

Present (Zoom): Karin (minutes), Richard, Andrew, Pauline, Jennie, Mia, Megan, Raphaël
Regrets: Elise, Alex

1. Approve minutes from last meeting – **MOTION:** to approve the minutes from Sep 7, 2022. Andrew. 2nd Pauline. All in favour. Moved.
2. 2022-2023 PDP
 - 2022-2023 Committee – parent rep discussion. **MOTION:** To appoint Kristin Madsen as parent rep. Karin. 2nd Andrew. All in favour. Moved.
 - 2022-2023 Handbook edits. **ACTION:** Karin to make final updates as discussed.
 - Stakeholder meeting. **ACTION:** Schedule this for April 2023
3. Nordiq Canada Committee updates
 - Domestic Development (Pauline) – no update
 - CAD Coordinators (Karin) – no update
 - Athlete Advisory (Raph) – lots of “big team” issues
4. Events
 - Early Snow Camp – athletes and staff selected, accommodations booked, email to athletes going out this week.
 - Fall camp debrief – well attended, excellent sessions with Stephen Novosad, Sport Psych at SMB.
 - Developmental On Snow camp (for those not at Early Snow Camp). Great idea that needs a lead coach/organizer. General discussion on importance of younger athletes skiing with older team athletes. **ACTION:** Karin to send email to larger coaching group.
5. Athlete Development
 - Sport MB strength training program update
 - Mental Skills with Paige Z. **ACTION:** Contact Paige and choose date for first meeting.
 - HONE program
 - Nova Biomedical Lactate Plus testing kit – Andrew talked to Stephen N who feels lactate testing better tool than VO2. **ACTION:** Purchase prior to Early Snow Camp.
6. Equipment & Waxing – Andrew has researched, ready to purchase. **ACTION:** Andrew to create an order for Karin to pay.
7. Coach Development – 6 completed L2T Dryland with Megan last month. Ready for On Snow.
8. New Business
9. **PRIOR ACTION ITEMS:**
 - Establish clear and reasonable young athletes “racing up” guidelines (Nationals, Canada Games considerations etc.) – **ALL**
 - Karin to purchase Nordiq Canada socks.
10. Next meeting: Wed December 7th, 2022

Adjourned: 9:40 PM