

Rochester Nordic Ski Team 2018-2019

Team Orientation and Registration Information

www.rasc-mn.org



Rochester Nordic Ski Team (RNST) Program Overview

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. Through this program, skiers will learn life skills that will enable them to get out and enjoy the wintertime. For athletes, it also provides an excellent means of building endurance and fitness over the winter months and gives them a jump-start on Spring and Summer sports.

This program is run by the Rochester Active Sports Club (RASC). The goal is the development of Nordic skate 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 and the surrounding area. Because the RNST is hosted by RASC, registration fees include membership to RASC with full member benefits, including 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.

Beginning/Recreational/Competitive Skiing

Beginning/recreational skiers will find a great opportunity to master basic Nordic skate skiing techniques and gain lifelong skills through effective coaching and practice sessions. Those interested in a more competitive, athletic approach will be offered advanced coaching as well as opportunities to ski in meets.

Skiers will be grouped according to their skills and proficiency and moved to more advanced groups as their skills improve based on coaches' recommendations.

Pre-REGISTRATION PROCESS

1. Sign up for Mail Chimp here: <http://eepurl.com/ciFMef>

(Please sign up to get team information throughout the season)

2. Subscribe to Google Calendar:

<https://support.google.com/calendar/answer/37100?co=GENIE.Platform%3DDesktop&oco=1> for instructions on how to subscribe to the Google Calendar.

Email address is rnst3128@gmail.com

3. Sign up for RNST Facebook Page:

<https://www.facebook.com/pages/Rochester-Nordic-Ski-Team/129592440523825>

4. Sign up for Remind to get texts for last minute updates:

Send the following text to 81010: @RNSTmsg

Online registration: www.rasc-mn.org>

Rochester Nordic Ski Team>Join Rochester Nordic Ski Team

ONLINE REGISTRATION CLOSING MONDAY, NOV 12, 2018

Adding Skiers after registration closes

significantly increases the workload for our volunteers.

Please be respectful of their time and register by November 12!

RNST Skate Ski Program

Open to 7th - 12th Grade

Groups for beginning through competitive skiers

Practices: Monday/Tuesday/Thursday

3:45 Check-In

4:00 pm - 5:30 pm Practice

(Ongoing updates available on Mail Chimp and Remind)

RNST Nordic Skate Ski Program

First-Year Skier Informational Meeting

Wed, Nov 7, 2018

6:30-7:30 PM

John Marshall High School Cafeteria

**We would like to answer all of your questions
as you consider the Rochester Nordic Ski Team this season.**

Parents are also encouraged to attend.

RNST Registration/Orientation: All skiers/parents encouraged to attend

Mon, Nov 12, 2018

7:00-8:30 PM

Century High School Cafeteria

7:00 - 7:30 PM – Registration Assistance

(Register online at home and skip this step!)

7:30 - 8:00 PM - 2018/2019 Program information

(We encourage all skiers to attend this opportunity)

**7:00 - 8:00 PM – Distribution of first-year loaner skis /
Sign up for Maplelag, Team jacket/pants, Wax orders.**

**** Program Information, brochure, online registration available at**

www.rasc-mn.org>Rochester Nordic Ski Team

[\(<http://www.rasc-mn.org/page-1552752>\)](http://www.rasc-mn.org/page-1552752)

Sponsored by: Rochester Active Sports Club

Note: Loaner skis and poles will be available for a small fee for first-time skiers. Excess equipment may be available for returning skiers but will not be assigned or distributed until the first day of practice.

There is no guarantee of equipment availability for returning skiers.

REGISTRATION/ORIENTATION:

1. Online registration: www.rasc-mn.org>

Rochester Nordic Ski Team>Join Rochester Nordic Ski Team

Registration will be open through November 12, 2018.

2. Maplelag (optional)

Send your check to John Resman or register online-additional fees apply.

3. Clothing orders (optional)

Jackets and pants available at Registration. Supplies are limited.

4. Pick up skis (first-year skiers only)

Please attend registration to pick up your rented skis.

