

MINUTES for 2019 Southern League Spring Meeting
March 31, 2019
Eric and Laurie Martin's Home
1821 NW Glassow
Bend, Oregon

Present:

Sarah Swaney – Southern League Rep
Eric Martin – Mt. View Head Coach
Christine Sampley – Eugene Nordic Head Coach (by phone)
Pete Reinhardt – Ashland Head Coach
Bill Martin – Mt. View Assistant Coach (non-voting)
Dave Munson – Southern League Race organization (non-voting)
Jinny Martin – Southern League secretary (non-voting)

Absent:

Zach Webb – LaPine Head Coach

A quorum was present.

Sarah Swaney called the meeting to order at 9:15 a.m.

1. PRELIMINARIES

Minutes from the Fall Meeting (October 7, 2018)

MOTION: Pete R. moves to accept the minutes. Eric M. seconds.

VOTE: Unanimous approval

Treasurer's Report

Treasurer's Report was accepted.

- It was agreed that the \$10 Nordic Division fees stay with the Nordic Division treasury.
- It was agreed that the race sponsorships do not provide enough money for covering race expenses – also do not provide any “extra” money for expenses other than race expenses.

MOTION: Eric M. moves to raise race sponsorship to \$400. Pete R. seconds.

VOTE: Unanimous approval

MOTION: Pete R. moves that Eric M. will put together a Facebook fundraiser for raising money for medical supplies and safety needs. Eric M. seconds.

VOTE: Unanimous approval

Discussion:

- In order to keep the medical staff Pete R. has recruited to help at state meet, the OISRA SL needs to respond to their recommendations to purchase medical supplies for treating breathing problems and hypothermia problems
- Agreed that the following medical supplies are needed: 2 poly blankets, airway suction device, field bag valve mask, refill oxygen cylinder.
- **ACTION!** Sarah will help Eric set up the Facebook fundraiser

- **ACTION!** Pete will give Eric and Sarah a list of the types of medical supplies that are needed, so they can include samples of the types of supplies they need when they set up the fundraiser
- Dave M. suggested purchasing another set of radios – and the cost for these radios will come from the fundraiser.

Pete R. has developed a good rapport with Mt. Bachelor Ski Patrol. Pete R. and his medical staff have their respect. Also same good working relationship is developing with Hoodoo Ski Patrol.

- **ACTION!** Jinny M. will add Pete. R.'s cell phone to the medical plan info at Mt. Bachelor
- **ACTION!** Jinny M. will add the message that course monitors can use cell phones for communicating medical emergencies to Pete R. if radio reception is not good.

2. OLD BUSINESS

Bill M. reviewed the feedback from the state meet. (See Appendix A)

Discussion:

- Agreement that food and bibs should not be shared responsibilities for Northern and Southern League each day. Instead, NL handles bibs one day and SL handles bibs the other day; NL handles food one day and SL handles food the other day.
- When discussed reversing the direction of the courses, wanted to make note that it would not be as safe to go DOWN Easy up as it is going down Blue Jays because of steep drop off.
- **Will ask school district for phone number of the custodian who is supposed to be at the event.**
- **Will communicate the new sponsors and new officers to Kelly for printing the awards program**
- Southern League Coaches agreed:
 - Open up the fence behind the grid so skiers could enter from that space.
 - Then close the fence before the finishing skiers reach that point in the course.
 - Use some type of modified chevron start with waves of 30 each
 - Move the start further from the convergence area
 - Skiers are responsible for keeping themselves warm when setting up start grid – coaches can handle their coats, for example
 - Skiers cannot be added to start order on race day
 - Have a Chief of Race as a “go-to person” for race days – prefer non-coach
 - Have a “technique restriction zone” at the state meet for the Classic race – have league races practice using this race structure so it is not a new idea for racers at the state meet.
 - Use large tent for the first aid tent
 - Using the current system for setting up the start order for the classic race randomizes the skiers in the sense that the skiers have different strengths in each discipline – no need to change the classic start order
 - Inserting skiers from a different (slower) seed between skiers in the top seed has the potential of not feeling “fair” to the skiers who are being placed out of their skill group – this positioning could be interpreted as “using” the slower skiers, instead of giving them the experience of being placed with their skill group.

Review of Paintball Biathlon

- **ACTION!** Pete R. agreed to collect all markers after the Paintball Biathlon and take them to Medford for servicing.

