

**MNHSNSCA SPRING MEETING MINUTES**  
**Mora Vasaloppet Center, Saturday, October 12, 2024**

**1. Meeting called to order 9:30am by President Andrew Hansen (Wayzata)**

- a. Welcome from the Vasaloppet Committee John Larson-Contact Mora Office to come to Vasaloppet for a team bonding event or more information about the Vasaloppet fundraiser: <https://vasaloppet.us/>  
Executive Committee Introductions  
President-Andrew Hansen (Wayzata)  
President Elect-Chrissy Snider (MPA)  
Secretary-Britt Guild (Minnehaha Academy)  
Treasurer-Doug Cran (White Bear Lake)

**2. 2024 Spring Minutes Approved**

**3. HOF Inductee Ceremony**

- a. The Executive Committee and Dave Johnson reviewed applicants and approved three coaches for the Hall of Fame award. If you would like to nominate someone to the HOF, submit his/her name to Dave Johnson before May 1st, 2025.  
[djohnson@marshallschool.org](mailto:djohnson@marshallschool.org)
- b. Tyler Fish presented award for Paula Anderson (Ely Coach)
- c. Jason Kask presented award for Bonnie Fuller-Kask (Duluth East Coach)
- d. Tom Brandis presented award for Steve Hopke (Robbinsdale/Armstrong Coach)

**4. Treasurer's Report:**

- a. \$4,883 available for plaques and Academic All-State Awards
- b. Coaches were asked for ideas on how to use this money in the future. Discuss at Spring Meeting 2025.

**5. Section Reps Reminder**

- a. Section 5 needed a representative and Shawn Heaton from Maple Grove volunteered to take on the role.

**6. MYSL Presentation by Sarah Stendhal and Simon Stouffer**

- a. There is a need for junior coaches for MYSL programs.
- b. If you have questions or want information in how to get your skiers involved to help coach in your area, contact Sarah (Outreach Coordinator) or Simon (Head of Skiwex and Creative Director) @ [sarah@myxc.org](mailto:sarah@myxc.org) or [simon@myxc.org](mailto:simon@myxc.org)

**7. Review of new rules for the 24/25 Season by Andrew Hansen**

- a. Hat/Headgear rule: passed. Skiers do not need to worry about logo size on hats, however, MSHSL still has rules pertaining to profanity and appropriateness of apparel.
- b. Para Factor Proposal: did not pass. The proposal did not pass because of the difficulty of para factor certification. The proposal's language will be changed to address the certification process. This proposal received 99% approval by coaches and will be tabled to next year with a better understanding in how to move it forward.

**8. Sunday Contact Update from MSHSL**

- a. It was emphasized by Andrew Hansen that the Sunday no contact rule is written in the bylaws enforced by the MSHSL. Reminder: coaches should not train or drive with athletes on Sundays.

## **9. Vote on Proposals Presented at the Spring 2024 Meeting**

- a. At the Spring 2024 Meeting, Ian O'Neill (Mounds View High School) presented his proposal for Major Rule Changes-State Qualifying Meet.
- b. At the spring meeting, coaches discussed the premises of the plan to populate the State Meet with the fastest skiers by advancing 1st team, 2nd team, and eight additional skiers (not on top two teams) from the section meets. Currently, the 1st team, 2nd team, and four additional pursuit skiers (not on top two teams) from the section meet advance to the state meet.
- c. According to Ian O'Neill's proposal, the same number of skiers would attend the state meet because the 4th and 5th pursuit skiers on a team would not ski at the state meet.
- d. An alternative proposal was revisited (submitted in 2022 and rejected by MSHSL due to the sprint race addition previously approved) asking to advance 1st team, 2nd team and **six** additional skiers (not on top two teams) to ensure top athletes did not miss the opportunity to participate in the State Meet.
- e. Ian O'Neill approved of this alternative proposal.
- f. Coaches voted (100% in favor) to approve this new proposal of increasing the state qualifiers from 4 to 6 individuals from each section. individuals to advance to State which would only increase the state participation by 32 skiers (16 boys and 16 girls).
- g. Season start date proposal update: Andrew Hansen reported that alpine coaches would approve a winter waiver to increase coach/athlete training after the State Meet only if coaches gave up the summer waiver opportunity.
- h. Since this is not a change Nordic coaches support, conversations with alpine coaches will continue to create the best proposal surrounding the start and end date of the Nordic season.

