

Redmond Community Nordic Team Info 2021/22
Redmond HS RPA Ridgeview HS Sisters HS

Certified Coaches

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Helper Coaches

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Parent Rep/Driving Coordinator

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Sisters - TBD

REGISTRATION

League: OISRA Northern League (website: OISRA.org) You must register at <http://www.oisra.org/Nordic/>
Registration starts Oct 15. You can't attend Practice until you are registered. First practice is Nov. 15. After Dec 5 there is a \$20 late fee. Race schedules and other important league information can be found at OISRA.org

Team: RCNST Team Registration will be via the TeamSnap App:
<https://go.teamsnap.com/forms/291438/signups/new> You will use this link whether or not you already have a TeamSnap account. If you don't already have a TeamSnap account, registering for our Team will create a TeamSnap account for you. You must be registered for both the League and the Team before receiving equipment or attending first practice.

Equipment Our team has skis, boots, and poles to loan for the season to registered athletes. Equipment fitting and pickup is scheduled for Sat 10/30 and Sun 10/31.

Skiers are required to have a water bottle with them during all practices and sharing water is NOT ALLOWED - EVER!!!!!! 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.

Cost- Athletes must be registered with and paid to OISRA AND RCNST Team (see Options Below) when you pick up Equipment on 10/30 or 10/31.

Option 1: \$195. Pay \$45 of this directly to OISRA with your OISRA registration (covers insurance and state meet fees). Pay \$150 to the Team for waxes, race fees and Mt. Bachelor day passes.

Option 2: Mt Bachelor offers \$109 season passes for students up to 18 yrs old. These passes allow unlimited access to Mt Bachelor Nordic Center ski trails 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 \$45 to OISRA, \$109 to Mt. Bachelor, and \$90 to our team, for a total of \$241. Mt. Bachelor Passes are purchased online at: <https://www.mtbachelor.com/tickets-passes/nordic-tickets-passes/>

Team Fee Payment Options:

- 1) Bring check (payable to Redmond Community Club) when you pick up Equipment on 10/30 or 10/31.
- 2) Pay with Venmo to dhsmullin@gmail.com or 541-390-8957. Add a note with athlete's name.
- 3) Pay with Credit Card or ACH transfer when you register for the Team through TeamSnap.

Family Discount: For families with siblings skiing, the team fee will decrease by \$50 per sibling.

“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 OISRA season is Nov 15 - Feb 26. Races are typically 3-5k in length. There are 5 races (2 Classic, 2 Skate, 1 a mixture). You must be in 3 races to go to State Championships. There are other opportunities to race in Central Oregon – listed below in the race schedule.

Team Training 3-4 days/week – typically Tu Th after school, Saturday a.m., 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 on Saturday, February 5. 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! Every Athlete and Coach must complete a daily Health Check on TeamSnap before attending a practice or race.

We strongly encourage all Athletes to be vaccinated for COVID and Flu to protect you, your teammates and the over-60-yr-old volunteer coaches!

Transportation OISRA has placed responsibility for transportation in the hands of the teams and families. Students are again allowed to drive themselves to on-snow practices and races. Coaches cannot transport any athletes. 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. Note: parent drivers often learn to ski from others while they are waiting for their athletes! The team will organize rides for students who can not drive themselves or find a ride (more information to come).

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

Communications All Team communication and the Training Calendar is through the TeamSnap App, which you will need to download. (<https://www.teamsnap.com>) After registering with OISRA and paying Team fees you will receive an invitation to join the RCNST team on TeamSnap. If your contact information changes please update it on TeamSnap. Please don't use School District emails - they seem to get blocked.

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

Instagram: rcnst1

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. Supply is limited this year! Order EARLY! We can help you choose something appropriate, if you want.

Sunnyside Sports

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

Webskis 15% discount for all ski equipment. There are no time limits.

Used Equipment: Gear-fix and Latitude 44 (in Bend) sell used equipment and clothing.

IMPORTANT DATES

Oct. 15 Registration opens – OISRA.org
Oct 30 & 31 Pick up Equipment, pay Team fees.
Nov. 1-14 Make sure your practice gear is ready.
Nov. 15 First practice.

Race Schedule (subject to change)

Green indicates Optional. Blue indicates Optional and Highly Recommended for BMT Skiers. Red are optional Southern League Races or Camps

Dec 15 (Wed 1PM): Race 1, Classic 5K at Meissner Nordic

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

Dec 18-19 Rainbow Camp at Meissner

Jan 8: Race 2, Classic 5k at Tea Cup Nordic (Mt Hood)

Jan 15 Diamond Lake Skate

Jan 22: Race 3, 5k Skate XC Oregon Invite at Mt Bachelor Nordic Center

Jan 23: Great Nordeen 18/30K Skate at Mt Bachelor, Mass Start, 7:30 AM Start

Jan 29 Willamette Pass Skate

Jan 29 Tour of Meissner, 30K Classic Race and Tour at Meissner

Feb 3-6: "BMT" :Boulder Mountain Tour, Sun Valley, ID

Feb (Tues 4PM): Race 4, Hoodoo Night Skate Sprints at Hoodoo

Feb 12 Race 5, Meadows Skiathlon Relay, Mt Hood Meadows (Skate and Classic)

Feb 25-26 OISRA Nordic State Championships at Mt Bachelor Nordic Center

Mar : Crescent Lake Challenge, 23K Mass Start Skate

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

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.

To qualify for State Meet: Participation: 50% of practices and 3 OISRA Races (May substitute Southern League races if can't attend 3 Northern League races.).

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 School Sports Physical Form: <http://www.oisra.org/assets/forms/PhysicalExamination-2017.pdf> Please find out from your school if anyone is offering free physicals. File the completed physical form with your school's athletic department.

Parent Volunteers Must be fully vaccinated (per OHA orders) and registered as a Volunteer with OISRA (<https://www.oisra.org/nordic/nordic--online-registration.html>). Please register for free if you can help at races. RCNST is responsible for hosting the first race and we will need parent volunteers.

Note: 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.

OISRA 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>

Masking Requirements (Face shields are not allowed because of potential for injury during exercise)

Indoors: Everyone, regardless of vaccination status, is required to wear a mask indoors except when **practicing** and exercising.

Carpooling: Driver and passengers are required to wear masks when inside a car if they do not live in the same household.

Outdoors: Athletes and Coaches are **not** required to wear a mask outdoors when **actively practicing or competing**.

Athletes, Coaches, Race Officials, Volunteers, and Spectators **are** required to wear a mask during outdoor practices and competitions when they are not exercising **and** cannot maintain 6' physical distancing (i.e., gathering to hear coaches' instructions, standing close to others while spectating at a competition, etc.).

Ski Venue Rules: Everyone will follow a ski venue's masking rules if they are more restrictive than these OISRA guidelines.

Vaccination Requirements: All OISRA head and helper coaches and volunteers who work at races will be fully vaccinated prior to interacting with students, **prior to November 15th** . Proof of being fully vaccinated will be provided to the OISRA Administrative Services .