

Rochester Nordic Ski Team

Information / Sign-Up Meeting

**Tuesday
November 9th, 2010
7:00 - 8:30 PM**

**Mayo High School
(Cafeteria)**

**Open to 7th - 12th Grade
1st Practice - Mon, Nov. 22nd
Last practice - Thurs, Feb 17th**

**Recreational / Competitive Groups
Practices: 4:00 pm - 5:30 pm
Mon/Tues/Thurs**

**Sponsored by:
Rochester Active Sports Club**

**Note: First-time skiers must have paid registration fees to
be eligible for loner skis/poles.**

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2010 – 2011 Calendar

Nov	9	Tue	7:00 PM	Sign-Up Meeting – Cafeteria – Mayo High School
Nov	17	Wed	6:30 PM	Swix Wax Clinic, location TBD
Nov	22	Mon	4:00 PM	First Practice – Jefferson School Gym, 4:00 - 5:30 pm No practice Nov 23th or 25th
Nov	29	Mon	4:00 PM	Regular Practice Schedule Begins Mon, Tue, Thu - 4:00 - 5:30 PM
Dec	20	Mon		Winter Break – no practices through Jan 1
Jan	3	Mon		Practices resume
Jan	7-9	Fri – Sun		Maplelag Ski Trip
Feb	17	Thu		Last Practice
Mar	8	Tue		End of Season Potluck – John Marshall Cafeteria

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Rochester Nordic Ski Team

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Rochester Nordic Ski Team (RNST) Program

This program is run by Rochester Active Sports Club (RASC). The goal is the development of Nordic skiing both as a recreational and competitive sport in Rochester high and middle schools. This ski program is open to all 7th – 12th grade students in Rochester. This program is part of RASC and students will be considered full members of the club. RASC provides members with regular e-mail updates, a club web site and an electronic bulletin board. Members are also entitled to discounts off items purchased at several local ski and bike stores.

Program Costs

The cost / student will be **\$75** for Rochester Public School students (grade 7 – 12) and **\$55** for Parochial schools. Of this, \$5 goes to the RASC membership fee, \$50 goes to general support expenses (includes rent of gyms and training facilities, race travel, team waxes, team ski repair etc.) and \$20 for public school activity fees. **Fees will need to be paid when registering. Complete Appendix F in this handout. All Checks should be made payable to RASC.**

Training Sessions – Dates and Times

The first training session of the 2010 / 2011 season will be Monday, November 22nd (no training Nov 23rd or 25th). Regular training sessions will be held on Monday, Tuesday and Thursday from November 29, 2010 until February 17, 2011. All training sessions will run from 4:00 pm until 5:30 pm.

Over the holiday period, there will be no training sessions the weeks of December 20st, or December 27th. Practices resume on Monday January 3rd.

Skiers should plan to arrive 15 minutes prior to start of practice and be ready to start the ski session at 4:00. A minimum of 2 coaches will be present at all sessions. Skiers are required to make their own travel arrangements to and from all training sessions. Skiers should arrange for pick-up by 5:20 pm.

Cancellation of Training Sessions

Temperature: ski sessions are cancelled if the ambient temperature is below 0 degrees or wind chill is below -10F at the training site. Practice time may be shortened to 1 hour. If in doubt, check the RNST section of the RASC Bulletin Board (<http://rascmn.proboards98.com/index.cgi?board=rnst>) or go to <http://www.rasc-mn.org> and click on the RNST Bulletin Board). A notice will be placed on the Bulletin Board no later than 3:00 pm on practice days.

Training Locations – Dryland Training

Early in the season, prior to snow, dryland training sessions will be scheduled. These may be held at UCR Dome, Century HS, Eastwood Golf Course, Essex Park, Quarry Hill or Jefferson Elementary School.

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Training Locations - Snow

Over the last few years we have had to be very flexible on where we trained, depending on snow conditions. We have trails at Quarry Hill and Eastwood Golf Course. New trails have been developed at Essex Park. Lake skiing can be very good at Mayowood Lake . We have made arrangements for access to the Coffee Mills ski area in Wabasha for reliable on-snow practice as discussed below. However due to the travel distance, practice sessions at Coffee Mills will only be on Saturday / Sunday mornings and will be in lieu of the Monday training session. It is the responsibility of each skier to arrange for transportation to and from Coffee Mill.