2018 – 2019 Calendar

You can access the RNST Google Calendar by adding RNST3128@gmail.com to your own Google Calendar by following the instructions at this link:

<https://support.google.com/calendar/answer/37100?co=GENIE.Platform%3DDesktop&oco=1>

First-Year Skier Mandatory Equipment Orientation –

Mon, Nov 19, 2018 4:00 pm

First Practice (all skiers) – Tues, Nov 27, 2018

No practice- Thurs, Feb 21, 2019

Last practice – Thurs, Feb 28, 2019

November		Online Registration Opens: www.rasc-mn.org > Rochester Nordic Ski Team
Nov 7	Wednesday	6:30 pm First-Year Skier/Parent Informational Opportunity- John Marshall Main Cafeteria
Nov 12	Monday	7:00 pm Registration/Orientation: All skiers/parents encouraged to attend –Century Cafeteria
Nov 12	Monday	Last Day of Registration! Don't wait!!
Nov 19	Monday	4:00pm Mandatory Equipment Orientation for First-Year Skiers
Nov 27	Tuesday	4:00 pm Regular Practice Schedule Begins Monday, Tuesday, Thursday - 4:00 - 5:30 pm (actual times will vary, please watch your email for updates)
Dec 20	Thursday	Last practice before Winter Break
Jan 3	Thursday	Practices resume
Jan 4-6	Friday – Sunday	Maplelag Ski Trip
Jan 13	Sunday	4:00-9:00pm Victoria's Fundraiser
Feb 21	Thursday	No Practice (Birkie Weekend)
Feb 22	Friday	Kortelopet (Preregistration required-Hayward, WI)
Feb 23	Saturday	Birkiebeiner (Preregistration required-Hayward, WI)
Feb 28	Thursday	Last Practice
Mar 14	Thursday	6:00 pm End of Season Awards Ceremony- John Marshall Cafeteria

Communication

RNST will be using **Mail Chimp and Remind** as our primary communication tools. Mail Chimp emails will be detailed weekly schedule. **Remind** will be used for last minute updates. These messages will be sent out by 3:00 pm on practice days. We encourage both parents and students to make use of all of these tools to stay up-to-date on the latest information! If you have signed up in the past, you do not need to sign up again.

- **Mail Chimp:** Sign up to receive communication here: <http://eepurl.com/ciFMef>.
- **Google Calendar:** This calendar can be added to your own calendar and synced to your phone. <https://support.google.com/calendar/answer/37100?co=GENIE.Platform%3DDesktop&oco=1> for instructions on how to subscribe to the Google Calendar. Email address is rnst3128@gmail.com
- **Facebook:** (<https://www.facebook.com/pages/Rochester-Nordic-Ski-Team/129592440523825>) or go to <http://www.rasc-mn.org> and click on the RNST tab on the left side. The Facebook link can be found on the right side of the RNST page.
- **Remind:** Sign up for last minute text updates in one of the following three ways:
 1. If you already use REMIND and have the app you can join in our class#: [RNSTmsg](#)
 2. Send the text message: [@RNSTmsg](#) to the number **81010**
 3. Click on the following link: <https://www.remind.com/join/rnstmsg>

This information is designed to be last-minute, short text messages so we recommend entering your cell phone number instead of your email address.

Practice Information

Training Sessions – Dates and Times

The first training session will be Tuesday, November 27. Regular training sessions will be held on Monday, Tuesday and Thursday from November 27, 2018 until Feb 28, 2019. In general, training sessions will run from 4:00 pm until 5:30 pm. The end time can vary due to many reasons including site availability, weather, and darkness. Please check the weekly communication regarding the duration of each practice.

During Rochester Public Schools' Winter Break, we will also break from practice. Therefore, there is no practice from December 21-January 2. **We do practice on other non-school days during the season (MLK Day, President's Day).**

Skiers are required to make their own travel arrangements to and from all training sessions.

Skiers should be prepared to ski by 4:00, **which means arriving by 3:45 in order to have time to sign in and put on equipment.** Groups will leave the sign in area shortly after 4:00pm so please allow the proper time to meet up with your correct group!

Skier pick up: At least two coaches will always stay until all skiers are picked up. **Please be respectful of our volunteer coaches' time and pick up your skier promptly!**

Note: Skiers are welcome to arrive and leave practice at any time, however those who do not participate for at least one hour will not receive lettering credit for that day's practice.

Cancellation of Training Sessions

Temperature: ski sessions are cancelled if the ambient temperature is below 0 degrees or wind chill is below -10°F at the training site. At temperatures close to these cutoffs, practice time may be shortened to 1 hour. Updates will be posted on Facebook and sent out by Email but we recommend signing up for Remind for these time-sensitive updates.

