

MINUTES for OISRA Nordic Division Steering Committee 2019 Spring Meeting
Eric and Laurie's home
1821 NW Glassow
Bend, Oregon
Sunday, March 31, 2019

Present:

Eric Martin – Nordic Director (voting)
Sarah Swaney – Southern League (voting)
Kelly Crowther – Northern League (voting)
Gene Hyde – Commissioner (voting)
Pete Reinhardt – Assistant Director (voting)
Jinny Martin – Nordic Division (non-voting)
David Munson – OISRA Executive Director (non-voting)
Bill Martin – presentation of State Meet feedback (non-voting)

A quorum was present.

Eric called the meeting to order at 12:40 pm.

1. PRELIMINARIES

Minutes from the Fall Meeting (October 7, 2018)

MOTION: Gene moves to accept the minutes as written. Sarah seconds.

VOTE: Unanimous approval.

Treasurer's Report

Agreement to accept the treasurer's report

Discussion:

- Large percentage of grant money that went to LaPine was used for school facilities usage fee
- Sarah worked out using facilities for no charge for Mt. View
- Gene did not pay facilities usage fees at Summit
- **ACTION!** Sarah will help Zach approach school district to waive facilities usage fee
- Printing for awards program can be done through the school district printing operation for less cost
- Do not buy drinks for awards banquet – use beverage containers like the ones used at the state meet food tables – **ACTION!** ask people to let us borrow these types of beverage containers
- Budgeted amounts were only about \$500 more than expenses – because received \$1,800 of additional funds from Point S.

Budget 2019-20

Discussion:

- Line items with highest amount over budget were the Mt. Bachelor trail passes and banquet food
- Tate & Tate cost was \$16.50 per person. [*Correction: after meeting, I subtracted the money we took in from paying guests, so the total cost to the Nordic Division for Tate & Tate was actually \$13.63 per person. \$5,707 - \$938 = \$4769. \$4769/350 = \$13.63*]

- Mt. Bachelor trail passes were \$11 per skier, and skiers with season's passes had to pay this full amount. We had an increase of 24 skiers for state meet.
- Would Mexican food from Tate & Tate cost less?
- **ACTION!** Ask the banquet coordinator (Sarah Smith) if she wants to look at different vendors for food – suggestion: Baja Fresh
- Are we generating enough revenue from Hot-Tees to get any returns from this vendor?
- How much do we want to budget for new high school? – Decided on \$500 for 2019-20 budget.
- We can recycle old school plaques to reduce awards cost
- Can charge state meet skiers for their own trail passes (for one day or both days) if we do not get enough sponsorship money
- Currently, the expenses we are incurring for each skier at the state meet is \$54. And the Nordic Division gets \$10 from each skier's participation fees to offset this state meet cost per skier.
- If we increase the Nordic Division fee, then we also get an increase in fees from students who do not go to the state meet. These students who do not go to the state meet still benefit from other Nordic Division operational costs – so an increase in the participation fee for these students is reasonable.
- Consensus to look for more sponsorship money – such as smaller (\$500) donations for state meet.

MOTION: Gene Hyde moves to approve Nordic Division budgeted line items as written and review budget at fall meeting to finalize. Pete seconds.

VOTE: unanimous approval

[POST MEETING NOTE: Keep donation from CORA set at \$3,500. CORA sent the additional \$300 to the Nordic Division after the meeting and intends to donate \$3,500 next season.]

Discussion:

- Budget does not balance without more sponsorship money.
- Sponsorships will be better defined in the fall.
- **ACTION!** Ask JD Downing to update the sponsorship guidelines so that when people seek sponsors for the Nordic Division we are all “on the same page.”
- Jinny M. was asked how much it costs to get a logo put on the Awards Program – so would like to get back to this person with a “standardized” amount
- Suggestion that a cost be established for displaying a banner at the state meet

MOTION: Pete R. moves to increase the Nordic Division participation fees by \$5. Sarah S. seconds.