Monday - Training sessions will generally be held at either Quarry Hill Park , Essex Park, or Eastwood Golf Course. We have alternative arrangements for skiing at Coffee Mills on either Saturday or Sunday mornings to substitute for cancelled Monday sessions. Coffee Mills is about 45 miles from Rochester and has a large area near the chalet that is gradual and suitable for Nordic skiing. On-snow sessions at Coffee Mills will be from 7:30-9 am on Saturday mornings or 8:30-10 on Sunday mornings.

Tuesday – Training sessions will be held at Quarry Hill Park, Essex Park, or Eastwood Golf Course or Mayowood Lake, depending upon snow conditions. In the absence of any snow, dryland training will be held at the UCR dome, one of the gyms in Jefferson Elementary School, or outdoors at Century High School.

Thursday – Training sessions will be held at Quarry Hill Park, Essex Park, Eastwood Golf Course, or Mayowood Lake, depending upon snow conditions. If there is no snow, we will hold dryland training at the UCR dome, Century High School, Eastwood, Essex, or Quarry Hill.

Maps to all locations can be found in Appendix E. The location of each training session will be posted on the RNST section of the RASC Bulletin Board (<http://rascmn.proboards98.com/index.cgi?board=rnst>) or go to <http://www.rasc-mn.org> and click on the RNST Bulletin Board). A notice will be placed no later than 3:00 pm on the day of each training session.

Maplelag Ski Camp

For the last 3 years we have gone to the Maplelag Ski Resort in northern Minnesota in early January. We plan to do another ski camp this year on January 7th-9th. A bus leaves Rochester on the Friday morning (7th), returning on Sunday evening (9th). Full details will be announced at the sign-up meeting on Nov. 9th. For those interested in lettering, this camp counts as 2 practice sessions and 1 race.

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Competitive / Leisure Skiing

For most of us, Minnesota winters are a time of hibernation with little in the way of outdoor activity. Our goal is to show students that once the basic skills are mastered, Nordic skiing is an exhilarating sport and one of the best ways to stave off the effects of a long cold winter. This program will provide students with life skills that will enable them to get out and enjoy the wintertime. For athletes, it provides an excellent means of building endurance and fitness over the winter months and gives them a jump-start on Spring and Summer sports.

Depending upon numbers, we will group skiers into three categories – beginners with no prior experience on skis, skiers who have the basic skills and wish to become more proficient, and skiers who wish to compete in high school and citizen races. For those interested in competition, we plan to attend a minimum of three high school meets this season.

High School Athletic Letter in Nordic Skiing

The opportunity to earn a high school letter from each individual's high school exists. To fulfill the requirements of the program the student must participate in at least three races, attend a minimum of 24 practices over the season, and meet the community service hours. Full details of the lettering requirements can be found in Appendix A.

Team Member Conduct

Each member of the team is expected to conduct him/herself in a manner, which is conducive to learning, safety, and having respect for teammates and coaches. Examples of misconduct: (not inclusive) – not attentive, distraction to other skiers, disruptive behavior, lack of effort, misrepresenting practice attendance, and not following coaches instructions. Consequences and further discussion is contained in Appendix E.

Contact Information

If you have questions please contact one of the following people:

Rochester Active Sports Club - Volunteer Coaches

Counselman, Eric; E-mail: edcounselman@uwalumni.com
Phone: 920-918-0293 (c)

Flood, Christopher; E-mail: chrisflood@rochesterarea.org

Greymont, Dave; E-mail: birked@charter.net

Gross, Gary; E-mail: gpg000@gmail.com

Guyra, Joe; E-mail: jgyura@gmail.com
Phone: 289-5465

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Rochester Active Sports Club - Volunteer Coaches

Hocraffer, Henry; E-mail: henryah@us.ibm.com

Phone: 281-0221 (h), 253-4632 (w)

Johnson, Andrea; E-mail: aljohnson10@gmail.com

Keillor, Joey; E-mail: keillor.jon@mayo.edu

Knapp, Barry; E-mail: bsknapper@gmail.com

Phone: 282-1301

Luetmer, Patrick; E-mail: luetmer.patrick@mayo.edu

MacCarty, Bob; rmaccarty@mayo.edu

Manulik, Bob; E-mail: manulik@us.ibm.com

O'Connor, Michael; E-mail: mkoconnor@mayo.edu

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Olson, Lonny; E-mail: heynylon@gmail.com

Pankowski, Don; E-mail: don.pankowski@honeywell.com

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Phone: 280-0929(h), 261-9936 (c)

