

MN State High School Nordic Ski Coaches' Association 2008 Fall Meeting
Saturday October 25, 2008, Mora Vasaloppet Nordic Center

1. Meeting called to order by Paula Anderson; introductions. Circulated signup sheet for more experienced coaches to mentor newer coaches. Paula will send contact information to all coaches listing experienced coaches' e-mail addresses and new coaches' e-mail addresses.
2. Approved minutes from 2008 Spring Meeting.
3. Introduction of new officers and committees:
 - a. 2008-2009 New Officers:
 - President (2008-2010)– Mike Hecker, Anoka
 - President-elect – Pete Tremaine, Anoka
 - Secretary/Treasurer – Susan Waananen, Maple Grove
 - b. Advisory Committee:
 - Includes current officers plus:
 - Past President – Paula Anderson, Ely
 - Member-at-large – Matt Laue, Orono
 - Member-at-large – Joe Teff, St. Cloud Cathedral
 - Will be meeting with MSHSL official Rich Matter on November 3.
 - c. Award Chairs:
 - Hall of Fame Award, Coaches' Award – Dave Johnson, Duluth Marshall
 - Presented Paula Anderson with Coach of the Year award
 - Candidate Leroy Martinson, Bloomington , to the Nordic Ski Coaches Hall of Fame, induction approved.
 - Victor C. Dunder Award – Mike Miller, St. Louis Park
 - Handout with Fall 2008 award recipients; given awards totaling \$5000 over the past 4 years.
 - Discussed purpose of award, athletes must be a first year skier and demonstrate financial need. Encourage award recipients to write thank you note to ski shop, copied to Mike.
 - Academic Awards – Fred Kueffer, Roseville
 - Send academic lineup by Thursday of sections week to get results by State meet. Email Fred to confirm that he has received them.
 - All-State Awards – Susan Waananen, Maple Grove
 - Spelling of names for certificates will be obtained from the teams' rosters on the MSHSL website. To save postage, pick up awards in timing shack before leaving the meet.
 - State Rankings
 - Kevin Brochman will continue doing the rankings this year.
4. Paula read an anecdote from Pat Lanin which may be featured in a quality of life film on PBS. He recalls preparing for a Hopkins Holiday Relay on a day where the wind blew away all the snow, his Diablo Rouge gave him serious trouble and the race was saved by 7 coaches with snow shovels.
5. Rules Interpretation Meeting - Bob O'Hara, Benilde-St. Margaret
 - Provided handout with rules reminders.

Be aware of current rule's manufacturer logo size restrictions (2.25 sq. in); no limits on school names.

Rule change - disqualifications will now be decided by the race jury instead of by the technical director.

Rule change – Coaches can now officially list two alternates on the section entry card; substitutions allowed as long as skier's name is on form and meet manager is informed prior to the start of the race. This rule applies to both sections and state.

6. Section Reps Update:
Needed reps for sections 3, 5, and 6. Bob recruited Nick Vetter, St. Thomas Academy for Section 3, Charlie Rietschel, Champlin Park for Section 5, and John Dyste, Chaska, for Section 6.
7. Important websites to bookmark: www.MSHSL.org, www.MSHSCA.org, and www.MSHSCA.org/nordicski, sign up for the newsletter from the president on this website.
8. Update on 2007-2008 Proposals:
 - a. Proposal to increase number of individual medals at Section and State meets from 10 to 15. Not approved by MSHSL, no precedent, already get more than other sports. The coaches' assoc. will be asking for 2 additional team medals for alternates this year. If approved this change would go into effect in 2009-2010; this year coaches can purchase medals for either their team alternates or for individual state meet qualifiers not in the top 10 at the section meet from MSHSL.
 - b. Proposal to allow 2 alternates on the section team, approved by MSHSL, explained by Bob in the Rules meeting.
 - c. Possible shift in season proposed by alpine coaches, rescinded this spring.
9. A short break was taken to allow coffee and restrooms.
10. Review of current proposal ideas
 - a. Multi-event format idea: Chris Robinson, Elk River, invited teams to try out the format at the Jamboree at Wirth Park on January 19. ISD#196 is also holding a True Team multi-event meet the same day. Mike Weimerskirch, commented that the relay event would lend itself to the team competition while the sprints and pursuit would determine the individual champions. Bob O'Hara mentioned that any discussion would have to take into consideration what it takes to get a course ready for a multi-event meet and that every section would have to meet the requirements.
 - b. Discussion about logo size restrictions, FIS v. NCAA. Motion made to go with FIS rules which would allow a logo of 100 sq. cm. on the uniform top and a logo of 100 sq. cm on uniform bottom, and max. of two manufacturer's logos of 15 sq. cm. on hat, on either side of hat, or if only one logo on hat needs to be 15 cm.sq. and on the front. Approved, will be proposed to MSHSL this year.
11. Paula handed meeting over to Mike Hecker, Anoka, the new president of the MSHSNCA.
12. Motion from Dave Johnson to commend Paula Anderson for commitment and effort in role as President of MSHSNCA, seconded, approved, applause.

13. Mike Hecker commented on issues important to him as the incoming president: Mentoring of new coaches by experienced coaches; supporting local ski shops and using them as resources for teams; promoting Nordic skiing as a life-long activity for all athletes, beginners as well as elite; increasing the visibility of our sport in the community and through local news outlets.
14. Team v. Individual Scoring at Section and State Meets

Mike Weimerskirch presented analysis of the 2008 State meet, evaluating the potential difference in results had the top 15 individuals from each section qualified for state rather than the current team scoring method. The top forty finishers at state would not have changed, the top sixty would probably have stayed the same, top eighty would probably have been affected. There was more variation in the team scoring although the top teams would have won with either method.

James Kyes and Bonnie Fuller-Kask made comments representing both sides of the debate.

A straw poll was conducted with approx. 15 votes for the individual scoring format, approx. 15 votes against and 30 votes undecided. It was determined that there is no consensus at this point and the issue will be tabled until the spring meeting. In the meantime Mike will send out a survey asking for input from coaches on this issue and will disseminate additional information and “food for thought” in regards to this issue.
14. Amy Cichanowski, Burnsville, gave an update on the MYSL program. The focus is to encourage new programs with parental involvement; building and strengthening local communities through families. The annual ski swap will be held at Dunwoody on November 15. Other upcoming events are the Wednesday night Sprint series at Wirth and a two day carnival at the City of Lakes Loppet. Information is on the website: <http://www.mysl.org>
15. Scott Wilson gave an update on the CXC team, currently at 13 athletes up from 6 last year. Introduced the training program available at www.cxcacademy.com that will cover training plans, technique tips, video. Great response from skiing community; over 80 subscribers in 3 months. Discussed 3 level certification program; Level 1 certification will be offered at the coaches’ clinic in the afternoon.
16. After lunch, there was a presentation by Yuriy Gusev on the CXC training website and a prize drawing. Matt Whitcomb gave a preview of the certification manual. Roller ski progression technique clinic outside with Yuriy, Matt, Bryan Fish, Bill Pierce, and CXC Elite team members.

Minutes submitted by Susan Waananen

