

MINUTES
XCCM Board Meeting
11 November, 2024, 6:00-8:00 PM
440 Main Street, Ottawa

Present: Francois Dubrous (FD), Jeff Hammell (JH), Peter Mallory (PM), Nicole Rayner (NR), Sara Rykov (SR), Allan Butler (AB), Morag Cowell (MC)
Absent: Philippa Gross (PG)
Chair: NR
Note taker & timekeeper: FD (fr.dubrous@gmail.com, 613.805.2602)

#	Time	Lead	Item	Description / Notes & decisions / Action Items
1	6:30	NR	Opening	DESCRIPTION: 1) Agenda approved w/change to add Registrar report (FD/PM/unanimous) 2) 2024.10.21 BoD MINUTES approved (NR/SR/unanimous)
2	6:34	NR	Action Items	Reviewed Action Items listed in Oct 21 Minutes AI: FD to contact Antoine Cyr for Workshop invoice
3	6:46	NR	President update	DISCUSSION: Saturday: 60 + waiting list of 10 Tuesday: 24 + waiting list of 10 Wednesday: 30 + waiting list of 10 AI: NR to prepare a note reminding people that buying a membership does not guarantee access to a program
4	7:06	MC	Finances	DESCRIPTION: Update on financials We have formerly registered w/CRA for GST (QC) and HST (ON) Returns and annual payment to be done by 30 Nov CRA "My business" account to greatly facilitate GST payment Looks like CRA still lists several past directors, to be removed through the My business account AI: MC to update the list of directors w/ CRA
5	7:14	FD	Athletic	DESCRIPTION: Update on programming and coaching - Athletic Coordinator continues to provide excellent and timely services - Winter programming approved. - Waxing clinics approved: waxes from FAE in-kind, financials decided including PeterH and Ed Cottell stipends and clinic fees (\$10, \$0, \$20) - Winter camp update (3 coaches, 24 participants) at full capacity. No more coaches. - Results of Fall camp survey attached. 7 respondents incl. folks who did not go, good data for next year camp. - Technique Dev workshop very valuable for attendees, AC & coaches then discussed use for XCCM - CoachNow+ membership approved. Review underway to standardize strength exercises for dryland. Mental performance intro session, a follow-up workshop

#	Time	Lead	Item	Description / Notes & decisions / Action Items
6	7:45	SR	Comms	DESCRIPTION: Next newsletter beginning of January 2025 For reference: 2024-2025 Communication Plan
7	7:45	PM	Member at Large	DESCRIPTION: Update - Gat Loppet discount code posted on WEB site and in Newsletter - Jackroo store opened until 30 Nov - FAE sponsorship contract to be renewed 1 Dec. \$300 in-kind left under 23/24 - FAE club week 16-30 Nov. to be posted on FB. AI: FD to list waxes needed for waxing clinics AI: PM to develop a spending plan for FAE in-kind budget
8	7:52	JH	Social	DESCRIPTION: Update on Social - Hallowe'en Sat practice a great success! Scone Witch the best value out of 3 options assessed by Jeff (note: Thyme & Again had the most variety). Hungry bunch, more sandwiches for next time. - Upcoming hike on 23 Nov TBC - Using Events in FB needs work. And need to double up with [regular] posts. - Holiday Party on 15 Dec, 5-8 pm. Need team to help out with set up, delivery and clearing tables after (but no cleaning), so that host can enjoy the party. Stipend to thank host, for host to spend as they wish. - New Year Day ski ... or hike - Welcome back Party post ski, at Nicole's on 25 Jan.
9	8:05	AB	Registrar	DESCRIPTION: Update 125 members to date < last year (129) AB looking into ways to easily flag coaches who have purchased a club membership. Membership is mandatory for coach insurance. AI: FD to provide Allan with list of coaches for Winter programs
10	8:09	NR	New Business	DESCRIPTION: Discussion about the workload of the President. Concerns about ensuring BoD positions do not have over burdening work requirements.
11	8:20	NR	Round-table	DESCRIPTION: Additional key information/highlights of which the Board needs to be aware - Discussion about accounting software to be used to manage our books. QuickBooks or other options. PM offered to help MC with transferring data from spreadsheet over to software. - XCCM Transition document. Add link to spreadsheet MC created, to keep track or not just incoming new BoD members, but also departing members. To ensure CRA data accurate. AI: PM to assist MC in transitioning over to accounting software
12	8:22	NR	Next meeting & Adjournment	DESCRIPTION: 1. next meeting: 9 December, at Nicole's (329 du Lac-Meech Chelsea QC J9B 1H9) 2. Adjourned at 8:25 pm (NR/FD)

