

## Redmond Community Nordic Team Info 2016/17

### Teams

Redmond  
Ridgeview  
RPA

### **Coaches**

Ken Roadman (541-633-0257, [kradman@bendcable.com](mailto:kradman@bendcable.com))- Head Coach for Redmond and Ridgeview  
David Smullin (541-390-8957, [dsmullin@bendbroadband.com](mailto:dsmullin@bendbroadband.com))- Head Coach for RPA  
Casey Collins (202-558-8381, [caseycollins5@gmail.com](mailto:caseycollins5@gmail.com))  
Kevin Stoltz (541) 280-5424, [mailto:kjsoregon@gmail.com](mailto:mailto:kjsoregon@gmail.com)

**League:** OISRA Northern League Website: <http://www.oisra.org/nordic/leagues/northern/>  
Race Schedule and other important league information can be found here.

**Facebook Page:** <https://www.facebook.com/Redmond-Panthers-and-Ridgeview-Ravens-Nordic-Ski-Teams-286878568009765/>

**Cost:** \$200 (\$50 paid directly to OISRA when you register (covers insurance and state meet fees), \$150 paid to the team for waxes, race fees and passes). Checks should be made out to OHSNO

There is a brand new special deal on a \$99 season pass for students up to 18 yrs old. These passes allow unlimited access to ski the trails at Mt Bachelor Nordic Center for their entire season (November-June). We encourage all athletes to purchase one of these passes and if you do purchase one we will reduce team fees by \$60 to \$90 !

Passes can be purchased online at:

[https://secure2.mtbachelor.com/eStore/Content/Commerce/Products/DisplayProducts.aspx?ProductGroupCode=150&\\_ga=1.188611309.479016550.1452177724](https://secure2.mtbachelor.com/eStore/Content/Commerce/Products/DisplayProducts.aspx?ProductGroupCode=150&_ga=1.188611309.479016550.1452177724)

If you already purchased a pass at a higher rate Mt bachelor will refund the extra money. Contact them for details.

**Season:** Nov 8- Feb 25

**Training:** 3 days/week (2 after school on Tuesday and Thursday, 1 Saturday AM and an optional Sunday afternoon distance ski). Until we are able to ski all weekday training will be dry-land in Redmond- usually at Sam Johnson Park. Once on snow training will be at Meissner Sno-Park or Mt Bachelor if there is not enough to ski on at Meissner. Athletes are responsible for their own training on other day, including: 1) endurance (long (1.5-3 h) easy run/pole hiking, bike, swim, roller ski, etc, 2) General Strength (weights, plyos, etc).

**Participation Requirements:** Must be academically eligible (see other sports). Must be enrolled in and pass 4 classes in the term before and during our season (Fall and Winter).

Attendance: same as other OSAA sports

Participation: 50% of practices and meets (see OISRA website for rules for qualifying for State Meet)

**Letters:** Athletes are not eligible for school letters now that we are not officially a school club.

**Transportation:** Students are not allowed to drive to practices or races off campus. They must be transported by an authorized adult. Parent drivers car-pool to Meissner and Mt Bachelor.

**Equipment:** Athletes will be expected to be responsible for the care and maintenance of their own equipment. Sunnyside Sports and Webskis provide team discounts for all equipment purchased by Nov 15. The team has some equipment that can be loaned for the season. Gear-fix, Gear Pedlar and the Skyliner Ski Swap are also good places to look for used equipment. **Skiers are responsible for keeping their skis waxed and cleaned and stored with proper ski ties in a ski bag!**  
**Skiers are required to have a water bottle with them during all practices and sharing water is not ALLOWED-EVER!!!!!!**

**Uniforms:** Redmond and Ridgeview uniforms consist of jacket, tights, tops and hats. They belong to the team and will be issued for the season.

RPA:TBD

**Illness: If you are sick or on antibiotics do not come to practice or a race!** Nordic skiing is an extremely strenuous sport and skiing when sick will only delay your recovery and expose your team-mates to your pathogens!

**Required Paperwork:** Register as a student at <http://www.oisra.org/nordic/online-registration.html> . Other paperwork TBD.

**Race Schedule:** <http://www.oisra.org/nordic/leagues/northern/>

**Team Facebook Page:** <https://www.facebook.com/Redmond-Panthers-Ridgeview-Ravens-and-RPA-Nordic-Ski-Teams-286878568009765/>