

MSCA minutes 2020

10/19/20

Present: Buzz Bean, Sally Bean, Dustin Williamson, Ronn Gifford, Barry King, Bob Arsenault, Carl Therriault, Ann Ross, Chris Bryant, Lydia Streinz, Ian Tovell, Phil Wagner, Jeffrey Schwartz, Mark Cyr, Josh Reynolds, Emily Cartwright, Jeff Hawksley, Ted Hall, Ian Gillis, Neal Sleeper, Kalie Dunn, Jodd Bowles, Leah Danala, Kevin Leighton, Christina Breen, Tim Whiton, Steve DeAngeles, Joel Hinshaw, Justin Fereshetian, Laurel Fiddler, Mark Ouellette, Emily Held, Kyle Dancause, Roger Arsenault, Josh Reynolds, Emily Longwood, Gavin Glider, Saphrona Stetson, Gail Wight, Linda Milligan, Patrick Coughlin, Richard Stetson, Jessica Marion, John Weston, Kaitlyn Bernard, Kurt Jepson, Chris Easton, someone at 583-6603.

State Meet Results last year:

Class A. Mark Cyr- very good.

Cl. B. Ronn Gifford-good other than heavy snow, knee injuries. Need better course maintenance protocol.

Cl. A, B, C nordic Dustin Williamson- race was fine, awards were not.
Buzz-Results were the issue. Titcomb did a very good job.

MPA Update:

Dustin- entering lots of unknowns.

All nordic won't be in the county this year as originally planned; will be next year.

Same with the alpine that would have been at Big Rock.

This year is up in the air.

Trying to nail down regular season; there are venue capacity issues.

State meet ski fees- adjustments for fairness?

MPA considering adding some kind of tiebreaker for when teams tie as state champs.

Motion- Chris Easton to keep it as it is. Second- Sally Bean. Motion passed 14-10.

Voting:

MSCA has traditionally been made up of High School coaches. Recently some clubs have joined; typically have not had a vote on HS issues.

Ian Tovell- should see if Laurel and Justin want to be a part of MPA first.

Justin Fereshetian-it would be more involved to join MPA, would like to stay as is with clubs involved, only voting on non-HS issues.

Honor system membership this year- get your dues in!

Dues pay for the website, gas for Liaisons to go to MPA meetings, other incidentals like postage when necessary. Very little activity.

Covid Concerns:

USSA has cancelled Nationals.

NENSA is still talking

USCSA also

Need to keep everyone safe; that needs to be the priority

Election of Officers:

MPA Liaisons:

Motion- Buzz to re-elect Dustin Williamson and Ronn Gifford to continue as MPA liaisons if they are willing (yes). Second. Motion passed unanimously.

Secretary/Treasurer- Sally would like to have someone take over. Ian Tovell volunteered; passed.

President- Buzz is willing to do it for a while with a view toward turning it over in the future if others get involved and show commitment.

Motion- Ronn G. -keep Buzz. Second. Passed.

That concludes the general business for both disciplines. Now we will split into a Nordic and an Alpine group to continue.

Nordic Only Section

Return to Ski Guidelines from MPA (Dustin):

Don't compete with symptoms

Use Online registrations as much as possible, also do payment online when poss.

Race Packet pickup outdoors

Clean and disinfect bibs between uses; may use paper bibs

Bob Arsenault-has anyone considered each athlete having their own # and bib for the season?

Ian- how does that work?

Dustin- ski reg?

Bob- can bill schools, AD's pay for it

Carl Therriault- what do we pay for races?

Dustin- \$6-12 (or up to \$15) for big Saturday races

Buzz- conferences often more

Bob- capacity half of normal or 100, whichever is less

Buzz- need clarification from MPA about numbers, especially on buses in parking lot

Justin- may not need to deal with it when everyone is in open outdoor space- still questions

Dustin- several events happening at once?

Ian- if it is a classic race, host picks wax and communicates it to all schools

Dustin- wording is "consider" short stays, some flexibility

Emily- do they really mean 6m? Not many venues have that.

Dustin- no mass starts. Wave starts need LARGE area. Since they are allowing waves, probably pursuits OK?

Put on face masks immediately at finish and leave finish; go back to team area (this has since been changed by MPA)

No posting of paper results. Post online, publicly announced.

Need to figure out protest procedure; can extend protest period and do online.

Always social distancing. Mask immediately before and after race (this has changed; masks at all times)

Teams stay together when previewing course; teams not mix.

Cool down- together as teams

Return to team areas immediately after

Buzz- NENSA says individual starts only; that puts us at risk if we do waves/pursuit. Maybe we need to consider following NENSA guidelines.