Robertson, Jeff ; E-mail: jrob5630@aol.com

Phone: 288-3103(h), 990 - 7052(c)

Rowley, Greg; E-mail: gsrowley@hotmail.com

Phone: 252-8105 (h), 273-8396 (c)

Torchia, Tish; E-mail: torchia7@msn.com

Phone: 287-6064(h), 254-6135(c)

Walk, Bruce; E-mail: bmwalkmn@gmail.com

Phone: 289-5022(h), 253-5768(w), 250-2223(c)

Walker, Henry; E-mail: walker.henry@mayo.edu

Phone: 288-8489(h), 266-2689(w)

Wollan, Peter; E-mail: peter.wollan@gmail.com

Phone: 287-2758(w), 281-9769(h)

Wood, Andrew; E-mail: e.andrew.wood@earthlink.net

High School Liason and RASC member

Bothun, Darald; E-mail: dnbothun@q.com

Phone: 252-8735(h), 990-1303 (cell)

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Appendix A ROCHESTER NORDIC SKI TEAM - LETTERING REQUIREMENTS

Minimum expectation: Approximately 120 Points

Community Service – Requirement – 12 hours (12 Points)

A written form describing this service must be provided to the coaches indicating the type of service and the quantity of hours.

High School Meets – Requirement – 3 events (60 Points)

A skier must compete in a minimum of two scheduled High School ski meets. Each event is worth 20 points. One other race (Citizen or make-up) may be used to satisfy the requirement of three races. It is the skier's responsibility to write up which race was skied, place, time, and any honors.

Practice – Requirement – attend a minimum of 85% of the total of held practices (approximately 24 sessions = 48 points)

It is expected that each skier will be in attendance at a minimum of 85% of the held practices. Each practice is worth 2 points. **A maximum of 4 bonus points can be applied to practices.**

Bonus

2 points will be granted for each workshop or ski camp attended. These workshops are in addition to regular practices and must be conducted by the coaches or other qualified skiers. The participant must write up attendance. Up to 2 bonus events (2 points each) can be substituted to achieve practice requirements. **Mapelag ski camp will count towards 1 race and 2 practices. Wax clinic will count towards 1 practice.**

Consideration Given

Much time is given to practice and meet competition other than just ski time. Activities include preparing the skis for the weather (waxing), gathering necessary clothing, and transportation. This includes travel to Eastwood, Maywood Lake, Coffee Mills, Lake Shady, Quarry Hill, or meets hours away. These additional hours are included in the points awarded.

Coach's Discretion

There are three exceptions:

1. If an athlete is injured during the season and is unable to participate fully because of the injury, the coaching staff will decide objectively whether they felt the injured athlete would have reached the lettering criteria had the injury not occurred.
2. A letter will not be awarded to anyone who is considered by the coaches to be detrimental to team spirit or proper team conduct.
3. If weather conditions limit the number of planned practices, 85% of held practices will be used to determine the total minimum points required. At the coaches' discretion, intra-team races may also be scheduled to substitute for cancelled meets.

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Appendix B - Record Sheet for RNST Community Service

ROCHESTER NORDIC SKI TEAM COMMUNITY SERVICE HOURS			
Service to others with no benefit to yourself/not a family responsibility			
Hours not used for similar purposes			
	Activity	Date	Hours Given
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
Total hours			

Timeline: November 9th - February 17th plus other earlier RASC designated events/trail sessions

Skier Signature: _____

Parent/guardian Signature: _____

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Appendix C

Equipment

Note that there are two types of Nordic ski techniques – skating and classic. Skating technique will be the primary technique at all sessions. More experienced skiers will have the option of classical technique on Monday and Tuesday evenings, conditions permitting. When purchasing or renting equipment, please ensure that you get skating equipment (skis have no kick zone, poles are longer and boots are stiffer and higher than those used for classical skiing). If renting equipment to match RNST skis, rent boots that match Salomon bindings.

RASC Skis and Poles

At the information meeting on November 9th a limited number of skis and poles will be made available to skiers free of charge for the ski season. Anyone interested in obtaining skis and poles should submit their name to one of the coaches at the meeting. Priority will be given to first-time skiers. If there are more requests than equipment, equipment will be distributed by drawing names out of a hat. **Note: You must have paid your registration fees to be eligible for loner skis and poles.**

Skiers that have their own equipment and need help with prepping the skis for this winter can leave skis with one of the coaches. These will be waxed and returned to the skiers as soon as possible. Skis can be left at Rochester Cycle and Fitness – please indicate that these are for a high school skier. Also, please e-mail Michael O'Connor to let him know that skis have been dropped off and need waxing. He can be contacted at mkoconnor@mayo.edu.

