

MCPSAC Cross Country Coaches Meeting 8/21/19 @ Brockport HS

Meeting commences at 6:30pm

Introductions

3 years from now think of becoming a co-chair!

Sign In sheet sent around please update the list to share with league

Tom Mooney

Addressed the coaches regarding rule updates from NHFS.

Rick Smith could not be present and is speaking on his behalf.

Any questions regarding officials you can contact Rick at rickasmith53@yahoo.com

New rules for XC:

1. Mending of Rule 4 (Track) and Rule 8 (XC) any competitor who provides assistance to competitor should not be disqualified. The Injured athlete is the only athlete to be disqualified.
2. The start of any course should have a 100m straightaway before the first turn.
3. No narrow section of course should be longer than 10 feet.

Any questions about the rules? Again, email Rick Smith at rickasmith53@yahoo.com

Officials

Ken Switnicki's addressed the League. The main point I would like to stress is regarding the cards, please take the time and print out sticker label for the cards. It makes scoring of the meet easier and transferring names to the score sheets more efficient.

Last year a meet had 2 managers at the end of the sheet and the kid takes off his own name and hands it to the manager to expedite the process. Please hand in ASAP. He likes to score the boys before the start of the girl's race.

Start time if no modified teams: boys would be 4:30pm, girls 5:15pm (45 minute in between)

Top 40 names written on the score sheet...Is that adequate?

Mike D: We only write the top 10 names for each school

Ken S: We will go with 10 and I will contact Rick

Cards missing and/or 2-#17 cards Put initial on card of teams who crossed first and then changed the order going forward. Double check the first 50 cards to ensure a mix up does not happen.

September: The hottest time of the day is 5:00pm. The Heat Index is 96 degrees. When pushing the start time back, you're helping the later races but not doing any favors for the first race.

Ross H: Temperature 96 degrees?

Crowd: Real Feel 96 degrees.

Lastly, Jeff Winden will be inducted into Churchville Hall of Fame – Congratulations!

Handbook

Mike L: Entry dates for big meets.

Mike L: SAT days are posted.

Mike L: If you are planning on running at a County Course please contact Corey Bryant at coreybryant@monroecounty.gov before you go so they know you are on site.

Reporting Results

Mike L: Host coach responsible for contacting D&C (include name and cell phone) 258-2400

Jim C: Print will not happen the next day, results however will be online.

Dave H: 3 times last year results were not reported. Results should be sent to Section V website instead.

Jim C: Let's do both Section V and D&C. Nothing will make the paper if you don't let us know.

Last piece of handbook

Mike L: County Duties: recycled last year and we will shuffle duties next year. Jeff and Matt are off the hook

Jim B: How is job broken up for chip collecting?

Mike L: Jobs chosen to put together

Sean V: Some years people know what they are doing, and some don't

Schedule (Year 2 of 2)

Mike L: If you like it great. If you don't, the post season meeting is the time to discuss this.

Mike L: Monday Meet and Wednesday to accommodate Jewish Holidays

Mike L: Can Dave or Jim comment on Webster start time:

Dave K: Buses should be available at 3:30PM. Superintendent is adamant that the buses will be available from transportation?

Jim B: Are we changing starting time at 4:45PM brought up at post season meeting

Jeff M: 10/7 Victor/Hilton flipping

Kim H: Going with changes, Greece Olympia/Odyssey is merged and following the Odyssey schedule instead of Olympia. Mod teams are running separate.

Mike L: The packet has us following Olympia

Kim H: 10/2 Odyssey will help set up the course

Jeff M: Hilton set up the course on 10/2 and RH will run the meet bring vouchers

Mike L: We are going to follow the Olympia Schedule

Sean V: Was there any discussion moving back the start time because of States being late

Mike D: There was a vote

Shadow Pines Course

Dave H: Course is now painted White (Mile 1), Orange (Mile 2) Yellow/Greenish (Mile 3). The lines will be down for host schools and will be set. The park has cut the trails so wide for Mike DeMay to hit a ball down them. Footing is still like a golf course and follows the golf cart path.