Training Locations – Dryland

Dryland training is scheduled for the month of December, anticipating that there will not be snow until January practices. Adjustments will be made if there is significant snow. Dryland training will be as follows:

Mondays: RCTC Field House (UCR Pkwy SE, 55904)

Tuesdays: Quarry Hill (701 Silver Creek Rd NE, 55906) or Essex Park (55th Street NW 55901)

Thursdays: RCTC Field House (UCR Pkwy SE, 55904)

Please see Appendix D for more detailed information.

Training Locations – Snow

Ski locations are determined based on trail snow conditions as well as which trails can support a large number of skiers. Our most frequent options will be Quarry Hill, Essex Park and Eastwood Golf Course. Other options include lake skiing at Mayowood Lake and Chester Woods lake. Locations will vary each day so please be sure to watch your Remind and Facebook for the most up-to-date information about practice location!

Team Member Conduct

Each member of the team is expected to conduct him/herself in a manner which is safe, conducive to learning, and respectful to teammates and coaches. Further discussion is contained in Appendix C.

Program Fees and Additional Costs

Registration Fee

\$75 for 1st year skiers, private school, home school, or non-Rochester public school students (grade 7 – 12).

\$100 for returning Rochester Public School/Byron skiers (includes lettering fee).

Fees are due at time of registration by cash, check, or online payment. We encourage you to pay online: There are NO ADDITIONAL FEES for online payment of registration.

If you do pay by check, please make it payable to RASC and mail to Kristin Sorenson (1156 Audaz Ln SW Rochester, MN 55902).

Additional Program Costs

To assist you with understanding all the costs of participating in the ski program for a season, here is an estimate of some of the common additional costs that may be incurred.

Skis & Poles, leased from RASC for season (first year skiers) **\$35.00**

Ski Boots, leased from Tyrol for season

Salomon S/Race Skiathlon Jr Boot (sizes smaller than 8 US mens)

Lease Price = \$81

Salomon Pro Combi Boot (sizes 8 US mens and larger)

Lease Price = \$110

Maplelag ski training camp (optional)

\$215.00

Mens' Team Jacket (optional), Black Craft "Storm 2.0 Jacket" with Rochester Nordic Ski Team on back, Retail Price \$130

Team Price \$70

Womens' Team Jacket (optional), Berry colored Craft "Warm Train Jacket" with Rochester Nordic Ski Team on back, Retail Price \$100

Team Price \$55

Team Pants, Black Craft "Essential Winter Pant", Retail Price \$100

Team Price \$51

Winter clothing (wind jacket / pants etc.)

Variable

Note: Financial assistance is available through RASC for those who need it – please contact Darald Bothun for more details (dnbothun@q.com).

Maplelag Ski Camp (Optional)

The Rochester Nordic Ski Team conducts a ski camp at the Maplelag Ski Resort in northern Minnesota. The ski camp will take place this year on January 4th - 6th, with the bus leaving on Friday morning and returning Sunday evening. Cost for the ski camp is **\$215**. For those interested in lettering, skiers must attend all Maplelag sessions to receive credit for 2 practice sessions and 1 race. John Resman (jresman@gmail.com) will be available at Registration to answer your questions. Look for the Maplelag table at Registration!

High School Athletic Letter in Nordic Skiing

Skiers have the opportunity to earn a high school letter from their high school. To fulfill the requirements of the program the student must attend at least 85% of practices, participate in at least three races, demonstrate proficiency in skiing, and meet the community service requirement. In order to allow skiers to fully develop their skills, first-year skiers are not eligible to letter. Full details of the lettering requirements can be found in Appendix A.

Parent Volunteers

We rely on parent support for our Check In/Check Out system. Please sign up to help us!

<https://www.signupgenius.com/go/60b0c4caea72ba31-2014>

Lost and Found/Valuable Safety

Avoid lost and found by LABELING ALL ARTICLES OF CLOTHING! Lost and Found/Valuable Safety will be available at the Check In/Check Out area at every practice. Never ski with valuables (keys/phones) in unzipped pockets! Leave these items with Coach Don at the sign in area.

Medical/Asthma/Concussions

RNST does not collect physicals. We ask parents to work with your medical caregivers to determine that skiers are eligible to participate without restriction. All RNST coaches have concussion training. Asthma is a condition that can easily be exacerbated by cold and exercise. Please carry an inhaler at all times and inform your coach if you have asthma! Please inform your coach if a medical situation arises during practice!

