

BOYS' CROSS COUNTRY RUNNING - 2018

SUMMER CAMPS

These optional but recommended practices take place rain or shine Monday through Friday throughout the summer. The meeting place on each of these days will be down on the MHS track or inside the Pagel Center entrance if weather is inclement. The meeting times on each of these days will be in the morning from 7:30am to 9:00am. They start on Monday, June 18th, and are very important in getting a jump start on better cardiovascular conditioning and meeting teammates before the official season begins on Monday, August 13th. They will be led by this year's cross country captains. Any MHS students are invited to join in on these low-keyed practices at any time during the summer. Typically, the students have the choice to run in any of three groups with the beginner group running 1-3 miles, intermediate 4-6, and experienced 6-10 miles.

PRACTICES

Official practice begins Monday, August 13th and goes from 7:30am to 9:30am. We will meet at the MHS track or inside the Pagel Center if weather is inclement. Practices throughout the regular season will be from **Monday through Saturday**. When the team gets back from the optional camp on August 27th, practices will be held at 3:15-5:15 on weekdays for the rest of the season, and 8-10am on Saturdays. Practice will be on own during the three days at game for those not attending. Junior Varsity runners on the team will usually finish with practice earlier than the Varsity due to having less mileage to run. **(Check boys' team website through the MHS activities site at www.tonkatrack.org for a more detailed schedule for upcoming 2018 season.)**

PRE-SEASON CAMP

For those on the team who would like to attend, we will be going on an (optional) cross country training camp up north near Battle Lake, Minnesota on Eagle Lake, which is near Fergus Falls. It is scheduled from Thursday morning August 23rd through Sunday late afternoon the 26th. At the camp barracks, right on the lake, there will be running, swimming, kayaking, volleyball, basketball, floor hockey, ping pong, foosball, pool etc...The cost will be \$160 per person for everything. We will be limited to the first 50 that sign up, pay, and have the permission slip signed. This is because of limited bus and luggage space available, but there will be some flexibility with this. Sign up forms will be available a week before the trip.

SCHEDULES

Meet schedules will be passed out to athletes during the first week of practice and will be posted on the team website. The whole team will be participating anywhere between 7-9 meets during the season.

FEES AND REGISTRATION FORMS

Fall Sports Registration is online. The Activities Office is launching an online registration for 2018-19. The link to registration is:
www.tonkaactivitiesregistration.com

IMPORTANT: If you are a new Transfer (10th-12th) or Foreign Exchange Student, you cannot register online until you contact the Activities Office to begin your registration process – please email gwynn.pletsch@minnetonkaschools.org .

Registration requirements must be completed by Mon., August 6, one week prior to the start date of August 13, and include the following steps:

Step 1: Fill out the eligibility form, including health questionnaire and emergency card.

Step 2: Pay the sport activity fee of \$100.00 and the annual participation fee of \$75.00.

Step 3: Have a current Sports Qualifying Physical* on file with the Activities Office (details below)

(If you do not have access to a computer, we have laptops in our office for you to use)

Sports Qualifying Physical: All students participating in MSHSL sanctioned sports are required to have a Sports Qualifying Physical on file with Minnetonka High School. **This form is good for up to THREE YEARS of participation from the date of the exam and must stay current through the end of your sport participation season.**

If you need to check on your student(s) physical date, or have any questions about registration, please first check under your student's health information section in their Student Skyward first. If you have any questions or concerns, please send an **email to both Activities Office staff** below due to summer vacation:

jane.mcgowan@minnetonkaschools.org and gwynn.pletsch@minnetonkaschools.org

Activity Fee and Participation Fee Waiver requests. In order to participate on the first day of practice, all registration fees and items must be paid and completed.

SCHOLARSHIPS are available, although we ask that each family help as much as possible. If you need financial assistance you must fill out a scholarship request application form located online on the registration homepage in the Resources section. Once completed, please contact via email the Activities Office Staff above for further assistance and registration instructions.

