

Redmond Community Nordic Team Info 2018/19

Teams

Redmond
Ridgeview
RPA

Coaches

Ken Roadman (541-633-0257, kroadman@bendcable.com)- Head Coach for Redmond and Ridgeview
David Smullin (541-390-8957, dsmullin@bendbroadband.com)- Head Coach for RPA
Kevin Stoltz (541) 280-5424, kjsoregon@gmail.com
John Collins (202) 841-7483, johnleocollins@gmail.com
George Haegerty (541)420-1390, George.heg@gmail.com

Driving Coordinator

Janet Bojanowski (253) 312-7452, janet.bojanowski@redmondschools.org

League: OISRA Northern League (website: OISRA.org)

You will register (<http://www.oisra.org/Nordic/>) for the league at this site and 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: \$210 (\$55 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 Redmond Community Club.

Family Discount: For families with siblings skiing the cost will decrease by \$50/sibling (from \$150-\$100 to Redmond Community Club)

Mt Bachelor offers a \$104 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

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

Oregon Nordic Club Scholarships: Fill out application to get a \$75 scholarship: [http://www.oisra.org/assets/forms/Nordic%202016-17/ONC%20Student%20Matching%20Fund%20Application%20\(4\).pdf](http://www.oisra.org/assets/forms/Nordic%202016-17/ONC%20Student%20Matching%20Fund%20Application%20(4).pdf)

Season: Nov 12- Feb 23

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)

Physicals for Athletes: OISRA adheres to Oregon State Law (ORS 336.479) by requiring all OISRA participants in grades 9-12 to get a physical exam every 2 years using the OSAA approved form: School Sports Physical Form.
<http://www.oisra.org/assets/forms/PhysicalExamination-2017.pdf>

Letters: Athletes at Ridgeview are eligible for school letters (at least last year) now that we are not officially a school club it is not clear what RHS will do. RPA does not issue letters. Eligibility: Qualify for State Meet and score team points in at least 1 race.

Transportation: Students are not allowed to drive to on-snow 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 (purchased by Dec 2) and Webskis (until October 31, Team night is October 18 5-8PM) provide team discounts. 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, Ridgeview and RPA uniforms consist of jacket, tights, tops and hats. They belong to the team and will be issued for the season.

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 on OISRA.org by first practice (Nov 7).
Check to Redmond Community Club (\$150 or \$90 if have season pass) by 1) Equipment Checkout (Oct 21) or 2) by first practice (Nov 8)
Other paperwork TBD.

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

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