Competitive Events

We encourage all skiers to race at least once during the season! All skiers are encouraged to participate in the Rochester Invitational. Some meets are better for experienced skiers. Check with your coach to see if meet participation is advised. This year's anticipated meets are Winona, Red Wing, Hyland Hills in Bloomington, and Maplelag. Other intrasquad events may be added as needed. All races are weather permitting so do not wait for later competitions if you are planning to letter!



Meet the Coaches

All positions and coaches are volunteers!

RNST Operations Group

Darald Bothun (dnbothun@q.com)
Dave Greymont-RASC Treasurer (birked@charter.net)
Joe Gyura (jgyura@gmail.com)
David Herbert (dherbert4320@gmail.com)
Joey Keillor-RASC Webmaster (Keillor.jon@mayo.edu)
Michael O'Connor-RASC President (mkoconnor@mayo.edu)
Kristin Sorenson (krsorenson6@gmail.com)
Henry Walker (walker.henry@mayo.edu)
Andy Wood (e.andrew.wood@earthlink.net)

RNST Head Coach – David Herbert

RNST Assistant Head Coaches- Joe Gyura, Leah Karsten, Joey Keillor, Andy Wood

RNST Administration- Kristin Sorenson

RNST Coaches

All coaches are volunteers and have completed a background check through the Rochester Public Schools as well as concussion training.

Please see the website for more information about our coaches! www.rasc-mn.org>Meet the Coaches

Katherine Argo (Katherine.argo@gmail.com)	Bob MacCarty (rmaccarty@mayo.edu)
Shawn Baranczyk (shawnb@us.ibm.com)	Bob Manulik (bobmanulik@gmail.com)
Sarah Becker (rarabeck@gmail.com)	Dan Nath (Daniel.nath@mn.usda.gov)
Mark Behrends (mbehrends2@yahoo.com)	Michael O'Connor (mkoconnor@mayo.edu)
Jim Bennett (bennettvac@gmail.com)	Don Pankowski (dpankowski@charter.net)
Kevin Berg (kberg64@gmail.com)	Rich Peter (rspete2@q.com)
Darald Bothun (dnbothun@q.com)	Joan Rabe (joan.rabe@icloud.com)
Roberto Cattaneo (cattaneo.roberto@mayo.edu)	James Ratelle (jpratelle@gmail.com)
Paul Ehling (paehling@rochester.k12.mn.us)	John Resman (jresman@gmail.com)
Dave Greymont (birked@charter.net)	Franz Rinkleff (franzrinkleff@gmail.com)
Joe Gyura (jgyura@gmail.com)	Luke Russell (loj.russell1@gmail.com)
David Herbert (dherbert4320@gmail.com)	Curt Shellum (curtshellum@gmail.com)
Jay Hiddinga (hjhiddinga@gmail.com)	Kerry Todd (kstodd6@gmail.com)
Henry Hocraffer (henry_hocraffer@hotmail.com)	Mike Trantow (miketrantow@gmail.com)
Nick Johnson (nicholasjohnson11018@gmail.com)	Henry Walker (walker.henry@mayo.edu)
Sarah Johnson (sarahanncecilia@yahoo.com)	Robb Welch (robbw@tyrolskishop.com)
Leah Karsten (lkarsten10@winona.edu)	Peter Wollan (peter.wollan@gmail.com)
Joey Keillor (Keillor.jon@mayo.edu)	Andy Wood (e.andrew.wood@earthlink.net)
Barry Knapp (bsknapper@juno.com)	Bob Ziller (rziller@centurylink.net)
Marianne Luetmer (luetmer.marianne@mayo.edu)	

Meet the Captains

Team Captains

Boys: Alex Gay (Home School)

Erik Jensen (Mayo)

Girls: Ingrid Wilder (Mayo)

Arianna Werts (Century)

Appendix A

LETTERING REQUIREMENTS

- The first year of participation on the Rochester Nordic Ski Team is an introductory year. Skiers will be learning the techniques of skate skiing and building skills and endurance. First-year skiers will not be eligible to earn a Varsity Letter.
- The second year and every year after that, the following criteria will be used to determine if a skier is eligible to receive a letter:

Minimum expectation: Approximately 136 Points

1. 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.

2. Race Requirement – participate in 3 high school ski meets (3 meets=60 points)

Schedule – to be determined and will be announced in advance.

- It is expected that each skier will participate in a minimum of three RNST high school ski meets. Each meet is worth 20 points.
- A non-RNST high school race or a citizen's race may be used to supplement club races but the details (name, location, date) must be communicated to rnst3128@gmail.com.
- JNQ Races can be used as an alternative to RNST meets.