Rental Equipment

Robb Welch from Tyrol Ski and Sport will be on-hand to let people know what is available from Tyrol. Skiers who need to rent equipment (ski boots from Tyrol) should talk to Robb after the meeting.

Purchasing Skis, Poles and Boots

The cost of ski packages (skis, bindings, boots and poles) ranges from about \$280 - \$800. We would recommend ski packages in the range \$350-\$500. Locally, Tyrol Ski and Sport will be offering ski packages. With a 10% discount for RASC membership, these may be very attractively priced. Alternatively Gear West in the Twin Cities (in Long Lake, on 394/ Hwy 12, west of 494) offer the option to lease a package at ~½ price. If at the end of the season, the skier decides to continue in the sport, they pay the other half, otherwise they simply return the equipment at the end of the season. Another top quality ski store in the Twin Cities that caters to high school teams is Finn Sisu in St. Paul.

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There are a large number of on-line ski stores that often offer excellent deals. Below are some we recommend:

Akers Ski: www.akers-ski.com

Reliable Racing: www.reliableracing.com

Sports Rack: www.skiguys.com

Also check on-line stores such as REI and Campmor for inexpensive clothing. A full listing of on-line ski stores can be found on the RASC web site at www.rasc-mn.org. In the site, go to the Nordic skiing web page and click on the Nordic Links section in the upper right corner of the page. This provides a full list of on-line stores.

Clothing

What to wear

The following is a list of the essential items required

- * 1 pair of skating skis – these should be matched to skier's weight and ability
- * 1 set of bindings – there are 2 main systems – Salomon and NNN. The bindings should be selected to match the binding system on the boots (note: Tyrol only rent boots that match Salomon bindings)
- * 1 pair of skating ski boots
- * 1 pair of skating ski poles – with the skiers standing in street shoes, pole length should come to just the upper lip.
- * 1 pair of Nordic ski gloves
- * 1- 2 ski hats / ear muffs (1 light, 1 heavy)
- * 1 balaclava for cold days
- * 1 set of long underwear top and bottoms (base layer),
- * 1 extra top layer underwear
- * 1 pair of windblock pants
- * 1 breathable lightweight jacket
- * 1 windbrief for guys

Additional items: Dermatone for face. Second base layer for cold days or if skier is too cold with only 1 base layer.

What **NOT** to wear

- * No jeans or cotton clothes. When wet, these draw heat from the body and can lead to hypothermia
- * No heavy winter jackets. After 5 minutes of skiing, these are generally too warm.