Mike L: 10/2 FLCC meet switched to Mendon West (Brighton Host).

Mike L: Any other Park Concerns? NO.

Mike L: Heat Index/Lighting still using State Guidelines (30 minutes) and make sure you have shelter

Kim H: 91-95 degrees, H2O should be available and have conversation amongst coaches.

Kim H: 96 and higher is a no go.

Mike L: Safety Plan...Host schools should meet prior to the start of the race and be on the same page. Air Horn signals end of race

Mike L: 2/3 Officials for hosting Dual Meets (asked each school)

Modified (Charlie Lowe)

Charlie L: Question for everyone (Block M1) Kim are we doing scrimmages or no?

Kim H: No Scrimmage (Live Meet)

Dave H: You only need 6 practices

Kim: Moot point

Charlie L: Varsity coaches can you do me a favor and let mod coaches and your AD know there will be a Modified meeting 9/10 at 6:30PM in cafeteria Martha Brown School

Charlie: Is there modified course for shadow pines?

Dave: I will have it done.

Charlie L: I don't need it

Charlie L: Hunting through manual proposed time for start of league meets. Says 4:30pm, when should I tell people.

Mike L: In between races, modified is at 5:00PM

Matt T: There was a proposal last year for mod to start first

Kim H: Webster coaches, is the possible with the new start time? This was tabled at AD meeting because of unknown times?

Charlie L: Schools schedule varsity first, modified last. It will be hard to get to the course.

Kim H: Can you switch up the order

Matt T: Issue is varsity has no time to warm up. They get off the bus and are suffering letting mods go in between.

Kim H: Mods start 9/17 and looks at start time schedule

Mike L: We voted, but do we wait?

Kim H: I will sell this to the AD's

Charlie L: when will mods start? 4:30

Kim H: I will call Webster and find out

Matt T: We are just talking about the start time 15 minutes shouldn't bug anyone. Mods aren't with us late in the year so it's a moot point.

Chris C: I guess we can decide at the course if all varsity teams are there and waiting for mods can we run the boys then run modified?

Kim H: Back to 9/17 mods joining us Greece at Basil, Fairport going to Basil you should get the bus first

Sean V: We are just moving the problem to another team not a solution.

Charlie: Fairport bus rolls in how long does mods gets to warm up?

Mike D: 6 minutes. You are the most experienced in the room

Mike L: handbook says 20 minutes

Charlie L: that's what I thought

Mike L: Monroe County Website

Matt T: haven't looked at it

Counties 10/26

Mike L: Hand in extra chips to Yen so you don't get charged

Jeff M: There is room to park buses in the back

Kim H: Parents are the issues with parking

Jeff M: I'll take care of that

Mike L: Dave Hennessey can you pick up the awards at Penfield Trophies?

Dave H: Yes

Kim H: \$5.00 Entry Fee for cars

Sectionals 11/2

Mike D: Order of events switched (big schools first). Awards ceremonies in same time blocks

Mike D: We will again use Chip Timing.

Mike D: There will be the Invitational on 9/21 to be on the course. You must pay the entry fee to preview (no one out there to preview unless it is on that day)

Kim H: Anyone on course will be kicked off and they will call the Sheriff so its heard loud and clear

Mike D: Entry fee will be \$5 per car and Section V is looking into APP to pay if you don't have cash

Mike P: Scheduled at Midlakes for years to come?

Mike D: Looking into other courses. Don't have to have a gym. In the past we used tents for awards.

Newark looking to host, Leroy, Shadow Pines, I would like to see a course in the Southern Tier. Its not easy to host it over and over people get burned out. Committee looking into make it easier to assist with

schools hosting. Maybe 2 Sectional courses? If you have ever put on a meet you can appreciate the logistics and behind the scenes you have to do. Not that hard to host this meet, but you will have help. This year is a Trial basis regarding the order of events and will switch back next year.