Junior National Qualifiers (JNQ) - Alternative to RNST meets

At the highest level of junior racing is Junior National Qualifiers, with the top skiers competing for spots on the Junior National Team to compete with top juniors from around the country. For those skiers who wish to ski at a competitive level, one JNQ Qualifying event can be substituted for 2 RNST high school ski meets. If you plan to compete in the JNQ races, please contact Coach Henry Walker well in advance as these events require significant preparation. More details at JNQ website:

<http://www.cxcskiinq.org/pages/events/cxc-junior-cup.html#Championships>

JNQ Schedule

Dec. 15-16, 2018 Houghton: Sat. Classic Interval Start / Sun. Freestyle Mass Start

Dec 22-23, 2018 Madison, WI: Sat. Freestyle Sprint SkiX / Sun. Classic Sprint

Jan. 19-20, 2019 Cable: Sat. Classic Mass Start / Sun: Classic Sprint

Feb. 16-17, 2019 Mayor's XC Challenge: Sat. Classic Mass Start / Sun. Freestyle Individual Start

Additional Notes about JNQ Races

- JNQ's are open to everyone but you are required to sign up well ahead of time so do not wait for the last minute to decide.
- Points are accrued in each race so if you really want to qualify for Nationals, plan to attend as many races as possible.
- The current race schedule is not set in stone, it will likely vary due to conditions and other factors so again, plan to attend as many as possible.
- Contact Head Coach David Herbert if you are uncertain about attending or need support to attend. David will help provide a coach to answer questions, help wax, manage registration, etc.

3. Technique Requirement – Proficiency in Home Position and Four Techniques (16 points)

- Each first-time lettering candidate must demonstrate he/she understands the home position and can properly perform the four basic skiing techniques - double pole, V-1, V-2 and V-2 alternate.
- Testing will be done by selected coaches at designated practice sessions on a pass / fail basis.
- Under normal circumstances, it will only be necessary to pass skills testing one time during a skier's RNST career. However, all four tests will need to be passed in the same year for this to carry to the following year.

4. Community Service Requirement – 12 hours (12 Points)

- Any Community Service hours should be a benefit to your community, church and neighbors with no benefit to yourself except for the good feeling or the thanks you may receive for the service.
- The Community Service hours may be accumulated anytime from March 1, 2018 through February 10, 2019. A minimum of 12 hours is required to meet this lettering requirement.
- Submit your Community Service using the online form (<http://tinyurl.com/RNSTservicehours>). An e-mail confirming your submission will be sent to your parent/guardian's address. We want them to celebrate your Community Service hours!
- The online information may be filled out anytime during the season until the deadline of Sunday, February 10, 2019. Hours may be submitted as they are earned. It is not necessary to wait until all hours are accumulated before submitting.
- Please indicate the specific community service and for whom the service was provided (Supervising Adult).
- Completed hours will be reviewed by Coach Darald Bothun.
- ALL RNST MEMBERS ARE ENCOURAGED TO PARTICIPATE IN THIS VALUABLE ACTIVITY!

5. Bonus Point Sources

A maximum of 4 bonus points can be substituted to achieve practice requirements. Skier is responsible for communicating their attendance to workshops/ski camps and citizen's races to rnst3128@gmail.com.

- Two 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.
- Maplelag ski camp credit: Skiers must attend all Maplelag sessions to receive credit for 2 practice sessions and 1 race.
- A citizen's race may be substituted for two practices (4 points).

6. Coach's Discretion:

- 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. This decision will be based largely on whether the athlete had been on pace to letter at the time of the injury.
 - Please communicate any injuries that impact practice attendance immediately by emailing rnst3128@gmail.com. Credit for practice will be at the coach's discretion.
 - A doctor's note may be required to document an injury when it impacts lettering.
- Letter winners are expected to uphold team spirit and proper team conduct. A letter will not be awarded to anyone who does not demonstrate these qualities.
- Intra-team races may be scheduled to substitute for meets or practices cancelled due to weather.
- If weather conditions limit the number of planned practices, 85% of held practices will be used to determine the total minimum points required.

Appendix B

EQUIPMENT AND CLOTHING

Equipment

Note that there are two types of Nordic ski techniques – skating and classic. Skating technique will be the primary technique at all sessions. **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 registration, a limited number of skis and poles will be made available to first-year skiers **for a charge of \$35 for the ski season** (this charge also covers the cost of maintenance of the equipment, replacement of broken skis, poles and preparation of the skis at the beginning and end of season). Anyone interested in obtaining skis and poles should place their name on the **Loaner Ski List** at the sign up meeting. **Only first-year skiers will be given equipment at orientation.** If there are more requests than equipment, additional equipment will be procured and distributed at first practice.