VOTE: Pete R., Gene H., and Sarah S. vote “yes” – Kelly Crowther votes “no” – Eric M., as Nordic Division Director did not vote, because there was not a tie. Motion carries.

Discussion:

- Administrative preference is to collect money for state meet “up front” and not ask for trail fees to be paid for at the state meet.
- Perception of an increase of participation fees is probably not as well accepted as asking people to pay \$5 towards trail fees at the time of the state meet, but payment at the state meet requires the administrative work of collecting the fees from skiers – individually or through their teams.

2. OLD BUSINESS

Review of 2019 State Meet from Bill M.'s summary of Feedback for State Meet

- Summary included Alan Watson's (Technical Delegate's Report), as well as feedback from OISRA people (See Appendix A)
- Steering Committee agreed on these recommendations for state meet:
 - Open up the fence behind the grid so skiers in mass start FS race could enter from that space. Do not put start markers where the race course enters the stadium.
 - Then close the fence before the finishing skiers reach that point in the course
 - Use a modified chevron start with waves of 30 each. Modification has a "squashed" chevron start shape. For ease of lining up the racers, the bib numbers for each "arrow" will be assigned to columns numbered from 1-10 – from left to right. The bibs numbered 5 and 6 end up side by side in the center – and they are assigned to the fastest two skiers. Bibs number 4 and 7 are assigned to the next two fastest skiers, etc. Calculator will set up an algorithm to calculate the correct bib numbers, which will not end up matching the order of performance. The longitudinal distances between skiers in the same arrow and between arrows will be determined by the race committee.
 - Skiers cannot be added to start order on race day
 - Important to have a Chief of Race position for oversight on race day
 - Need to order more banquet desserts.
 - Do not want to reverse the state meet course because of safety on downhill sections – and the sustained grade on Easy Up is a good test for the classic technique

Also discussed:

- Faster skiers stay warm by moving around – but beginning skiers will not move around to stay warm. So the goal of having the skiers not get cold while standing in the grid is better achieved by emphasizing that skiers should dress more warmly and remove coats, etc. when moving into the final start area.
- Using current system for setting up the start order for the classic race (based on the XC Invitational results) randomizes the skiers in the sense that the skiers have different strengths in each discipline – no need for a change in the classic start order. But Gene H. will ask JD for more clarification on his idea for changing start order for the CL race.
- Feeling that 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 these skiers the experience of being placed with their skill group.
- How to handle Northern League's 6 races that historically have counted as only 5 league races for two different groups of skiers in the Northern League.
 - Consider the possibility of defining the Portland teams as being in a Mt. Hood League
 - Consider the possibility of writing new Nordic Division Policies so the state meet qualifying races in Northern League are following the amended Nordic Policies.
 - It is a Northern League decision if they want to 1) establish a Mt. Hood League or 2) write new Nordic Division Policies.
 - Cannot change the 50% rule.

Considerations for forming the Mt. Hood League

- Steering Committee has the authority to form a new league and assign teams to that league.
- An established league can ask the Steering Committee to form a new league.
- Adding the Mt. Hood League does not require making any policy changes.
- Each league (NL and MHL) would have only 5 state meet qualifying races.
- Four of each league's races would be joint races. One race in each league would be a separate league race. (The XC Oregon Invitational would be a joint race for all three leagues.)
- Would need to copy the Northern League SOP's to also be the Mt. Hood League SOP's
- Mt. Hood League would have a league rep on the Nordic Steering Committee
- Mt. Hood League may need some race supplies; for example, SL can give them the John Day bibs. SL also has stop watches they can use.
- Mt. Hood League could set up their own checking account – may want some seed money from Northern League to get started. Or they could have a separate ledger in the NL account.
- May need some Start-Finish signs or other race signage.
- Two students are from Sunset – Sunset could become another team in the Mt. Hood League.

MOTION: Gene H. moved to add "Technique Restriction Zones" to the Nordic Policies. Sarah S. seconds.
VOTE: Unanimous approval.