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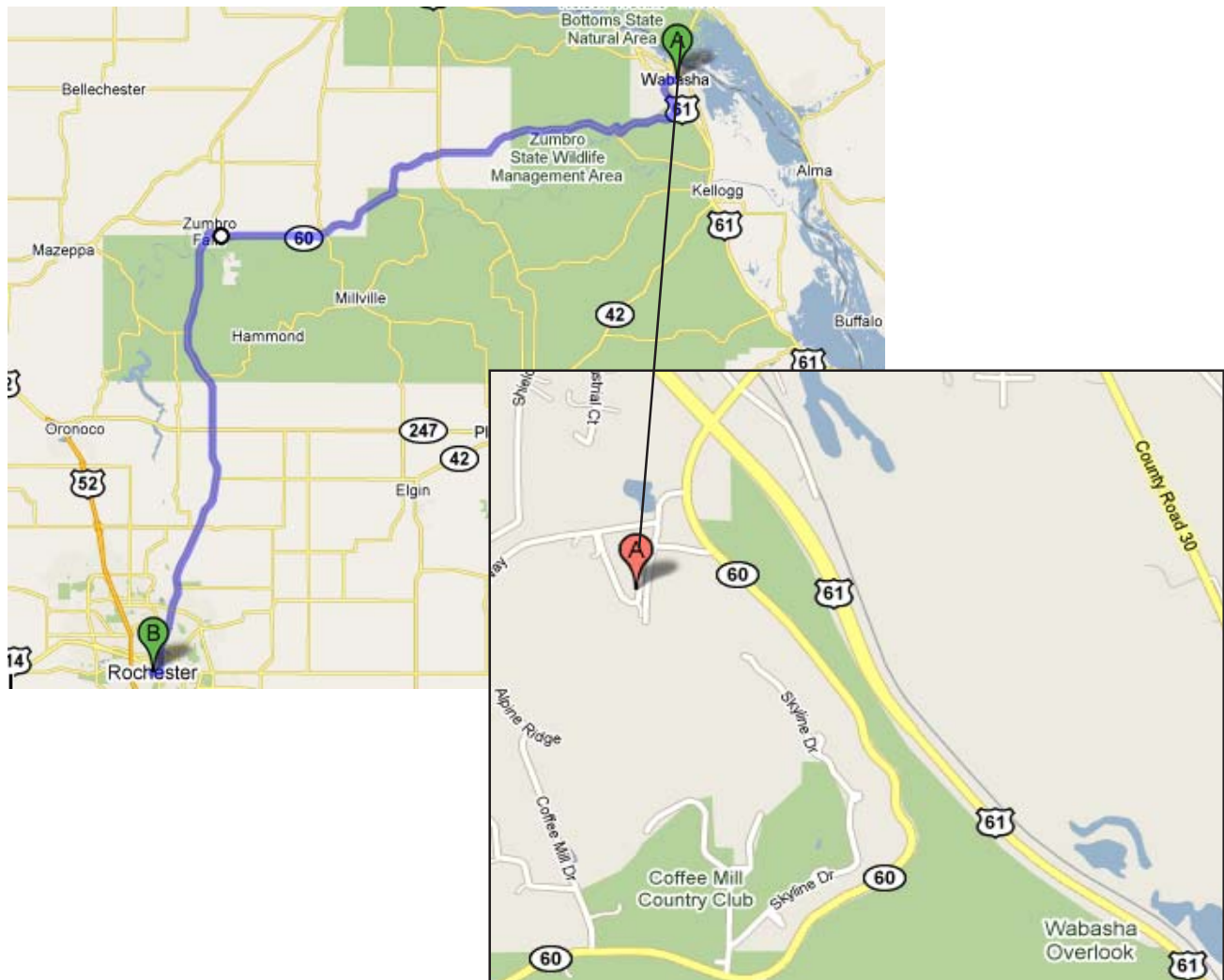
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Appendix D

Maps to Training Locations for Ski Practice

Coffee Mills: Driving Directions from Rochester

For ski sessions at Coffee Mills, we plan to car-pool from the parking lot in Century High School. From the parking lot, go on East Circle Drive to US 63. Go north on U.S. 63 to Zumbro Falls. Turn right on MN 60 for ~20 miles until you get to close to Wabasha and MN 61. You will see the signs for the ski area. Total distance from Rochester is approx 44 miles. Ski sessions at Coffee Mills will be either on Saturday mornings from 7:30 am – 9:00 am or Sunday mornings from 8:30 am to 10:00 am. For car pooling, meet at the parking lot in Century H.S. 1 hour prior to the start of the skis session (i.e. 6:30 am on Saturdays and 7:30 am on Sundays).



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Mayowood Lake

Mayowood lake is located off the Mayowood road. Access to the lake is almost directly across the road from the trailhead for the bike trail. Note that the bridge across the lake is now closed, so access to Mayowood road and the lake is now only via Salem road. Since the road is closed, there is plenty of parking near the lake.



Eastwood Ski Trail: Driving Directions from Downtown

Take US14 east out of town. At the traffic lights at 30th Ave SE, turn right and head up the hill to the Eastwood club house. Park in the parking lot for the clubhouse.

