are also members of a ski club teams. Conflict of interest between coaches’ expectations of HS and Club programs. There is no “standard”

Many discussions about unique situations, exceptions. Many perspectives about pros and cons and who is affected and how.

Action item: There will be an electronic vote presented to follow up on the position of what we want to present to the MSHSL for our proposal of “club” participation.

General consensus voting requires a 40% participation of members voting to be a proposal to be valid as a board recommendation with a proposed policy. We did not have enough members present for a vote.

Season extension? Discussion about pros/cons/history of the season, influences on MSHSL on decision, Alpine season, snowfall history/amounts, winter snowmaking effectively allows extended season with delayed start.

Action Item. Survey regarding dates of move- preferences from head coaches in the association. 1 week or 2 weeks later season extension with a 1 or 2 week later start date.

12:50pm Meeting adjourned