



# Pacific Northwest Ski Association

## A Division of USSA

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### PNSA NCC Fall Meeting Agenda

Red Lion River Inn, Spokane WA, September 23, 2017, 8:00 am – 1:00 pm

Lunch will be served

Preliminaries (8:00 – 8:15)

Roll Call

Quorum

Approval of Agenda

Approval of Spring Meeting Minutes

PNSA Coach Status as of 9/15 (8:15-8:25)

| <u>USSA #</u> | <u>Last Name</u> | <u>First Name</u> | <u>Club</u> | <u>Current?</u> | <u>Certif</u> |
|---------------|------------------|-------------------|-------------|-----------------|---------------|
| 6600501       | Andersson        | Karl              | Teacup      | current         | 100           |
| 5406111       | Browder          | Michael           |             | no              | 200           |
| 5742101       | Bryant           | George            | Spokane     | current         | 100           |
| 6735690       | Corkran          | Doug              |             | no              |               |
| 6430571       | Degener-O'Brien  | Kiera             |             | no              | 100           |
| 6673645       | Dominguez        | Ed                |             | current         |               |
| 5402227       | Dussault         | Rebecca           | Sandpoint   | no              |               |
| 6494508       | Hall             | Leslie            | Methow      | current         | 200           |
| 4578910       | Hashimoto        | Jeff              | Ellensburg  | no              |               |
| 4324315       | Husaby           | Benjamin          | Bend End    | no              |               |
| 5936067       | Johnston         | Scott             |             | no              |               |
| 6608286       | Kawahara         | Karl              |             | current         |               |
| 6310550       | Knori            | Jesse             | Bend End    | no              |               |
| 6609754       | Longhini         | Vicki             | Sandpoint   | current         | 100           |
| 4943155       | Mueggler McCabe  | Laura             | Methow      | no              |               |
| 5593702       | Naney            | Samuel            | Methow      | no              | 100           |
| 5993324       | Nelson           | Bernadette        | Bend End    | no              | 100           |
| 6788534       | Russo            | Zachary           | Momentum    | current         |               |
| 6233692       | Schlichting      | Taylor            | Teacup      | no              | 100           |
| 3054863       | Simoneau         | Dan               | Mt Bach     | current         | 100           |
| 4441804       | Simoneau         | Kelly             | Mt Bach     | no              |               |
| 4416012       | Smullin          | David             | Mt Bach     | no              | 100           |
| 6495184       | Voorhees         | Coert             | Momentum    | current         | 100           |
| 5229695       | Waichler         | Scott             | Methow      | current         | 100           |
| 6551826       | Watson           | Alan              | PNSA        | current         | 100           |

USSA Coach Symposium Oct 27-29 and Certification Oct 24-26 (8:25-8:40)

PNSA coach attendance update

PNSEF support

Logistics: transportation, housing

JNQ Schedule Confirmation (8:40-8:50)

|           |                    |                             |                 |
|-----------|--------------------|-----------------------------|-----------------|
| Dec 16-17 | JNQ #1 Mt Bachelor | indiv classic, mass skate   | 5/5/5, 5/5/10   |
| Jan 13-14 | NQ #2 Spokane      | indiv skate, mass classic   | 5/5/10, 5/10/10 |
| Jan 26-27 | JNQ #3 SoHo SuperQ | sprint skate, ind classic   | sprint, 5/10/10 |
| Feb 11-12 | JNQ #4 Methow      | sprint classic, mass? skate | sprint, 5/10/10 |

JN Qualification 5 out of 8? (8:50-9:20)

Better incentive to participate, strengthen JNQ series

Change to only 4 out of 8 was to eliminate petitions; worry about incentive to skip

Past season would have been almost identical team using 5 instead of 4

JNQ wax restrictions, postponed from spring meeting (9:20-9:40)

JNQ Timing (9:40-10:00)

Plans, suggestions from each venue

JN Schedule confirmation (10:00-10:05)

Sun 3/4- official training- Skate Sprint

Mon 3/5- official training- Individual Classic

Tues 3/6- Race- Individual Start Classic

Wednesday-3/7 - Race- Sprint Skate

Thursday 3/8- Official Training- Skate Mass Start

Friday 3/9- Race- Mass Start Skate

Saturday 3/10 - Race-Relay- Classic (3x3, single gender)

JN Task Force update and discussion (10:05-11:00)

JN18 Soho: xcx? Which race to displace?

U16s appropriate at JNs?

JN qualification: More by USSA points cutoff, smaller additional quota for each division?

How to keep juniors involved, motivated, and developing?

Early SuperTour (11:00-11:01)

|            |                  |                           |             |
|------------|------------------|---------------------------|-------------|
| Sat Dec 2  | West Yellowstone | Sprint Free               |             |
| Sun Dec 3  | West Yellowstone | 10/15 Classic, Individual |             |
| Sat Dec 9  | Sovereign Lakes  | Sprint Classic            | with Nor-Am |
| Sun Dec 10 | Sovereign Lakes  | 10/15 Free, Mass          | with Nor-Am |

December 15-17 Nor-Am races in Rossland BC will not be scored for NRL

Other PNSA races (11:01-11:10)

Dec 27 – Rodeo (Washington Cup #1): Methow  
Jan 6 – Ski Rennen (Washington Cup #2): Leavenworth  
Jan 7 – Gunner Hagen: Kongsbergers  
Jan 20-21 – Pursuit: Methow  
Jan 28 – Nordeen: Mt Bachelor  
Feb 3 – Ski Derby, 30km classic: Methow  
Feb 3 - Oregon high school race at Mt Bachelor, good race for kids from PNSA  
Feb 4 – Stampede (Washington Cup #3): Kongsbergers  
Feb 12 – Langlauf: Mt Spokane  
Feb 23-24 – OR state high school XC ski meet: Mt Bachelor  
Feb 24 – Wash Cup #4: Plain Valley  
Mar 3-4 – Ozbaldy (Washington Cup finals and PNSA U14 Championship): Kongsbergers  
Mar 10 – Cascade Crest 50K: Mt Bachelor  
Mar 10 (11?) – Nordic Challenge: Mt Spokane

Series (11:10-10:20)

Washington Cup  
Oregon HS

JN Survey Discussion (11:20-11:40)

JN Coach Selection (11:40-12:00)

Selection process discussion  
Straw poll or election

Coaching Discussion: (12:00-1:00)

Steven Seiler followup from spring meeting

Teach kids how to recognize zones, especially top of 2 and bottom of 4

The “Big 3” from Lester Keller’s talk two years ago

The three main reasons kids continue in a sport or decide to quit

A sense of progress and accomplishment

Fun

Friends

Think of how to accomplish each of these before every workout, and in every coach training and planning session

Triage

Think of your kids as a combination of

Highly motivated

Most of the kids

Poorly motivated

Every kid deserves a fair share of your time and energy, but focus on the middle group is usually the most effective way to generate enthusiasm, continuing participation, and program growth