

Redmond Community Nordic Team Info 2020/21
Redmond HS RPA Ridgeview HS Sisters HS

Coaches

David Smullin (541-390-8957, dhsmullin@gmail.com - Head Coach
Ken Roadman (541-633-0257, krroadman@bendcable.com)- Certified*
John Collins (202) 841-7483, johnleocollins@gmail.com - Certified
Ruby Gates (503) 953-5896, ruby.gates@icloud.com - Certified
Garrett Janes (541) 699-2267, GarrettPJanes@gmail.com- Certified

Sally Collins (202) 841-8467, sally.collins.colorado@gmail.com - Helper*
Julie Howland (541) 261-1231, julieahowland@gmail.com - Helper
Shannon Mara (541) 280-7163, shannon.mara123@gmail.com - Helper
Kevin Weldon (541) 771-0473, kkweldon88@gmail.com - Helper

Parent Rep/Driving Coordinator: Amy Janes (541) 408-5879, janescrew@msn.com

League OISRA Northern League (website: OISRA.org)

You must register at (<http://www.oisra.org/Nordic/>) Registration starts Nov 1, until date of first practice (Nov. 9?). Race schedules and other important league information can be found here.

Cost

Option 1: \$192. \$42 of this is paid directly to OISRA when you register (covers insurance and state meet fees). \$150 paid to the team for waxes, race fees and Mt. Bachelor day passes.

Option 2: Mt Bachelor offers a \$109 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 because you will get so much more skiing in! If you do purchase one we will reduce your team fees by \$60! You will pay \$42 to OISRA, \$109 to Mt. Bachelor, and \$90 to our team, for a total of \$241.

Family Discount: For families with siblings skiing, the team fee will decrease by \$50 per sibling. Checks should be made out to Redmond Community Club.

Mt. Bachelor Passes are purchased online at: <https://www.mtbachelor.com/tickets-passes/nordic-tickets-passes/>

“Kids In The Game” offers a \$150 grant to anyone who qualifies for free and reduced lunch:

<https://www.kidsinthegame.org/programs/pnw/pass/>

Oregon Nordic Club Scholarships: Fill out application to get a \$75 scholarship:

<https://oisra.org/assets/documents/2020-21/Nordic%20forms%202021/ONC%20Student%20Matching%20Fund%20Application%202021%20-%20george%27s%20address.pdf>

You will still need to pay the OISRA registration and team fees up front; scholarship checks are sent to the team, and then we reimburse you.

Racing: This year, the season is approx.. Nov 10- Feb 20. Races are typically 3-5k in length, and this year will be Skate technique only. You will also learn Classic technique in practices.

Team Training: 3-4 days/week (2 after school on Tuesday and Thursday, 1 Saturday AM and an optional Sunday afternoon distance ski). Until we have enough snow to ski, all weekday training will be “dry-land” in

Redmond, and usually at Sam Johnson Park. Once we're on snow, training will be at Virginia Meissner Sno-Park (13 mi from Bend on Century Dr.) or Mt Bachelor if there is not enough snow at Meissner.

Individual Training: Athletes are responsible for their own training on other days, including: ONE Endurance Day: 1.5-3 hour, easy pace, run, pole hike, bike, swim, or roller ski. AND ONE General Strength Day: weights, plyos, abs, upper body strength. We will give you ideas and programs.

"BMT" = Boulder Mountain Tour. You may have heard from other skiers about this VERY fun 32k skate race in Sun Valley, ID in February. But, it is virtual this year b/c COVID. It'll probably be back the following year. This year, instead, we are planning to do something here in Central Oregon. If you plan to do this with us, you are REQUIRED to attend six additional long-ski practices, so that we know that you're committed and ready for this kind of distance.

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 teammates to your pathogens!

Transportation: No team-organized carpooling this year. OISRA has placed all responsibility for transportation in the hands of the families. Parents will either drive their athletes to practices or allow them to drive themselves and will be responsible for determining who they may drive with. Coaches cannot transport any athletes. Note: parent drivers often learn to ski from others while they are waiting for their athletes!

Letters: Athletes at Ridgeview and Redmond are eligible for school letters (at least last year). RPA does not issue letters. Sisters: TBD. Eligibility: Race in 3 races.

Communications

Training Calendar:

<https://calendar.google.com/calendar?cid=MjFoZmV2dG9nZGtjZmNqbnRsYzNlajFpOXNAZ3JvdXAuY2FsZW5kYXluZ29vZ2xllmNvbQ>

We will also send a weekly email describing the week ahead, goals, and what equipment to bring which days. The email will also be posted on the Facebook page and Instagram. We'll also send emails including video links and upcoming events.

Captains will often send text reminders about upcoming practices and events.

Each athlete is responsible for letting David, John AND Ken know if he/she CANNOT attend a practice or race. Email or text.

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

Instagram: rcnst1

Equipment Skiers are responsible for keeping their skis waxed, cleaned and stored (we'll teach you how) with proper ski ties in a ski bag, if you have one. Our team has skis, boots, and poles to loan for the season to registered athletes. Skiers are required to have a water bottle with them during all practices and sharing water is NOT ALLOWED - EVER!!!!!!

