

Redmond Community Nordic Team Info 2023/24
Redmond HS RPA Ridgeview HS

Certified Coaches

David Smullin (541) 390-8957, dhsnullin@gmail.com - Head Coach- Technique, Training and Waxing
Shaun Larson (541) 350-7675, slarson5892@gmail.com , Team Manager
Ken Roadman (541) 633-0257, kenroadman@bendcable.com
John Collins (202) 841-7483, johnleocollins@gmail.com
Julie Howland (541) 261-1231, julieahowland@gmail.com
Rhys Owens, (541) 678-1419, rhysoyens5793@gmail.com

Helper Coaches

Dirk Duryee: dirkduryee@gmail.com
Matt Appleby: appleby33@msn.com
Kate West: kate8west9@gmail.com

Parent Rep

Julie Larson (541) 647-3390, sjalars@gmail.com

REGISTRATION

League: OISLAN Northern League (website: <https://oisran.org>) You must register at <https://oisran.org/registration/>

Registration starts Sept 16 . You can't attend Practice until you are registered. First practice is Nov. 14th. After Dec 5 there is a \$20 late fee. Race schedules and other important league information can be found at <https://oisran.org/teams/northern-league/>

Team: RCNST Team Registration will be via the TeamSnap App: <https://go.teamsnap.com/forms/401291>. 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. Returning Athletes: Update your Profile Information. Everyone: Include a current Picture on your Profile.

Equipment Our team has skis, boots, and poles to loan for the season to registered athletes. Equipment fitting and pickup is scheduled for Fri 11/10 and Sat 11/11.

Sign up for an appointment at:
https://docs.google.com/spreadsheets/d/1DwdMkrvChZRIOT1187PeA_k17osK6yAI/edit?usp=sharing&ouid=105100770054392301282&rtfpof=true&sd=true

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 OISLAN AND RCNST Team (see Options Below) when you pick up Equipment on 11/10 and 11/11

Option 1: \$210. Pay \$60 of this directly to OISLAN with your OISLAN 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 \$119 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 \$60 to OISLAN, \$119 to Mt. Bachelor, and \$90 to our

team, for a total of \$269. 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 11/10 and 11/11.
- 2) Pay with Venmo (@slars5892). 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.

“Every Kids In Sports” offers a \$150 grant to anyone who qualifies for free and reduced lunch: <https://everykidsports.org/every-kid-sports-pass/>

Oregon Nordic Club Scholarships: Fill out application to get a \$75 scholarship: <https://oisran.org/student-family-resources/scholarships/> You will still need to pay the OISRAN registration and team fees up front; scholarship checks are sent to the team, and then we reimburse you.

Racing The OISRAN season is Nov 15 - Feb 24. Races are typically 3-5k in length. There are 5 races (2 Classic, 2 Skate, 1 a mixture). You must be in 3 OISRAN “State Meet Qualifying” 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 Wednesday afternoon distance ski. Until we have enough snow to ski, weekday training will be “dry-land” in Redmond at Sam Johnson Park or off Century Dr. 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. There may be an additional Monday afternoon Dryland/Weight session added.

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 3. 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!

We strongly encourage all Athletes to be vaccinated for COVID and Flu to protect you, your teammates and the over-70-yr-old volunteer coaches!

Transportation OISRAN has placed responsibility for transportation in the hands of the teams and families. Students are 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! Athletes who can not drive themselves or find a ride can use Teamsnap to find rides.

Letters Athletes at Ridgeview, Redmond 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 OISRAN 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, and hats. 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: Price List for Rossignol Equipment:

https://docs.google.com/spreadsheets/d/1yEKW8fE5dmwD_8C0HqoV9fM9phcQazg7ZVOlhIEbeug/edit#gid=2024186823

Webskis: 20% discount for all ski equipment during October. 15% on all other ski stuff. There are no time limits.

Powder House: 20% discount on XC race equipment until October 20th. Plus season-long leases on brand-new gear available one item at a time or as complete sets.

Latitude 44: 20% off all equipment and clothing for HS athletes and coaches.

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

Skyliner Ski Swap at the Ice Pavilion in Bend Oct 14, 8-5

IMPORTANT DATES

Sept 16 Registration opens – <https://oisran.org/registration/>

Oct 14 Skyliner Ski Swap (8-5 @ Ice Pavilion)

Nov 10-11 Pick up Equipment, pay Team fees.

Nov. 1-14 Make sure your practice gear is ready.

Nov. 14 First practice at Sam Johnson

Race Schedule (subject to change)

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

Dec 6 Par Fore The Course 1, 5k Skate at Mt Bachelor

Dec 13 (Wed 1PM): Race 1, Classic 5K at Meissner Nordic

Dec 17-18: Junior Nationals Qualifier at Mt Bachelor, for advanced skiers

Dec 18 Non NRL 5K Skate at Mt Bachelor

Jan 1 New Years Relays at Mt Bachelor

Jan 6: Race 2, Classic 5k at Tea Cup Nordic (Mt Hood)

Jan 6 TBD

Jan 13 TBD

Jan 13	Nancy P's Classic 10/20K Mass Start at Mt Bachelor
Jan 15	Race 3, Hoodoo Night Skate Sprints at Hoodoo
Jan 21	Tour of Meissner, 17K Classic Race and Tour at Meissner
Jan 20	Race 4, 5k Skate XC Oregon Invite at Mt Bachelor Nordic Center
Jan 27	TBD
Jan 28	Great Nordeen 18K Skate at Mt Bachelor, Mass Start, 7:30 AM Start
Feb 2-4	"BMT" :Boulder Mountain Tour, Sun Valley, ID
Feb 3	TBD
Feb 10	TBD
Feb 10	Race 5, Meadows Skiathlon Relay, Mt Hood Meadows (Skate and Classic)
Feb 11	Nordeen 15K Mass Start at Mt Bachelor
Feb 23-24	OISRAN Nordic State Championships at Mt Bachelor Nordic Center
Mar 2	Par Fore The Course 2, 5k Skate at Mt Bachelor
Mar 3 :	Crescent Lake Challenge, 23K Mass Start Skate
Mar 17	Mt Bachelor Skiathlon (Classic/Skate) Individual or Relay
Apr 6 :	Cascade Crest, Mt Bachelor, 25/50K Mass Start Skate Mass at Mt Bachelor
TBD	John Craig Memorial Race/Tour, Makenzie Pass,10/20K

Participation Requirements Must be academically eligible. Must be enrolled in High School, on track to graduate and pass 4 classes in the term before and during our season (Fall and Winter). Attendance: Must attend at least half of the practices to be eligible to race. To qualify for State Meet: Participation: 50% of practices and 3 OISRAN Races (May substitute Southern League races if can't attend 3 Northern League races.).

Physicals OISRAN adheres to Oregon State Law (ORS 336.479) by requiring all OISRAN participants in grades 9-12 to get a physical exam every 2 years using the OSAA approved School Sports Physical Form: <https://oisran.org/student-family-resources/sports-physical-form/> 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 registered as a Volunteer with OISRAN (<https://oisran.org/student-family-resources/online-registration-students-volunteers/>). 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 OISRAN training and are certified to take groups of student athletes without other coaches present. Helper coaches have completed required OISRAN training and may attend training sessions with a Certified coach.