Discussion:

- Have a "technique restriction zone" at the state meet for the Classic race
- League races should practice this race structure so it is not a new idea for racers at the state meet.
- Recognized that the "technique restriction zone" will require a race official to observe this area and signage.

ACTION!: Jinny M. will look in FIS and USSA rules for any verbiage about technique restriction zones– and the Steering Committee can adopt specific verbiage in the fall.

New Bibs

- Plans from last year did not materialized
- Gene H. likes JD's suggestion to get a 3-year contract for the bibs – then same sponsor could continue their support or OISRA Nordic could give the bib sponsorship to another sponsor
- Place ONSF and CORA logos on the bib [maybe on the shoulder spots], since they have consistently sponsored the Nordic State Meet
- Suggest purchasing 400 bibs so they can be distributed to all leagues and also used at the state meet.
- Suggest having bib numbers also on side panels for helping bib recorders at the finish line.
- Reliable Racing has the artwork for the Collegiate bibs – Dan Simoneau likes bibs used at US Nationals – Matthew McFarland knows local vendors for racing bibs
- Gene H. will head up the "new bibs" committee and report back to the steering committee

Preparation for 4th high school in Bend

- The most challenging part of supporting the new high school will be finding a Head Coach
 - Jessica-Blockley Smith is back in Bend
 - Charlie Wilshire has moved to Bend

- Samantha (Bob) Maddox has been an enthusiastic assistant coach at Mt. View
- The new school will take on skiers mostly from Bend High, but also a few from Mt. View and Summit.
- The families for these skiers who are now attending other high schools in Bend will already be familiar with the program and can get a new school team started. Parents can organize for fundraising the same as they have at other high schools.
- Have budgeted \$500 for next year as seed money to help this new team.

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 skiers on the Central Oregon teams HAD the FERPA forms, the schools still would not run the academic eligibility checks
- Steering Committee agreed that having the parents self-report their students' academic status is not the solution to the problem
- 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 digitally located on an OISRA computer

New rules for reporting abuse – produce a video to clarify how to report?

- Agreement that the courses provide enough clarity for coaches to know how to report abuse. Do not want to produce a video.

3. NEW BUSINESS

Recruiting

- Zach Webb in LaPine will have more high school skiers next season because his 8th grade skiers, who were provisional skiers this season, will be in high school
- Concern about new school times forcing on-snow practice to take place only on Wednesdays – which will make conflicts for BEA and MBSEF skiers.

2020 State Meet

- **ACTION!** Jinny M. will review the Nordic Policies regarding responsibilities for the state meet and revise these policies to match the concept of the state meet being the responsibility of the whole state, rather than the responsibility of an individual league. She will bring a proposal for Nordic Division policy amendments to the fall Steering Committee meeting.
- Alan Watson will be the Technical Delegate (had agreed to dates Feb. 28-29)
- The Hot-Tees Company are OK to provide their on-site custom merchandise again (had agreed to dates Feb. 28-29.)
- **Committee prefers the dates Feb. 21 and 22 for the 2020 state meet**

Discussion:

- These dates are a week earlier than the dates that would be determined by using the rules written in the Nordic Policies, so the dates are an exception to the Nordic Policies.
- Steering Committee did not want to change the way the Nordic Policies are written for determining the state meet dates – preferred to make an exception for one year.
- Using these dates will make the 2019-2020 Nordic ski season be one week shorter than usual, because the start date for beginning Nordic skiing practices will remain aligned with the date for the beginning of OSAA winter sports practices.
- Dates will be finalized later.

ACTION! Jinny M. will check with Sue Foster at Mt. Bachelor, Alan Watson, and Hot-Tees to see if Feb 21 and 22 will work for them.

NOTE: Kelly C. and Pete Reinhardt had to leave before the meeting adjourned. A quorum remained after they both left.

Meeting adjourned at 4:00 p.m.

Respectfully submitted by

Jinny Martin
OISRA Nordic Division 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.