For returning skiers, loaner skis may be available, but will not be determined until first practice. This is to ensure that all first-year skiers obtain equipment. Note: the club has 100 pairs of skis, so we are usually able to provide equipment to all who request it, but be aware that this is only guaranteed for first-year skiers.

Waxing

All skiers are encouraged to learn how to properly care for and maintain their own skis. There are a number of online videos that teach the fundamentals of waxing and ski maintenance. Please contact any one of the coaches if you have questions about waxing or are interested in good online links. Although we encourage skiers to learn to maintain their own equipment, an opportunity will also be available each year for a coach to wax these skis. If you would like to have your skis waxed, contact Michael O'Connor at mkoconnor@mayo.edu.

Rental Equipment

Locally, Tyrol Ski and Sports has equipment available for rent or sale. Shop early for the best selection! Robb Welch will be on-hand at Orientation for questions.

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. Again, Tyrol is your local option. With a 10% discount for RASC membership, these packages may be very reasonable. Alternatively Gear West in the Twin Cities (in Long Lake, on 394/Hwy 12, west of 494) offers 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. Finn Sisu in St. Paul is another top quality ski store in the Twin Cities that caters to high school teams.

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)

Winter Clothes Shopping

Online stores such as REI and Campmor offer inexpensive ski clothing. A full listing of online ski stores can be found on the RASC website at www.rasc-mn.org > Nordic skiing > Nordic Links (upper right corner of the page).

Appendix B

EQUIPMENT AND CLOTHING (continued)

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 rents 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 and/or mittens
- * 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 one base layer is not enough.

Clothing: 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.

Appendix C Team Member Eligibility and Conduct

**RNST follows the Rochester Public Schools guidelines for participation in athletic programs.
More specific details of these guidelines and information regarding violations
are available in the Activities Offices.**

Academic Eligibility

Student athletes are expected to 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

All students are expected to maintain passing grades in their current classes.

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.

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. For safety reasons during practice, please do not ski unsupervised unless directed to by a coach(es). **All team members must join their assigned group as directed.** If a skier arrives after groups have departed, ask the attending coach for the procedure(s) to follow. An attempt will be made to find their assigned group, or by a coach's permission be assigned to a different group for that day only.

Examples of misconduct: (not inclusive) – not attentive, distraction to other skiers, disruptive behavior, lack of effort, misrepresenting practice attendance, destruction of property, 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. Depending on the severity of a misconduct, the coaching staff's discretion in applying an appropriate consequence may/will supersede the three warning system stated later in this section.

Consequences from misconduct

First Offense: Warning, coaches' discussion with skier, parent notification by coach(es) involved, and documentation* by reporting coach(es). Practice will not count.

Second Offense: Warning, coaches' discussion with skier, parent notification by coach(es) involved, and documentation* by reporting coach(es). Practice will not count.

Third Offense: Warning, coaches' discussion with skier, parent notification by coach(es) involved, documentation* by reporting coach(es), forfeit privilege of attending RNST events and earning a Varsity letter 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.

Appendix C

Team Member Eligibility and Conduct (continued)

Mood-Altering Chemicals

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 electronic cigarette; or, 3) use or consume, have in possession, buy, sell, or give away any other controlled substance, other intoxicating substances, look alike substances or drug paraphernalia. 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 Infractions Involving Mood-Altering Chemicals

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

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

Racial, Religious, Sexual Harassment/Violence, Hazing and Bullying

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.

Types of misconduct:

Racial Harassment or Violence

Bullying, either direct or via any social media

Religious Harassment or Violence

Hazing

Sexual Harassment or Violence

Assault

Appendix C

Team Member Eligibility and Conduct (continued)

Penalties for Racial/Religious/Sexual Harassment, Hazing and Bullying Violations

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.

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. Before being re-admitted to activities following suspension for the second violation, the student shall show evidence in writing that the student has received counseling from a community agency or professional individual such as a school counselor, medical doctor, psychiatrist, or psychologist.

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.

Accumulative Penalties: Penalties shall be accumulative beginning with the student's first participation in a RNST activity and continuing through the student's high school career. After determination, the student shall lose eligibility for the next year, i.e., twelve (12) calendar months.

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.**