Emily Cartwright- have had xc running wave starts, etc. and they have been OK

Dustin- that's why we included them

Justin- Cool down- if together as a group there may be more congestion. Not sure we should mandate group cool downs.

Buzz-could we suggest cool downs in other areas if possible rather than on race course?

Justin- not always an option

Buzz- masking: single layer buffs aren't really adequate. Regular masks a challenge with glasses.

Patrick- were running races allowed to have spectators on course?
Dustin- scheduling part says girls are off-site when boys are racing and vice/versa
Emily- it has been OK with running
Laurel- need to be explicit about “wear a mask when not racing” (this has changed; masks at all times)
Dustin- big Saturday races may be split in 2 locations. If race day is really cold, maybe cancel event because distancing may be difficult.
Emily- warm up and cool down not required to wear masks?
Dustin- thinks that may be OK (this has changed; masks at all times)
Emily- what about coaches when with athletes during warm up and cool down?
Dustin will check
Laurel- distance when exercising may need to be 14’ rather than 6’
Dustin- limit access to indoor facilities
bring own water, supplies, no sharing
self-screening
Ian- are schools testing?
Dustin- depends on your school Some are using screening forms. Your school will tell you.
Dylan- some teams have more spectators, who counts as a spectator? My AD says any person at location (officials, etc) counts; have to seriously consider this. Have had to turn people away from xc running venues (even just walkers).
Buzz- NENSA is saying no spectators- parents only in cars
Chris Bryant- where is the geographical limitation for 100 people; can a venue have 2 separate areas, 100 in each?
Justin- needs more clarification, but thinks outdoor, open areas are not bound by that 100#.
Buzz- this needs to be checked with MPA and with the state public health officials
Patrick Coughlin- there may be more people on courses this year
Dustin- anyone who tests positive needs to report/tracing
Chris Easton- what about kids waxing before races- what will they allow? (At home, in our wax building)
Dustin- this doesn’t cover that, probably a local thing. I will have to do the athletes in waves in my own building.
Patrick- wonders if others are seeing increasing numbers this year? Good opportunity to get others into sport. There may be a lot more novice skiers.
Dustin- hosts may need to limit number of participants
Buzz- for \$50 you can get a touchless thermometer to log temps.
Good guidelines, thanks Dustin for your work.

Wax Guidelines

Dustin- no flouro glide wax. Roger produced a list; Dustin would add Six CH..
Wants to add that schools only use “listed’ waxes only at HS races.
Emily- talked to Roger, any non-flouro prior to 2018 should new added to list as OK. Nothing is tested yet, recommends basics.
Laurel- wants to say “just flouro free”
Emily- that is what we were trying to avoid, the “arms race” with waxes
Chris- whatever is on the list, that is what we go with
Laurel- what about the “non-flouro” topcoats?
OK if on this list
Laurel- Zack’s stuff isn’t on this list-maybe want to add them
Justin- combine Zack’s list with Roger’s
Dustin- will update list and send it out for approval
Buzz- can contact Zach to coordinate, needs Roger’s list

Motions from sub-committee

Dustin- there are proposals from the sub-committee; some may need discussion, others may be a quick vote.

(This is cut and pasted from Emily Cartwright's original document. Changes made during the fall meeting and decisions are highlighted in red)

1. The subcommittee makes a motion to require the use of an application process to be considered as a race venue for the selection race. The applications would be read aloud at the fall coaches meeting, with a vote to follow. **Buzz adds that there needs to be a letter explaining our requirements that goes out with the bid request. Motion with provision passed.**
2. The subcommittee makes a motion to adopt the google form labeled 'Venue Request Form' as the application form, with a deadline of October 10th of each year. <https://docs.google.com/forms/d/1GMs5RKXInCJctsrcO4-EJuFH4GCHxulSCQWtL8HPv0/edit> **Need to take out the "Obstacle course" and "prizes" from the bid form. Motion passed. This year the venue will be Quarry Road; wait until we know more for further planning.**
3. The subcommittee makes a motion to continue the auto qualifications that were in place last year. The winner of each state meet (the pursuit winner or the combined individual times if it was not a traditional pursuit race) and the top U16 and top HS finishers of the Aroostook County Championships are all automatic qualifiers for the Maine Team. **Buzz- there needs to be a provision added that auto-qualifiers notify trip leaders in a timely fashion and pay registration. Motion with provision passed.**

4. The subcommittee makes a motion to add \$2 to the selection race entry fee of entrants not from Aroostook County, with the money used to defray costs for entry fees of entrants that are from Aroostook County. **Motion passed.**

5. The subcommittee makes a motion to require the use of an application process to be considered for the position of a Maine Team Coach. The applications would be reviewed by a group of 5 people: Both U16 & EHSC Trip Leaders and Assistant Trip leaders, and one other coach that is named to this review board at the fall meeting. The coaches review board would let the applicants know their decision by February 1st. **Motion passed.**

6. The subcommittee makes a motion to adopt the google form labeled 'Maine Team Coaching Staff Application' as the application form, with a deadline of January 15th of each year. <https://docs.google.com/forms/d/15XV52-2hIFS4E6lce3rt6eWAdER4QGMicFz0XtsOig4/edit>
Motion passed.