Uniforms and Practice Attire Uniforms consist of a jacket, tights, tops, hats, and masks. They belong to the team and will be checked out to you for the season, and collected at the end of the season. All skiers will also

need non-cotton attire for practices: tights, a long-sleeved top, socks, Nordic ski gloves, and a mask or “buff.” Whatever you don’t have, please talk to a coach – we may have something that fits you.

The following Bend retailers provide high school team discounts on new skis, boots, poles, and clothing. Some is by order, some is first come, first served.

Sunnyside Sports

(<https://drive.google.com/file/d/1al2zTHyvEWIS4325qvW8OOMtopaGFQCQ/view?usp=sharing>)

Webskis (order by October 31. Make an appointment.)

Latitude 44.

Used Equipment: Gear-fix and Gear Peddler (in Bend) sell used equipment and clothing.

We can help you choose something appropriate, if you want.

Race Schedule (subject to change)

Green indicates Optional. Blue indicates Optional and Highly Recommended for BMT Skiers.

Jan 11-12: Junior Nationals Qualifier at Mt Bachelor, for advanced skiers

Jan 6 or 9: Race 1, Skate 5K at Meissner

Jan 18-20: Race 2, Skate 5k at Mt Bachelor

Jan 24: Great Nordeen 18/30K Skate at Mt Bachelor, Mass Start, 7:30 AM Start

Feb 3 or 6: Race 3, Skate. At Meissner, Wanoga or Hoodoo

Feb 6: “BMT” Local Virtual Event instead of Boulder Mountain Tour

Feb 15-17 Race 4, Skate 5k at Mt Bachelor (“Tour of Heart” Loop)

Mar 7: Crescent Lake Challenge, 23K Mass Start Skate

Mar 13: Cascade Crest, Mt Bachelor, 25/50K Mass Start Skate

Participation Requirements (SUSPENDED FOR 2020-21 SEASON): 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. To qualify for State Meet: Participation: 50% of practices and meets (see OISRA website for rules for qualifying.)

Physicals: 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> You can find out from your school if anyone is offering free physicals.

FERPA FORM (SUSPENDED FOR 2020-21 SEASON):: In addition to completing the STUDENT on-line registration form at OISRA.org, the parents/guardians for ALL STUDENTS must submit a FERPA "PARENTAL CONSENT TO RELEASE EDUCATIONAL RECORDS" FORM. Download the form; PRINT, complete and SIGN the form (no electronic signatures allowed) and submit it to David by Dec. 1.

https://oisra.org/assets/forms/Nordic%202019-20/OISRA%20-%20Parental%20Consent%20to%20Release%20Educational%20Records%2018-09-17_DM%20address.pdf

RPA students, please submit to Bayleigh Killpack at RPA.

* “Certified” coaches have completed required OISRA training and are certified to take groups of student athletes without other coaches present. “Helper” coaches have completed required OISRA training and may attend training sessions with a Certified coach.

COVID Info

The following has been developed by OISRA and our Team coaches, to comply with the law and to keep students, coaches, and school staff safe. By registering with OISRA, you are committing to the following Covid Protocols:

Full OISRA COVID Protocols: <https://oisra.org/home/oisra-information-regarding-coronavirus-covid-19.html>

Practices: I WILL:

- Follow physical distancing guidelines (6 feet of distance and limitations on gathering in a common location).
- Wash hands often with soap and water for at least 20 seconds and/or use hand sanitizer whenever in contact with public or shared surfaces.
- Stay home and not attend any practice or race if I feel sick, or have been sick in the past 10 days.
- Stay home if I have been exposed within the past 5 days to a person who is sick or has tested positive for COVID-19.
- At the venue, wear a face covering over nose and mouth when not exercising.
- Keep my clothing and belongings clean and sanitized. Not share personal items.
- Follow all directions given by coaches.
- Follow more specific requirements as provided by specific venues.
- Monitor for the symptoms of COVID-19 and report to a medical professional if I experience fever of 100.4 F (38 C) or higher, cough, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat or loss of taste or smell, or other symptoms related to COVID-19.

How races will be run:

1. Season objective: four race events between January 9 and February 20.
2. Races at Mt Bachelor will be mid-week.
3. Races organized with a limit of 100 total participants (racers, volunteers, coaches).
4. 2-3 teams will race each event.
5. No 2021 OISRA State Meet.
5. Races designed around localized clusters of schools.
6. No spectators and no stadium permitted at any race.
7. Racers assigned bibs for the entire season.
8. Races will be freestyle
9. Races will be interval start format (typically 20-30 second intervals).
10. Teams will be assigned one window for all the team's boys and girls starts.
 - Blocks separated by 5-15 minutes.
 - Teams at venue only to warm-up, race, cool down.
 - Teams time their own racers with a digital "merge" of results after departure.
 - Teams leave as soon as their racers have completed the course.
11. Stadium and course markings as simple as possible.
12. No on-site awards or coaches meetings.
13. No group food or beverages provided.
14. All teams will follow parking reservation system and use private vehicles as "home base".

15. OISRA COVID-19 release, procedures, and health screening to follow state HS guidance.

16. Face coverings to be used by all participants (racers, volunteers, officials) from arrival to departure except when at physical exertion on ski trails (outdoor spacing naturally provided).