FORWARD AGENDA ITEMS

Lead	Item	Timeline
Athletic Director	Next year - make sure Fall/Winter Camp compensation is consistent	
Board	Choose dates for clinics - COMPLETED	Nov 2024

XCCM BOD MEETINGS

#	Dates	Held
1	2024.09.12	✓
2	2024.10.21	✓
3	2024.11.11	✓
4	2024.12.10	
5	2025.01.06	

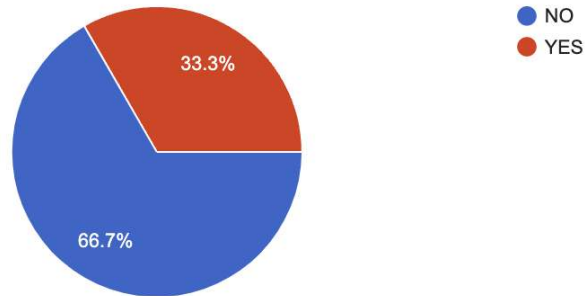
#	Dates	Held
6	2025.02.10	
7	2025.03.10	
8	2025.04.14	
9	2025.05.12	
10	2025.08.11	

LAKE PLACID FALL CAMP

Did you attend the Fall Camp this year?

15 responses

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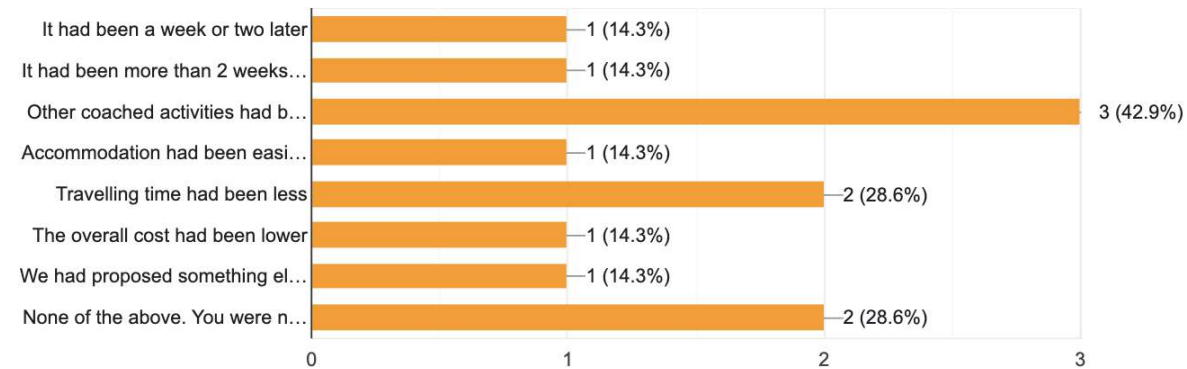


NO RESPONSES

Would you have considered going to XCCM Fall Camp this year if (select all that apply):

7 responses

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What would have been of interest to you but was not offered?

6 responses

Trail running/striding; peak bagging. Don't know where you stayed, but a less crowded/expense town like Keene or Saranac Lake.

We had too many expenses this year.

Expert speaker like nutritionist or physiologist

Everything was good, I just couldn't go this fall.

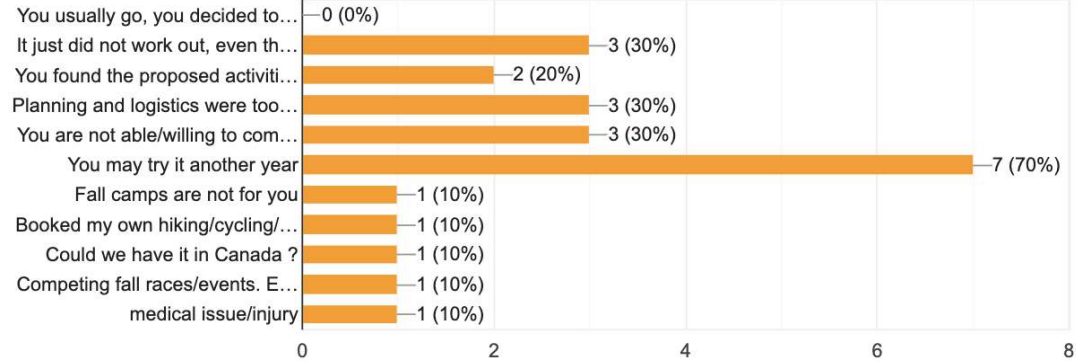
To make a larger group: Perhaps fall camp is actually 2 or 3 events that share houses and food and cars? One coach tollersgi one cycle one hike. Three costs choose one. If it enough interest in an event it just doesn't happen.