Any questions? No

The course is the same not going to change.

Course held up pretty good with rain.

Muddy spot crossing road, traction was good, times were fast.

Midlakes only wanted to do the invite and was open to hosting Sectionals again.

Great job cleaning up and having kids where they were supposed to be.

Dave Y: Teams only get 7 entered on Yentiming.com (10 names on sheet) you can use an alternate that morning and make changes at the tent at the finish line. We are minimizing # of chips handed out. There was only a half dozen changes last year.

NYS Meet 11/16

Mike D: See the course on invite

Mike D: I don't know how many of you have been there since 2009. They put new blacktop on course.

Lynn previewed with Julie and said the footing is different from 10 years ago

Matt T: I have been on the course twice. Super flat maybe a hill. I was there with the Saranac coach and they changed the start and finish of the race but the middle of course is the same. They changed it because of a runner in the Class A race tripped on rocks and lost the race. They got rid of part of running on the track. The start sends you up and around at the beginning. There is a marshy area in middle of the race, and it will create separation before you come down. If it is dry that day, you probably won't need spikes

Mike D: Future years, State Meet is earlier.

Kim H: Put a bid out there (logistics hotels).

Mike D: Next 4 years is already scheduled.

Matt T: This happens every 4-5 years in past had a break with Feds and Nationals. Rationale? Risking crappy weather.

Dave H: There is a 7-year calendar and this year there was a gap that's why there is a week between. The next 7 years are already booked.

MikeD: This year if we couldn't run Sectionals on 11/2, we have a week to run it.

Matt T: Week between divisional races.

Matt T: Another questions # of schools moving into Class A.

Bernie: We are not in there, sheet got changed.

Mike D: We won't have Class A or AA.

Matt T: what is magic number to split? 17 add City schools and HFL?

Mike D: On paper we are over.

Matt T: We are taking out from our kids they like and work hard for?

Mike D: Classifications are not etched in stone. There still can be changes. Split Class C.

New Business

Mike L: Section V Social Media Accounts would like to add hashtag to promote our league.

Mike L: Respectful Speech and Behavior, enhancement of Sportsmanship, any issue would be addressed immediately and the game will be stopped.

Mike L: Modified rest reduced from 3 to 2.

Matt W: Did the number of practices change? 6 should be amended in Handbook (Letter J)

Mike L: Uniform for Varsity and Mods.

Matt W: What did we decided for distances on Mods? When do we change 1.5 miles to 2 miles?

Charlie L: You have to complete half of your schedule. Interesting because we don't have a scrimmage. Back to way it was 15 years ago. On 10/7 modified will begin 2.0 miles. Remember this is for modified schedule.

Discussions/Proposals:

Mike L: Team scoring modified meets

Brian M: We should score. I have compiled a list of reasons why...It is developmentally appropriate, There will be a linear culture progression. Character development. Motivating and gives meaning. Management and understand where my team is (looking at the big picture) at all levels and gets everyone on the same page.

Mike L: Other modified sports are scoring, I feel if we aren't scoring it, it is 6 weeks of scrimmages

Charlie L: I score every modified meet. Coaches expect me to be at their house to score? Maybe I'm out of step, my understanding is that modified is different, not about winning, learning. You should be scoring meets, is there a single varsity coach that doesn't insist on a score? Brian (Brighton) you and I agree on this.

Bill B: Asking to score and put online? 0-18 team but good performance. Lot of mod coaches Don't put the scores online.

Bernie G: I don't think we post other modified scores. Don't go against big schools aligned to division New schedule is we are going to score. I don't know why it has to be posted.

Dave H: My modified coach puts in every kid's time but there is no place. Statewide if I'm not mistaken the state is trying to get rid of the concept of modified sports. More competition because of scoring. Most mods run on Thursday and can't run on Saturday.

