

Girls' Cross Country Running 2018

PRACTICES

Practice starts Mon., August 13th. The first week of practice is at MME, meeting from 7:30-9:45 am. The second week of practice, we normally go to CC camp, which is held at Battle Lake, MN, from Sunday through Wednesday. This year's dates will be August 20 through 23 for this camp, and cost is \$175. All Athletes wishing to attend (MHS & Middle School athletes registered on the MHS team) **must** complete their summer miles in order to attend camp. Athletes who do not attend camp have regular practice at MME with a member of the coaching staff. The third week of practice is back at MME from 7:30 – 9:45 am. After school starts, practices are held at the High School from 3:15-5:30 pm.

SCHEDULES

Meet schedules are issued to athletes at the Parent/Guardian Meeting.

PAC MEETING – August 16, 5:00 PM

The mandatory Parent/Guardian-Athlete-Coach (PAC) Meeting will be held in the Forum of the high school on August 17, 2017, at 5:00 PM.

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 at 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 info. 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

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 Activities Office Staff above for further registration instructions.*

UNIFORMS

Uniforms are issued to athletes at the start of the season, near the time of the first meet. Uniforms will be collected immediately after the season by the coaches. It is the responsibility of the athlete to turn in their uniform within one week of the end of their season. Turn in dates will be determined by coaches. Uniforms are **NOT** to be turned into the activities office. Items lost or not returned will be replaced at the athlete's expense. Athletes will pay a \$100.00 deposit on uniforms, which will not be returned until all items have been turned in.

Individuals need to purchase a running watch. These can be purchased at Target, Walmart, etc., or any running store!

FUNDRAISING

Captains are responsible for fundraising activities, such as car washes, grocery bagging, before the season begins. The captains explain details at Captains practices. If athletes are unable to do fundraising during the summer, they donate \$50 to the fund. All fundraising events must be approved by the head coach.

BANQUET

The banquet usually takes place in mid-November after the season ends, and usually lasts about 2-3 hours. Memories of the season are shared, awards are presented, and seniors are bid a fond farewell. It is normally a potluck and the event is subsidized through fund-raising activities.

EVENT FEES

Admission to CC meets is usually free!

LETTERING REQUIREMENTS

Provided that attitude, attendance, and participation are satisfactory, a letter will be awarded to each individual who achieves:

1. Running varsity in the Conference Championship meet.
2. A third year participant on the CC team.
3. A senior who does not qualify in any other category, who has participated 2 years on the CC team.
4. Achieving a time standard of 22:00 for an official 5K course.

CAPTAIN'S RESPONSIBILITIES

- Be on time and present at all practices (unless ill or pre-arranged absence.)
- Be a good role model at meets and practices.
- Organize captain's practices during summer and fundraising, such as car washes, etc.
- Help coaches with athlete contacts.
- Decorate and set up for end of the season banquet.
- Help organize drivers, coolers, groceries, for camp along with the coaching staff.
- Lead warm ups
- Order team apparel such as sweatshirts, etc., with approval of the Head Coach.
- Spring visits to middle schools.
- Organizing pasta parties or other team building activities.
- Link between coaches and athletes

TEAM RULES

Athletes must follow rules regarding participation published by MHS and MSHSL. It is expected that:

- Athletes will be on time to practices and games.
- Athletes will clear absences from practices and meets with their coaches, in advance, when possible.
- Athletes will schedule work commitments around meets and practices.
- Athletes will respect coaches' decisions.

ANTICIPATED MISSED CLASS PERIODS

Buses usually leave at 2:15 for meets, so the last class period of the day would involve approximately 5 absences.

AWARDS

"All State" and "All Conference" awards are given out at the Banquet. Other team awards given usually include, but are not limited to:

- MVP
- MIP
- Most Dedicated
- Rookie Award
- Captain Award

Criteria for these awards are determined by the coaches, with input from the captains.

ROSTER

At this time rosters are unlimited for the team. Seven runners usually run Varsity, with the exception of the Conference Meet, where twelve runners compete.

COACH CONTACT INFORMATION:

Head Coach: Jane Reimer-Morgan
Phone: 612-889-2456

Email: jerm824@gmail.com

Assistant Coach: Krista Larson
Phone: 612-987-7586

Email: pklarson5@yahoo.com

Assistant Coach: Kristine Jensen Gehrman
Phone: 320-309-2730

Email: Kristine.l.r.jensen@gmail.com