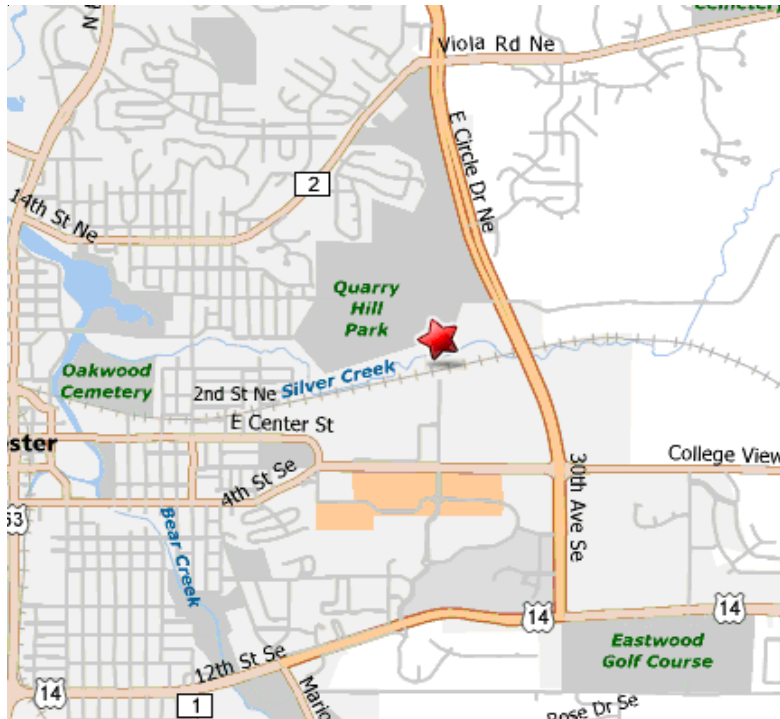


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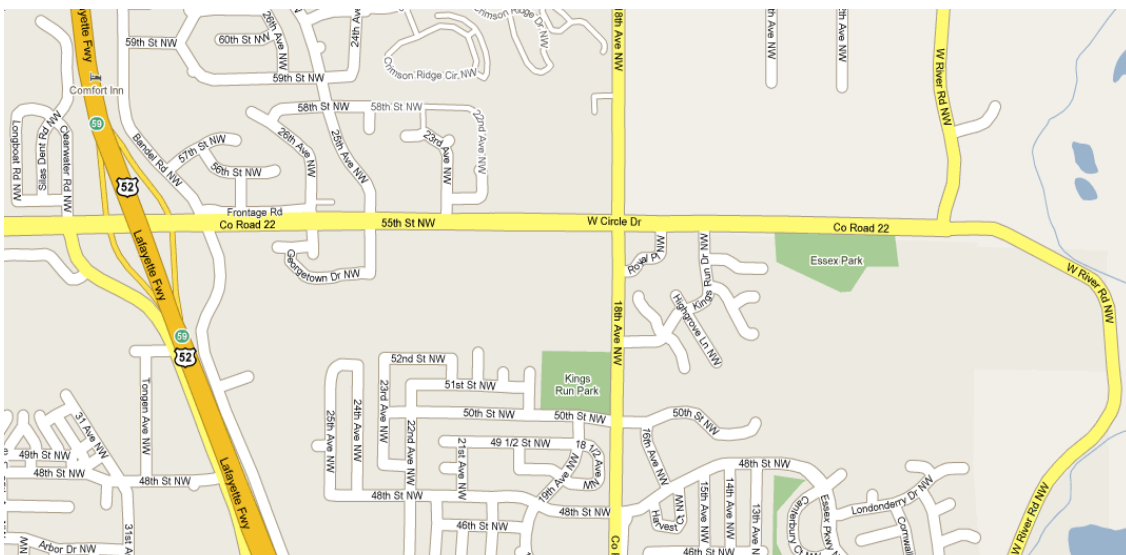
Quarry Hill Park Ski Trail: Driving Directions from Downtown

Take US14 east out of town. At the traffic lights at 30th Ave SE, turn left to go north. Go past the lights on College View road and take the first left turn into Quarry Hill park. Meet at the Quarry Hill Nature Center.



Essex Park Ski Trail: Driving Directions from Downtown

Take Hwy 52 north out of town. Take the 55th street exit and turn right, going east. Continue on 55th street for ~ 1 mile until the 4-lane road narrow down to 2 lanes. The entrance to Essex Park will be on the right side.