Kim H: We are losing kids on school teams to play on other teams. Your own team, kids will no what place they come in.

Charlie L: I will make sure there is a sheet available at the meets. Ask your mod coaches to work through the scoring if that affects you.

Bernie G: We have best of both worlds. You can score so they know what to expect.

Sean V: Do officials do the score sheets/times?

Charlie L: Officials don't do anything.

Sean V: I may be oblivious; officials aren't doing anything? We don't need to vote then; they work for us. Every other mod sport has officials.

Matt W: The new order is in favor of officials.

Charlier L: You will have to add more officials.

Dave H: Under the new contract, there is a sizeable increase in rate of pay for officials. If mod present additional stipend available.

SeanV: I will tell Fritz we are paying for all mod officials.

Kim H: You can get an internal person to do it and not pay.

Matt T: We can't even get security at our meets!

Dave H: It has never been asked. If we want it and they are going first, that gives them the time and will be out there anyway. Argument was to score before starting next race.

Charlie L: We won't have break to do varsity.

Bernie G: There are 2 of them.

Matt W: We are talking about scoring and putting on Tytler's website?

Matt T: Only handful of schools put modified results on website. I can't even get my coach to do it.

Mike L: Anyone want to make a proposal for scoring the mod meets?

Charlie L: Make the officials responsible to score the meet and educate our athletes.

Dave H: County Meeting decided to have officials score the meets and you have to do it.

Jeff M: Scoring modified meets, why are we skipping sub varsity races for scoring?

Mike L: We can piggy back.

Jeff M: Score all levels.

Charlie L: How do you ask your team to run hard if not providing score?

Mike L: Discussion on scoring all.

Dave H: There are 2 meets now where we score sub varsity meets.

Brian M: I was confused with Tyler but understand.

Matt T: Not changing website!

Brian M: Proposal for all levels to have a team score .

Chris C.: Moot point Varsity B scored 2 weeks does not count toward record

Chris C: Proposal that all levels (Modified, Sub Varsity and Varsity) in all of section V will be scored. Only Varsity scoring counts towards league record.

Dave H: 2nd.

Mike L: Going through Votes.

Mike L: Proposal passes 34-8

Charlie L: Can I follow up with item H-2 in modified manual official scoring is not. Scoring will happen.

County Meet (Financial Concerns)

Mike L: Status Quo we stay with Mike Reif. Other option is to shop around. Another vendor sent a proposal of they do shirt sales and we get percentage of sales. Recoup the cost of bibs and all county shirts and awards. I ordered 2000 bibs/pins used for our elementary run at a cost of \$560. \$4000 in t-shirt sales would break us even.

Mike D: Reif might be out of the picture.

Matt W: Mike wants to do it.

Dave H: Roughly \$1000 your bid would be easily \$2000 last year xc sold \$14,000 in product and Sectionals. Modified athletes buy shirts like crazy.

Kim H: We started charging because we are in debt. Just about breaking even from cars. It is not a county issue. We charged because venue, awards, personal, port-a-potties. Reif's giveback is minimal.

Dave H: He is probably not doing all start stuff later in season

Rich B: Give him a chance to match the bid

Dave H: That's more than fair. It costs \$6 to make a shirt and he is selling them for \$15-20, that's a lot of profit.

Kim H: Districts looking into timing system. Have this guy putting money toward timing

Matt W: Mike took care a lot of things. Trade off using him.

Dave H: New vendor would be doing all the leg work

Mike L: Shirts and bibs

Kim H: Stay with same guy and ask him to throw in something

Dave H: We have more than enough time. Call Mike and see if he wants to come back, then you will have another viable bid.

Mike L: I am good with that

Mike L: Finally, the Postseason meeting is at Eastridge HS on 11/20

Dave Yendreski:

Races 13-22 have been revamped and order changed for McQuaid Invitational. The sophomore race is later in the day to help with varsity teams. It is updated on the website.

Meeting adjourned 8:20pm.