## **10. College Ski Coaches Presentation**

- a. Three coaches attended the meeting encouraging athletes to reach out to them personally if they are interested in skiing in college. It is difficult for college coaches to find and reach out to specific athletes, so inform your skiers to be proactive and email coaches if they are interested in collegiate skiing.
- b. Jason Kask (Coach): St. Scholastica (NCAA)  
<https://csssaints.com/sports/mens-nordic-skiing>
- c. Tor Hanson (Coach): St. Olaf College (NCAA & USCSA)  
<https://athletics.stolaf.edu/sports/mens-nordic-skiing>
- d. Al Fuller (Club Sports Director & Coach): St. Mary's University  
<https://studentactivities.smumn.edu/club-sports/>

## **11. USCSA Update & Guide**

- a. See last page of fall meeting agenda packet for QR code to see list of races.

## **12. State meet venue committee update based on survey results**

- a. Britt Guild created an online survey for coaches to report about their MN State Meet experience. Britt summarized the responses in graph form (63 coaches responded).
- b. Britt Guild reported survey results which will be sent to all members by Andrew Hansen.

- c. Results will be given to Charlie Campbell of MSHSL to further the discussion on how to better the State experience now (lodging, etc.) and how to plan for the future. Giants Ridge will be the location for State for the next two years based on contract.
- d. Charlie Campbell did report that the State Course for both Alpine and Nordic does **not** necessarily have to happen at the same venue as previously told to Nordic coaches.

### **13. Coaches Association Team/Individual Rankings update**

- a. Andrew Hansen will continue to compile and publish individual and team standings. He asks that coaches email him consistently his/her rankings throughout the season.

### **14. Charlie Banks Update**

- a. Andrew Hansen reported that the Charlie Banks relay **will not** be held this year.
- b. Items to consider for the future of the event: attach the event to another event, create a Charlie Banks Scholarship, summer rollerskiing event instead?

### **15. Victor D Dunder Update (Denny Nelson/Denny Green)**

- a. Ski shops are eager to donate to recipients
- b. This year, the award will be given to **first and second year skiers**
- c. Denny would like to pass on the responsibility of organizing the award process each year. Reach out to Denny if you are interested @ [dennis@nelson.us](mailto:dennis@nelson.us) or Denny Green @ [den\\_bob@yahoo.com](mailto:den_bob@yahoo.com)

### **16. Association Dues update**

- a. Andrew Hansen asked coaches to consider how the Association spends the money received from dues. Should the dues be increased by \$5 or \$10 to increase the amount of money for a larger impact? Scholarship?

### **17. CXC JNQ Schedule**

- a. December 14-15 Cable, Wisconsin
- b. December 21-22 Mt. Itasca
- c. January 25-26 Theodore Wirth
- d. February 15-16 Mt. Itasca

### **18. Announcements from coaches**

- a. Jon Wagner (Mesabi East Coach) encouraged coaches to reach out to him if they are interested in connecting in Mesabi to race, provide a meal, and enjoy community @ [jonwagner74@gmail.com](mailto:jonwagner74@gmail.com) or 218-780-7813
- b. Jon also mentioned that Mesabi Recreation is a great shop if coaches need anything especially when at Giants Ridge: <https://mesabirecreation.net/>

### **19. Vendor Presentations**

- a. Vendors presented their services (waxing, clinics) and upcoming events (ski swaps). See more about each vendor at their websites:
- b. Finn Sisu (swap on Oct 25-27): <https://www.finnsisu.com/>
- c. Pioneer Midwest (20th anniversary swap Nov. 9-10): <https://pioneermidwest.com/>
- d. Gear West (Coaches' Social, Oct. 22nd, Swap Nov. 9th): <https://www.gearwest.com/>
- e. OutThere Nordic: <https://outthereshop.com/>

### **20. Q&A with Bonnie Fuller-Kask & Andrew Hansen**

- a. Both coaches answered questions about training varying levels of skiers, Mentor Mondays (matching new and experienced skiers together), and training plan ideas.

### **21. Optional Wax Demo by Jeremy Hecker from Pioneer Midwest**