- **ACTION!** Pete R. will purchase all paintballs used at the Paintball Biathlon – so they are the same quality. Will use Southern League funds to cover these maintenance expenses plus purchasing new paintballs
- Will take markers to Rainbow camp for distribution in the Fall – and give them to all teams to use for practice prior to state meet.
- Will require all skiers who participate in the Paintball Biathlon to have attended a training session prior to participating in the event. This training could have been at the Rainbow Camp, during a team training session, or on location at the event.
- **ACTION!** Include an explanation of the training requirement in the pre-race information.
- Training will require knowing that markers need to be placed back in their stands – and **there is a one-minute penalty for dropping the marker in the snow.** Penalty will be WRITTEN ON the results – and results then scanned.
- Mt. View encouraged to have paintball practice at waxing party – where parents can also be trained for how to be marker assistants. Students will bring ski poles for practicing with markers.
- Need more training for marker assistants prior to race day.
- Promote signup in advance for marker assistants – not be assigned this job on day of event.
- Marker assistants remind skiers to put safety on when they place the marker in the holder.
- **ACTION!** Charge a race fee at the Paintball race – an additional \$5 more than the trail pass – to help cover costs of paintballs and maintenance of equipment
- Have enough room to put in one more lane – which would require another marker
- Can use carpeted platform if it is a skate race – and marker stand could be mounted to the platform, reducing likelihood of gun being dropped in the snow.

2019-20 Southern League Race Schedule

- SL coaches are OK with the state meet being scheduled for Feb. 21-22, which is one week earlier than the dates the policies define.
- Want Biathlon to be a skate race
- Will have two races at Hoodoo – one will be the biathlon
- Will schedule one race at Meissner on Saturday when Hoodoo has Winter Carnival
- Will finalize the schedule after knowing when XC Invitational will be scheduled
- Will start the Jamboree on Jan. 4th

FERPA forms

- Executive Director asked school personnel if they wanted copies of the FERPA forms – and only ONE alpine school asked for them
- Even though the Central Oregon schools HAD the FERPA forms, the schools still would not run the academic eligibility checks
- Will work out a system next season for student/parent to turn in paper transcripts that can be read and then shredded, so information is not located on an OISRA computer

Dubreuil Nordic Trail Fee Grant Money

- JD Downing says he no longer needs the paper trail of teams telling him how the grant money was spent

Deciding the Most Improved awards for Southern League – tabled this discussion until Fall meeting.

3. **NEW BUSINESS**

Eugene Nordic Team Report – Have plans to keep team going in Eugene

- Joyce is keeping things together
- Have a new co-coach – Torsten Kjellstrand
- Also have Sage and Kimbert to help
- Eric offered that Eugene skiers could rent Mt. View's extra rental equipment
- Parents will be meeting in the Spring

Tabled other team reports until Fall Meeting

Meeting adjourned at 12:23.

Respectfully submitted by

Jinny Martin
Southern League Secretary

Appendix A

OISRA Nordic STATE MEET

A Summary Brief of comments submitted for the REPORT 2019

1. Rois Cannon, Chief of Course Monitors - summary

Have a designated sweep.

2. Mark Gonzales, Calculations - summary

Concern with the mass start for the skate race being not safe and not fair. Have fewer racers per heat, only 10. Saw a few skiers knocked down and one injured during start. The convergence for 30 racers per heat is too short.

3. Juliiie Craffton Bib sorter 3/6/19 - summary

Have one person in charge of all the bibs for the [Friday](#) night and one person in charge of all the bibs for Saturday .

4. Bert Hinkley Announcer - summary

The note book was very helpful. Need names for relay. Need better visibility through trees. Parent spotters worked well.

5. Susan Meyers Race Food Southern League - summary

Need for a food coordinator for each Leagues and they need to coordinate with each other. Hot Gatorade (the kids thought it was pretty gross)

6. John Millslagle Chief of Course Track Setter Mt Bachelor Liaison - summary

Run the classic in the other direction, because I think the terrain changes would have been more interesting and challenging.

It's a huge pain to put up the blue fences to mark the walking lane, and then the kids choose to ignore it . Mt. Bachelor puts a lot of time and effort to lay down a good surface, but foot traffic just messes it up-

7. David Smullin Head Coach Redmond Community Nordic Ski Team - summary

1) I hope we can get permission from Sue to let kids walk to the waxing area- we have their skis at the waxing area to work on them that morning and most of our kids don't have separate warm up skis to ski to the waxing bench.