7. The subcommittee makes a motion to require the use of an application process to be considered for the position of assistant trip leader, one for each of the U16 and EHSC trips. This a one-year position, with the option to reapply each year. The applications would be read aloud at the fall coaches meeting, with a vote to follow. **Motion passed.**

8. The subcommittee makes a motion to adopt the google form labeled 'Assistant Trip Leader Application' as the application form,

with a deadline of October 10th of each year. <https://docs.google.com/forms/d/1xtTIW-ih5xd8qyqgs66lE0LuqGwkYk7frG8yQQyLcg0/edit> Motion passed. Two applicants for this year: Justin Fereshetian for U16's, Dylan Thombs for EHSC. Both accepted.

9. The subcommittee makes a motion to require current SafeSport certification for all trip leaders, coaches, and waxing staff of the Maine Team. Motion passed.
10. The subcommittee makes a motion to change the format of the selection race to
 1. Current ~~three~~ five options proposed:
 1. 5km Interval start Classic in AM / ~1.2km Sprint Skate Interval start in PM (4 subcommittee votes)
 2. 3km Interval start Classic in AM/ 3 km Skate Pursuit in PM (4 subcommittee votes)
 3. 5km Interval start Classic in AM/ 2.5km Skate Pursuit in PM (4 subcommittee votes)
 4. Current 5km and 5km format.
 5. For U16: 5K AM only

Chris- Motion: keep the current 5k pursuit format for EHSC, U16's only do first race. Passed.

11. The subcommittee makes a motion to require the use of an application process to be considered for the position of Trip Leader, one for each of the U16 and EHSC trips. The applications would be read aloud at the fall coaches meeting, with a vote to follow. **Motion passed.**

12. The subcommittee makes a motion to adopt the google form labeled 'Trip Leader Application' as the application form, with a deadline of October 10th of every other year, starting in 2022.
<https://docs.google.com/forms/d/1zwYD7S4xAmQa4PLzCm9d95V9tSo3AfCoQa9pg1HHBno/edit>
Motion passed.

13. **If Format Option 1 is selected, or if Covid-19 requires both selection races to be interval start, how do we score the event and name the team?**

1. For 3k/3k or 5k//5k, we would just add the times.

2. For options the other two options, we would need a points system.

1. World Cup Scoring

1. Con mentioned was that it doesn't go deep enough- only to 30 places

2. Back and Forth on each race result? 1st in Classic, 1st in skate, 2nd in skate, 2nd in classic, etc. until 24 are named?

3. If we have a format that doesn't allow us to add times together, we could just add places together from both races and lowest overall score would be named first, second lowest overall score gets named second, etc. down the list. Then both races are weighted equally.

4. Other points system ideas?

No Decision made, need more information as season progresses.

14. The subcommittee makes a motion to have a contract that all coaches, athletes, and parents sign to pledge to not use any wax above a CH level this year. This pertains to all Maine Nordic competitions held at the high school level (MPA state meets, conference meets, Saturday races, Maine Team qualifier, etc). **It was voted last year to be all CH for glide wax.**

Dustin- list of elite events not requiring a waiver- add changes as necessary, will go to MPA (all OK)

Maine Wellness Center- progressing well, may be able to do a race there this year. At North Farm along the river (not Nezinscott)

Maine Nordic- Buzz gave a brief history of the development of Maine Nordic including philosophy, intent and function. Started and has remained completely separate from MSCA. It provides necessary funding for U16 and EHSC expenses, deposits, gas reimbursement for coaches, jacket deposits, wax, and emergency housing funds; not under MSCA jurisdiction or control. Treasurer's report given; accounting is complete and statements are available. Current balance as of 10/19/20 is approximately \$4800.00. Deposits and room reservations are paid up for next year. We also have a surplus of Maine Nordic jackets to carry over to next year, as well as Maine All Star hats for anyone making the Maine Nordic team all four years. Wax box also has a good stockpile of waxes for the future. We started with nothing and have built it up.

Schedule- can't do a usual schedule, need to be flexible. To be continued as we know more.

Meeting was adjourned.