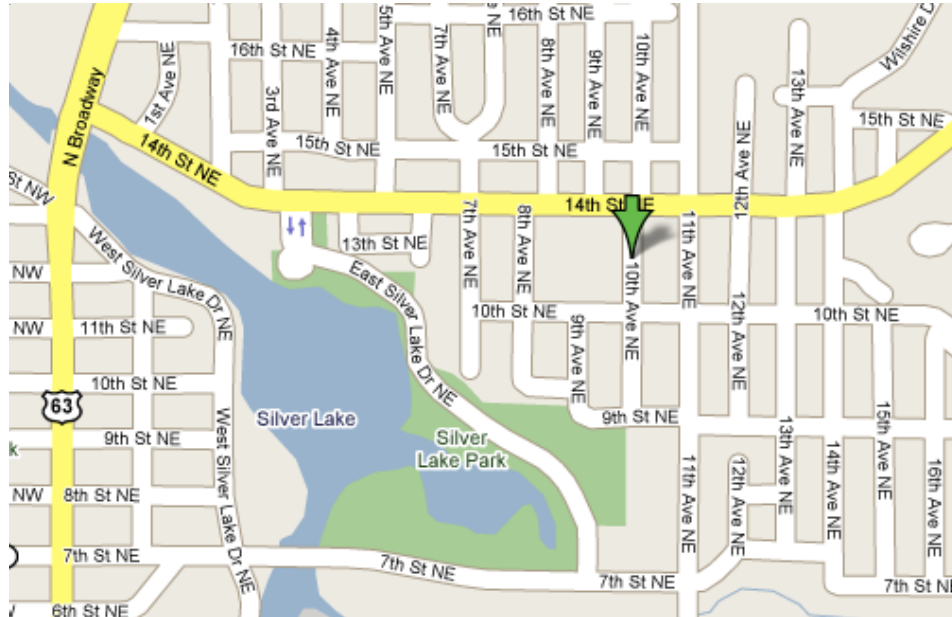


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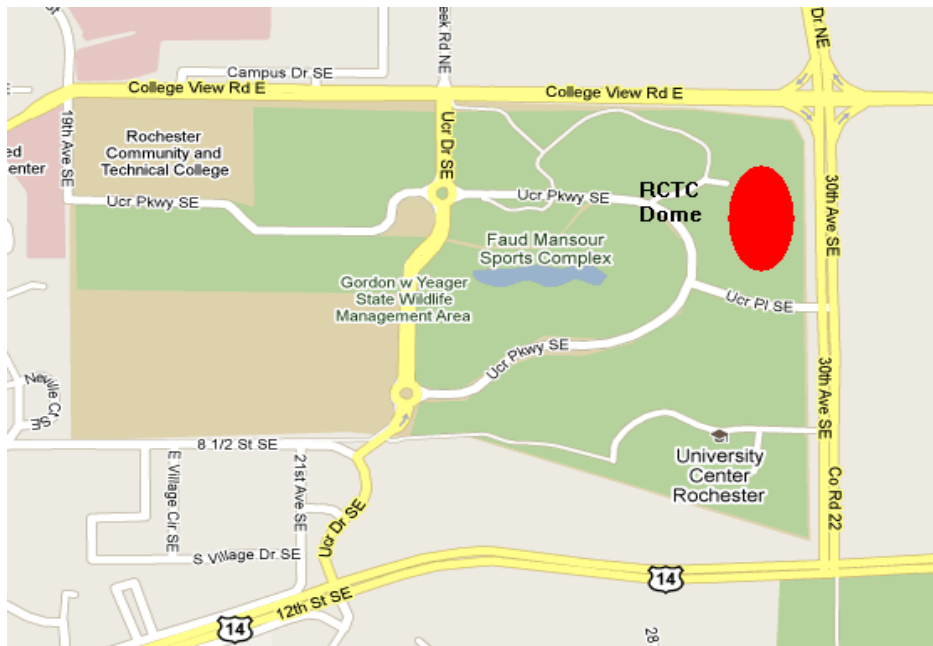
Jefferson Elementary School

Jefferson Elementary School is located on 14th Street NE. From Broadway, turn east on 14th Street NE and go to the intersection of 10th Ave NE. Park in the school car park just on 14th Street.



UCR Dome

The University Center Rochester dome is located off 30th Ave SE between US 14 and College View Road.



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Appendix E - Team Member Conduct For Participation in RNST Activities

Academic Eligibility

Student athletes must maintain satisfactory progress towards graduation. All student athletes should have achieved the following number of credits at the end of each semester to maintain eligibility.

Freshman Year:	End of 1 st Semester	3 credits
	End of 2 nd Semester	6 credits
Sophomore Year:	End of 1 st Semester	9 credits
	End of 2 nd Semester	12 credits
Junior Year:	End of 1 st Semester	15 credits
	End of 2 nd Semester	18 credits
Senior Year:	End of 1 st Semester	21 credits
	End of 2 nd Semester	24 credits

First quarter freshman and middle school students must maintain passing grades in all classes. All cases falling below this level will be reviewed by the administration. If a student is failing, the administration will intervene and develop a plan of action to assist the student. Students who are more than one (1) credit deficient are academically ineligible. Students who are deficient one (1) credit or less may be placed on a contract. The contract may include any of the following options:

- Full participation with conditions
- Practice without competition
- Total non-participation

Student athletes considered to be Division I or II scholarship prospects are reminded that there are course requirements to be eligible for scholarships. Contact your Guidance Counselor.