2) It would be good if we can figure out how to use a chevron for the mass starts and to have tracks set for each lane up to the no pole zone [*END DOUBLE POLE*] *edit*

3) I would like to consider one of the courses be a little harder- using Jays or Old Maid.

8. Meghan O 'Mally Calculations - summary

went well

9. Jinny Martin, Start Orders, Calculations, Awards Lists – summary

Recommendation #1: Steering Committee to review how Northern League skiers meet the 3-race requirement. Codify in the Nordic Policies the policies that Northern League has been using that are different from the OISRA Policies about the 50% rule.

Recommendation #2: Establish an understanding that a racer will be ADDED TO the start order after the start orders are finalized ONLY IF the person creating the start orders has made a mistake. Otherwise, a racer cannot be added after the start order is finalized.

Recommendation #3: Put TWO signup sheets INSIDE the bib packets for the relay bibs – so coaches can keep a copy of the names they turn in and the sheets are with the bibs.

Problem #4: Problems with the start for the mass start race:

- Skiers getting cold by waiting in place for too long before the start
- We did not catch the bib numbers for all the DNS skiers,
- We counted a skier as DNS when the skier was present
- Collisions/entanglements in the conversion zone.
- Grid had to be completely filled before the start of the first wave. So no skiers could fill in the back rows after the start of the first wave.

Recommendation #4: Start skiers in waves of 10 skiers per wave every 30 seconds – a Heat Start procedure. This solution provides

- safety in the convergence zone, which can be made longer
- less congestion on the course, which allows for easier passing
- fairness for skiers in a mass start who, otherwise, end up not crossing the start line at the “Go” command because they are not in the first row
- the opportunity for race officials to accurately assess which skiers are present and which are missing
- the opportunity for skiers to stay warm, as they can move in the lanes where they are waiting to be called to the start line
- an efficient organizational flow of having the skiers feed from the BACK of the grid

10. Gene Hyde, Race Director, Summit High School Coach - summary

- 1) Overall I thought the State Meet and banquet went well.
- 2) I'm writing this after reading comments from the TD, Alan Watson. I agree with the opportunity for improvement he points out regarding line-up and start procedures.
- 3) the NL really needs to find a race director who has the time to organize the State Meet (probably someone who is not a head coach and/or does not have a full time job.)

11. Sarah Swaney Mt View Ast. Coach Banquet- Awards Ceremony

I wanted it noted that that sponsors in the banquet program need to be checked each year.

At least one of our sponsors was present at the banquet (wholesome media). I don't think his logo showed up. ☹

12. Sarah Smith Banquet - summary

We were pretty close with estimating the amount of food. We should increase the dessert order. Either more or larger water dispensers would be helpful.
Go back to Mexican food. I heard more complaints from gluten free people this year. The chips/salsa last year were more popular than the rolls this year.
[The custodian did not show up so we had to put up the tables, have the food put on the bars, and set up the AV equipment]

13. Pete Reinhart Medical Unit Summary Report. State Race 2019 summary

1.) Base Camp Operation. Medical Tent Facility located near the Start/Finish Line of the Stadium. Provided first aid and emergency medical care to sick and injured athletes and spectators.

2.) Roving Medical Unit Attendants: Staff members were located throughout the race course during the race time activities. Attendants were able to respond by skis to injured or disabled athletes.

Recommendations: get approval for us to use the Ski Patrol radio frequency for emergency communications.

Need to recruit a female Medical Unit Attendant'

Medical Unit Facility.

We included a folding cot and a folding chair for patient care.

Recommendation: *Use* the large double tent for the Medical Unit. We relocated the tent over to a sunny area with better access for patient walk up care. Continue to use the Generator and Electric Heater as a supplemental heat source, rather than a Propane Operated Heater. I am concerned that even a small amount of carbon monoxide could be detrimental to sick or injured athletes.

Medical Unit Patient Care

We received approximately 12 walk in patients We had four athletes complaining of cold related injuries.

Recommendations: We need to develop a standard Patient Care Report to fill out for each patient that receives any level of care by staff members of the Medical Unit.

A few recommendations made for equipment upgrades. They include the following:

1.) Two Wool Blankets, 2.) Airway Suction Device. 3.) Femur Traction Splint Device. 4.) Field Bag Valve Mask. 5.) Hypothermia Warming Vest.

Funding request will be submitted at the Spring OISRA meeting

14. Allan Watson Technical Delegate summary

My only significant suggestion for improvement concerns start procedures and is described below.

Working Conditions: Good. If the storm had come in earlier or with stronger winds, the start and finish area could have used better shelter.