PAC MEETING – AUGUST 20TH, 5:00 PM

The mandatory Parent Athlete Coach Meeting will be held in the Large Auditorium of the high school on August 20, 2018. Following this 30-minute meeting of fall sports, the boys' cross country run team parents, athletes, and coaches will meet separately in the Forum.

UNIFORMS

Uniforms are issued to athletes at the start of the season, near the time of the first meet, along with a \$100 uniform deposit that will be not be cashed unless any part of uniform is not returned at the conclusion of season. It is the responsibility of all athletes to see that all borrowed uniform items are returned to the uniform manager. They are NOT to be turned into the activities office. The manager will be present for returns at the downstairs uniform locker on Mondays and Wednesdays after school from 3-3:30pm.

FUND RAISING

The coaches and team will decide a need for the program, and then decide the means by which to raise the money for it. It is the responsibility of each teammate to help out when called upon.

POST SEASON AWARDS BANQUET

The banquet will take place two weeks after the conclusion of the section meet in the MHS Cafeteria, date and time (TBD). Memories of the season are shared and awards are presented. Awards will be given out to those who earn: All State, Section 6AA, Classic Lake Conference, MVR, Most Improved, Most Dedicated, Newcomer, Tonka Tough, Most Dependable, and Captain's for next year etc... Criteria for these awards are determined by the coaches, along with input from the captains. The captains will be in charge of deciding where this will take place, along with other need arrangements.

SPECTATOR FEES

Admission to cross country meets is almost always free of charge with the only exception being the University of Minnesota Roy Griak varsity meet.

LETTERING REQUIREMENTS

Provided that the athlete's attendance, attitude, and participation are satisfactory, a varsity "M" will be awarded to each individual based on having at least 90% attendance to practices and meets during the season, along with breaking 18:20 for the 5k distance. Also, runners who have completed 3 years in good standing, but have not run the time standard will letter.

TEAM RULES

As well as following MSHSL rules, it is expected as a member of this team that they:

- Will follow the "rules of the roads" regarding, safety, etiquette, and running with at least one other teammate.
- Will be on time to practices and competitions.
- Will clear absences from practices and meets with their coaches in advance.
- Will schedule work commitments around practices and meets, so they will not interfere with them.
- Will respect parents and family members, coaches, teachers, peers, and teammates.
- Will respect the coach's decisions.
- Is aware of their responsibility to their teammates and the school.
- Work hard to get the most of their own abilities.
- Are self-disciplined and do not need constant supervision, nor be told always what to do.

ANTICIPATED MISSED CLASS PERIODS

Buses usually leave at 2:15pm for meets on weekdays, so they will most likely miss only their last period or part of it on these days. This will only involve approximately five to six absences during the entire season.

ROSTER

The great thing about this sport is that there is no bench and are no cuts. There are an unlimited number of athletes that can participate in this sport and they all usually compete at the same meets. The top seven runners usually run varsity, with the exception of the Griak meet (top 10), and the Conference Meet (top 12). All the rest of the runners will compete in either the junior varsity or C races. The C races are for first year and freshman runners only.

CAPTAIN'S RESPONSIBILITIES

- Will begin the start of the season in very good cardiovascular condition.
- Be on time and present at all practices (unless ill or prearranged absence).
- Taking a strong leadership role in having summer captain's practice for the team.
- Be a strong and contributing role model at practices and meets.
- Recruit more runners out for the team.
- Help lead in fund raising efforts.
- Lead warm-ups, and other aspects of practices as directed by coaches.
- Plan and organize post season banquet.
- Any captain who violates MSHSL chemical policies will lose their captain's position for the remainder of that season.

COACH CONTACT INFORMATION

Head Coach: Jeff Renlund, 952-217-3731, Jeffrey.Renlund@minnetonkaschools.org

Assistant Coaches: Jerry McNeal and Maxwell Kuzara