School Attendance and Behavior Standards

Athletes are expected to abide by all school attendance and behavior guidelines. Participation in extracurricular activities is a privilege offered to students in good standing. Athletes are expected to be in class as scheduled. Unexcused absences may result in exclusion from the next event. Athletes may be excluded from events or activities due to behavior unbecoming that of an athlete or for a violation of the school's rules of conduct. A felony conviction will have a penalty no less than that for a second chemical violation. This determination will be made by the Coach, Athletic Director and Building Principal or Assistant Principal.

Team Member Conduct

Expectation: Each member of the team is expected to conduct him/herself in a manner, which is conducive to learning, safety, and having respect for teammates and coaches.

Examples of misconduct: (not inclusive) – not attentive, distraction to other skiers, disruptive behavior, lack of effort, misrepresenting practice attendance, and not following coaches instructions. If a Coach views an individual's conduct as detrimental to the practice, the individual will be advised. Misconduct identified by a coach will be reviewed and re-confirmed in a follow-up discussion with other coaches in attendance.

Consequences

First Offense: Warning, coaches discussion, followed with parent notification by coach(es) involved, and documented by reporting coach(es). Practice will not count.

Second Offense: Warning, coaches discussion, followed with parent notification by coach(es) involved, and documented by reporting coach(es). Practice will not count

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Third Offense: Warning, coaches discussion, followed with parent notification by coach(es) involved, documented by reporting coach(es), and will not attain a team letter, and be removed from the sport for the season.

Documentation includes date, student name, coach reporting, a brief written summary of the offense, notes and date of parent notification. Documentation is to be retained by a team designee.

Mood-Altering Chemicals

Philosophy and Purpose: The Rochester Nordic Ski Team recognizes the use of mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The misuse and abuse of mood-altering chemicals for some adolescents affects extracurricular participation and development of related skills. Others are affected by the misuse and abuse of family, team members or other significant persons in their lives.

Rule: During the calendar year, regardless of the quantity, a student shall not: (1) use or have in possession a beverage containing alcohol; 2) use or have in possession tobacco; or, 3) use or consume, have in possession, buy, sell, or give away any other controlled substance. The rule applies during the entire year including the summer months. It is not a violation for a student to be in possession of a controlled substance specifically prescribed for the student's own use by her or his doctor.

Penalties for Activities

First Violation - Penalty: After confirmation of the first chemical violation, the student shall lose eligibility for 50% of the scheduled regular season events of the activity season in which the student is a participant. Any percent of an unfulfilled suspension will be applied in the next season the student participates in. The first possession violation will result in a suspension of 2 weeks or 2 events, whichever is greater.

Second Violation - Penalty: After confirmation of the second chemical violation, the student shall lose eligibility for one calendar year.

Subsequent Violations - Penalty: After confirmation of the third and subsequent violations, the student shall lose eligibility for further participation.

Racial, Religious, Sexual Harassment/Violence and Hazing

A. During the school year, a student shall not violate the racial/religious/sexual harassment and racial/religious/sexual violence expected code of conduct. Respect is provided to everyone.

B. Types

1. Racial Harassment
2. Racial Violence
3. Religious Violence
4. Assault
5. Sexual Harassment
6. Sexual Violence
7. Hazing

C. Penalties

1. Racial/Religious/Sexual Harassment and Hazing Violations:
 - a. First Violation: After determination of the violation, a student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater.
 - b. Second Violation: After determination of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant or three (3) weeks, whichever is greater.

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- c. Third Violation: After determination of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater.

As a student I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my actions and the consequences of my actions.
- I will respect the property of others.
- I will be responsible for all equipment issued to me and will return it at the conclusion of the season.
- I will respect and obey the rules of my school and the laws of my community, state and country.
- I will show respect to those who are responsible for enforcing the rules of my **school and the laws of my community, state and country.**

I am aware of the risks of participation in high school athletic programs. I give permission for my son/daughter to be sent to our family doctor, or another doctor of his/her choice, for an examination or treatment deemed necessary by a coach, resulting from his/her activities in high school athletics.

The student/parent authorizes the release of documents and other pertinent information by the school in order to determine student eligibility and promote the programs with media and Internet.