It sounds really fun and I plan to go some year soon - I love Rollerskiing and hiking.

In the end, you did not go because (select all that apply):

10 responses

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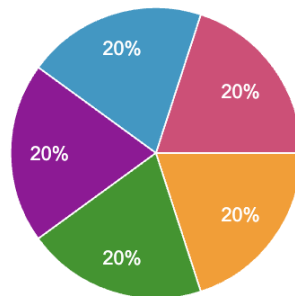
- ☐ You usually go, you decided to skip this year
- ☐ It just did not work out, even though you were initially interested
- ☐ You found the proposed activities not interesting enough to make it worth the trip
- ☐ Planning and logistics were too much
- ☐ You are not able/willing to commit for a full week-end away
- ☐ You may try it another year
- ☐ Fall camps are not for you

YES RESPONSES

What did motivate you to register to this year destination Fall Camp?

5 responses

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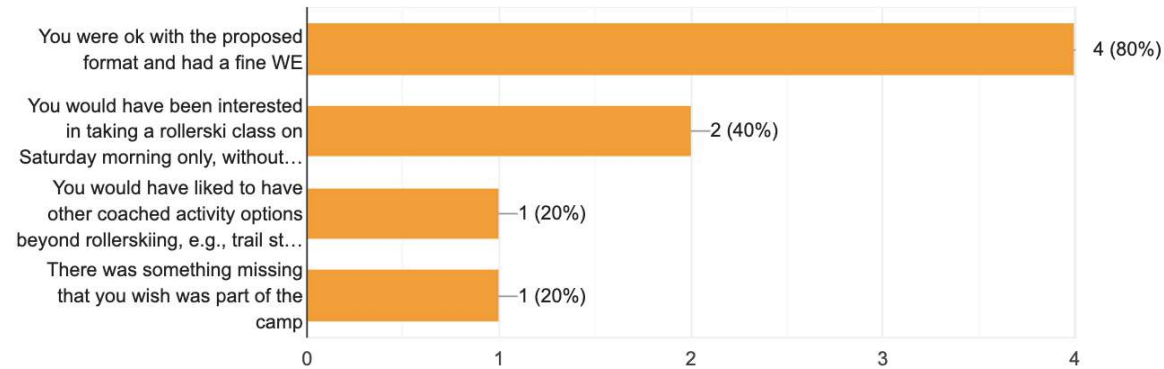


- Primarily the getaway with friends
- Mostly the getaway, with the added benefit of having structured training
- Primarily the experience a two-day training camp with fellow XCCMers
- Opportunity to hike and bike in Lake Placid and to be with xccm people
- experience one-day training and then...
- To go hiking with xccm'ers
- Hiking / cycling with XCCM friends

Your thoughts on this year activities (select all that apply):

5 responses

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What would have been of interest to you but was not offered?

3 responses

Biathlon range. I'd love to try that one year.

Unfortunately, not much interest in RS this year. I think that if the RS session was only 1/2 day that may have allowed people to choose their free activity in the afternoon (e.g. hike, long RS, bike, trail run). I think that it's a great idea to do a camp in LP as people enjoy each others company doing outdoor activities.

Some coached activity on Sunday to make it a full 2-day training camp

OVERALL COMMENTS

Any comment you would like to share, anything important to you that we have missed?

6 responses

Would like to go another year!

I think the camp should move to October. Lots going on in Sept that may have dissuaded others from going. Offer a less intense roller ski option w coaching - 2 hours max. Perhaps add orienteering to the mix. Marketa was talking about it and it sounds like a good add

I didn't want to miss the Saturday training that I have already paid for

Idea of a challenge on Sunday whereby participants seek to achieve a challenging goal, for example a 4 peak hike, a ride up a mountain, a trail run.

Love that the club has some special events during the non winter months.

I didn't consider the RS bc I wasn't familiar with the terrain/hills; also just really enjoy the hiking in the area.