Stadium: Good. The biggest issue with the stadium is its limited size. Given those restrictions the stadium layout was probably as good as was possible.

Timing and Results: Excellent. One glitch was a notice somewhere that results would be posted at the timing shack, rather than that they would be posted online.

Start Procedures: Needs improvement. The problem was that racers were forced to stand still in cold conditions for 15 minutes or more before starting their races.

My suggestions are:

1. For the individual races, try to have no more than six racers lined up at the start line. (At 20 second start intervals that would be a two-minute wait). The next nine racers (up to five minutes before starting) could be called into the area with a bull horn, but allowed to keep moving instead of being asked to wait in line.
2. For the mass start races, consider opening the fence that defines the last curve into the finish from about 15 minutes before the first wave until just after the last wave, and then replacing it. That would allow later-wave racers to enter the mass start area from behind, rather from the front, so as not to interfere with the earlier waves. The starters will likely worry that they won't be able to get racers lined up in the proper spots without more time, but my observation from this year is that most of the racers were already in position with fifteen minutes to spare, and then just stood in position getting cold before finally starting.
3. If the stadium area gets widened this coming summer, as it seems is planned, then perhaps additional access to the start along the side of the stadium would be possible and would make the above two changes even easier. (On the other hand, the best use of the wider stadium might be wider start and finish areas, rather than access).

15. JD Downing, Coach Summit - summary

— **Saturday morning set-up** was again a problem. I arrived at Mt Bachelor at 7am (designated volunteer time), but volunteers not attached to specific set-up like medical, etc. were not available until nearly 8am. We often have more help on **Friday** afternoon but **Saturday** AM remains a consistent problem getting enough hands arriving early enough.

PROPOSED: The three Bend schools plus the combined Redmond group come up with 1 volunteer each (4 total volunteers) on both **Friday** and **Saturday** that is not committed to coaching or transporting kids or any other event set-up. These four volunteers to be in the Mt Bachelor stadium by noon on **Friday** and by 7:30am on **Saturday**. Ideally the rest of the state schools would be able to come up with a fifth volunteer each day to also help. All these volunteers would only be used for set-up**

— **Sound system worked better in the new location getting sound to soccer field. But a few modifications still can be made.**

PROPOSED: place the announcer closer to the stadium.

— **Assuming Mt Bachelor completes tree removal and ground grading in summer/fall 2019, the stadium should be wider for easier set-up and better starts.**

OISRA should voice support (loudly) to Mt Bachelor management

— **OISRA needs to adopt arrowhead starts for mass skate race and the relay.**

— **A number of athletes from multiple schools voiced displeasure over the way seeding for the classic race is being done.** The main problem being that with 20 second intervals, a great deal of advantage is given to skiers placed immediately after other top skiers and that the Invite results are carrying too much importance over to State “as is”.

Here are suggestions I have heard or would like to suggest:

a. Results from the XCO Invite should be used in State seeding in “seed groups” that are then randomized. For example, the top 10 skiers at the Invite would comprise the top seed group — but their order of start for State CL would be randomized within that group so it would not be direct order of finish for State seeding.

b. Incorporating a pattern from elite World Cup interval starts, a C or D seed group skier should be placed in between skiers in the top 2-3 seed groups for the State CL. This would then separate top skiers by 40 seconds, place a good-but-not-quite-top-level skier as a “buffer”, and give less of an automatic advantage to skiers that are seeded immediately behind another top skier.

16. Bill Martin Stadium Planning and set up

The stadium was set in the area about 200 M from the Mt Bachelor Nordic Center. The soccer field was used for the food area, warm up tent, team tents and waxing popups. The North end of the Soccer field was used for the race course. Problem, Racers walked to the waxing area outside of the designated walking path.

The MBSEF timing shed at its new location was heated by a propane catalytic heater. The Calculators did not notice any ill effects of the gas, however we need to be wary of a possible CO build up.

The stadium had the same problems for the mass start layout as last year.

Friday: We set up the mass start so there would be 4 heats of 30 racers 10 racers abreast. This configuration caused at least 6 people to fall in the convergence zone.

A week or so prior to the race David Smullin asked if there was any interest in Technical Zones where you cannot Double pole. I recommend that this option be discussed with the coaches to see if this should be included in the next State Meet.

Saturday we used the Nordic center for check in because of a pending storm.

Recommend:

1. Change mass start format to reduce the convergence problems.
2. Discuss Technical zone for Classic.
3. Develop start line procedures to keep skiers warm.