



**MINUTES – EXECUTIVE MEETING  
HOLLYBURN JACKRABBIT SKI CLUB**

**7:00 pm  
November 19, 2004  
Jamie's home**

**In Attendance: Norm, Jake, Kim, Katrine, Utta, Jamie, Rachel, Dirk**

**1. Registration Day Review**

- 290 rabbits, racing rabbits, and teens
- 587 members, 188 households

Coaching ratios good. Saturday a.m. not quite full but all others full. Good mix of new and returning coaches. Kim made new levels in the database to sort the "new" kids.

Only one space for one adult on the waiver; Kim to find a club member who is a lawyer to change this. Dirk to ask CCBC if our waiver is good enough for us to be covered by CCBC insurance.

For next year's registration need stricter rules as to who gets priority - seniority of coaches within the session, then from other sessions, then new coaches. What about coaches whose kids move into the racing program Sunday AM and want to coach/ski at the same time? Kim to work on a proposal for March.

**2. AGM Review**

Not enough space at the Hollyburn Nordic Café – consider an alternate location for next year. Review process for electing executive positions (eg, send out a formal call for exec positions).

**3. Ski Swap Review**

Went well. Much equipment bought and sold. Need to ensure that a club executive representative attends future swaps.

#### 4. **Fall Program Review**

- a. Insurance - Runs October 15 to October 15. What about hikes after Oct. 15 and before the new registration, and what about new people starting in the fall with the dryland training? Dirk to check with CCBC.
- b. Dirk to send an email to cancel the November 21 hike. No leader available.
- c. Orienteering - Seemed to go well but kids commented that there was too much talking/theory. Next year: beginner and advanced? Adult course? Too many things on Sundays? In the summer? Fewer sessions?
- d. Pemberton Regional Dryland Camp - No one from our club attended. Targetted to older kids age 14+.
- e. Midget Racing Program - Started in September on Sundays, very successful. Roller skiing and running.
- f. Mini Midget/PeeWee Program - Speed and Agility training session went well. Another session is planned for this Sunday.

#### 5. **Jake's Wax Workshop**

Approximately 20 people attended a very good course. Jake planning to do a waxing session for the kids at the Sovereign Lake Snow Camp.

#### 6. **CCBC Snow Camp**

On snow in November at Sovereign Lakes, Norm participated as part of his NCCP Level 2 Provincial Coaching Experience. Had a great experience working with the BC Team and mentoring under guest head coach John Aalberg.

#### 7. **CCBC Sprint Seminar**

Sande, Dirk, Jake, Jamie, Bob, Dave and Tony attended and said it was excellent. Learned we need to do more zone 1 training (running, biking) and lots of speedwork and technique. Jake to write up something for the newsletter. Recommended that Club buys a "Beep" tester (VO2 max) for the Midget racers.

#### 8. **Coaching Committee Update**

Utta reported this committee is very active and Jeff Sims especially is taking on a lot of the work.

- Level II technical Dec 10-12, Neil Manhardt is instructing.

- Intro to Community Coaching Dec. 10 and 11, Karen McKeown from Smithers is instructing.
- Club Coaches Training Day Dec 12 – on snow ski technique.
- Coaches – Session Coaching Review Dec. 18 – on snow coaching and games.
- All Coaches/Leader meeting - Jan 12 at MEC.

Coaching Qualifications:

- a. Rabbit Coach/Leader - Level One NCCP or Intro to Community Coaching
- b. Racing Rabbit Coach - complete Level One, working on Level Two.
- c. On-snow support - as above plus several years club coaching experience.
- d. Teen ski leaders - NCCP Level One. If leading backcountry trips must have avalanche course, experience in winter back country and a current first aid certificate. Both male and female leaders needed for overnight trips if both male and female teens.

An on-line coaching manual to be developed by the Coaching Committee. Motion to approve \$200 for desktop publishing costs- approved. Kudos to the coaching committee!!!!

**9. Sovereign Lake Camp – November 27/28**

Camp is all organized and schedule has gone out. Sande has prepared coaches' program guidelines for the Saturday and Sunday sessions. Approximately 35 kids signed up.

**10. CCBC On Snow Regional Camp - December 18**

Bob is organizing this. Genevieve Renart, the CCBC Southern BC Regional Coach will be the coach.

**11. Coast Cup Race #1 - December 19**

2.5 to 3 km freestyle race, shorter for the kids. Roald/Dirk organizing with Cypress .

**12. Ski Fun Day - December 29**

Utta and Dave are organizing this. Need helpers and fun ideas.

**13. Nordic Racer Update**

Ski camp at Sovereign Lake next weekend has about 120 people registered. The club

bought a display clock for races that they have said the Jackrabbits can borrow for races. They have about 12 teens in the Junior Racing program.

#### **14. West Coast Nordics**

New Club headed up by Alan Ball and Tim Whilens to provide Biathlon and cross country coaching. They are having difficulty being recognized by CCBC as a cross country club.

#### **15. Sponsorship Update**

Have request packages out to 5 or 6 companies. We are hopeful that Sigge's, Haywood Securities and Ryders will be Silver or Gold sponsors. If you know of a company who may be interested in sponsoring contact Norm for a package.

#### **16. Raffle**

There is already a committee headed by Dona Lawson, who will get all the background info from Liz Panozzo. Committee suggested \$3 per ticket this year. Exec voted to agree with this after much discussion, with the suggestion we give each kid more tickets to sell.

#### **17. Clothing Update**

We ordered and received 200 beautiful club toques to be sold for \$20 each. Cypress will sell them at their shop. Bob working on the design for this year's t-shirt. Judith talking to Louis Garneau regarding coaches' vests. Racing shirts are on the way.

#### **18. Calendar Update**

Amanda is dealing with these. Combine sending these with the confirmation letters.

#### **19. Racing Rabbits Update**

Midgets had a coach, racer, parent dinner meeting 2 weeks ago. Mini-midgets/PeeWees to have one November 20. The roller skis are great!!!

#### **20. Equipment**

Club bought roller skis, wax benches, irons. Norm looking into a canopy. Jake to make up a 2nd wax box. Jake and Sande would like to buy a Riller base structuring tool. Bob would like to buy a Bosa ball and rope ladder and medicine balls and hurdles. Much discussion about how much budget should be used for the racing program vs the other programs. Need a really good transparent budget so that all club members can see where and how our money is being spent.

**21. Season Passes**

Should be able to pick up passes now.

**22. Rabbit Romp**

Thursday evenings. Need an email sent out to ask for commitment to attending.

**23. Badge Posters**

Dirk made two complete with all the badges!!! Katrine to get frames for them as they cannot be laminated.

**24. Next Meeting**

Will be in early February.