

WELCOME TO CROSS COUNTRY RUNNING

Who is welcome?

Cross country is open to all students in 6th, 7th, and 8th grade at MME. There are no tryouts, cuts, or roster limits.

How do I sign up?

1. Pay your fees. Online is preferred at the following site:
<http://minnetonka.revtrak.net/tek9.asp?pg=products&grp=18>

\$ 60 fee for cross country running (activity fee)

\$50 participation fee – this fee is paid only once per year regardless of the number of activities you sign up for.

You can also turn the forms in to Mr. Hoefft if you prefer with one check for \$110 – make checks payable to MME with 'CC and students name and grade on the memo line.

2. Turn in the 5 following forms, printable on the web, – *you cannot practice until all 5 forms have been taken care of:*

<http://www.minnetonka.k12.mn.us/Schools/MiddleSchoolEast/Activities/Pages/RequiredFormsandFees.aspx>

The **preseason meeting** will be Wednesday, September 07, after school in Mr. Hoefft's room (#148). After school on Thursday, September 08 is the first practice. The season ends in late October.

What do runners need?

RUNNING shoes are recommended. Local running stores like TC Running, Start Line, Gear West are great at fitting new runners into shoes and give a team discounts if you mention you are running for Minnetonka. Running in street sneakers, basketball shoes, etc. is not a good idea due to the stress on the body during running.

Comfortable running apparel- shorts, tee shirt, etc. I also suggest storing some warmer clothes (incl. lightweight hat and gloves) as we will go outside everyday regardless of temperature.

What do we do at practice?

The amount of running at practice is determined by the experience and desire of the runner. The coaches want the athletes to enjoy the activity and develop according to a plan made by the coach and each individual.

A *sample* week looks like this...

A daily warm-up, stretch and announcements, followed by:

- Monday: 2- 5 miles with sprint drills and strides
- Tuesday: the hardest day of the week (perhaps intervals or tempo run)
- Wednesday: 2-5 miles with weight training or sprint drills
- Thursday: Cross country meet
- Friday: the longest run of the week

Practice ends around 5.20pm and each student should be picked up by 5:30pm.

What to know about the meets

- The races are 1 mile, 1.5 miles, or (one race which is) 3000 meters.
- Boys and Girls race separately
- 6th and 7th grade run together
- Meets will likely take place during rain, but certainly not if there is lightning
- Meets take about an hour, and we are usually back to school by 5:45.
- Runners can be picked up from the meet, but the coach must speak directly to the parent before leaving. I also encourage everyone to stay and cheer on their teammates before leaving.

Because meets begin before the end of the school day, students will usually miss their 7th hour class. It is the student's responsibility to take care of communicating with the teacher and getting homework assignments before the meet (teachers are used to accommodating athletes and the early release.)

You can view the schedule and sign up for electronic reminders and notification of schedule changes at the following website:

http://www.classicmsjh.org/g5-bin/client.cgi?G5genie=276&school_id=4

You can also click on the location for each event to find maps and directions.

More Questions??

Please contact me with any other questions at carson.hoeft@minnetonka.k12.mn.us

STUDENT ATHLETE CHECKLIST

NAME _____ ACTIVITY _____

The following checklist needs to be completed and turned in with all associated forms and fees. Instructions on how to pay fees online and all required forms are available at our website: <http://www.minnetonka.k12.mn.us/Schools/MiddleSchoolEast/Activities/Pages/RequiredFormsandFees.aspx>
You are not allowed to practice until all of the following taken care of:

<input type="checkbox"/>	<p>\$50 PARTICIAPTION FEE – <u>ONLINE PAYMENT IS PREFERRED</u>; this fee can be combined with the activity fee on one check. <i>Please put the student’s name and grade on the memo line of the check and tick the box to the left.</i></p>
<input type="checkbox"/>	<p>\$60 ACTIVITY FEE – <u>ONLINE PAYMENT IS PREFERRED</u>; this can be combined with the participation fee on one check. <i>Please put the student’s name and grade on the memo line of the check and tick the box to the left.</i></p>
<input type="checkbox"/>	<p>SPORTS PHYSICAL EXAM FORM ON FILE – this form is available at the MME activities website. <u>This is different from a general physical and the form is specifically for athletes and needs to be signed by your doctor</u> and turned in to the health officer who will stamp on the line below to confirm receipt. <i>If you have a physical on file already, please check the box and take this form into the health office for Mrs. Motsick to stamp on the line below:</i></p> <p style="text-align: center;">_____</p> <p><i>A physical is valid for 3 years, so you only need to take care of this once during your time at MME.</i></p>
<input type="checkbox"/>	<p>MIDDLE SCHOOL EXTRA CURRICULAR ACTIVITIES ELIGIBLTY FORM - this form is available at the MME activities website. Please complete the form, print it out and make sure it is signed by a parent AND the student. This form includes a Health Questionnaire, Transportation 1201B and Parent Drive forms. <i>This form needs to be completed just once each school year – if you completed this form earlier in the school year, enter the sport you participated in here:</i></p> <p style="text-align: center;">_____</p>
<input type="checkbox"/>	<p>EMERGENCY CARD - this is available at the MME activities website. Use the auto-complete version if possible – you can then save it to your computer for future use and updating. Print off 2 copies and place them in the envelope for your coach. <i>You need to turn in 2 copies for each sport you participate in.</i></p>

Please check off all of the above boxes as you complete each item.
 Place the following inside an envelope and hand to your coach:

- This form
- A check for any fees you have not yet paid and/or copies of receipts for online payments.
- Co-curricular eligibility form
- Emergency card (***2 copies please***)
- Do **NOT** put Physical form in the envelope – turn it in to the health office and have this form stamped – no stamp, no play or practice!

Thank you – have a great season!

Updated May 2011

MME SCHOOL FALL SPORTS – 2011

FALL SPORTS	STARTING DATE	ACTIVITY FEE	ANNUAL PARTICIPATION FEE
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Cross-Country Running – Boys and Girls, all grades	Wednesday September 7th	\$60.00	
Tennis – Girls, all grades	Wednesday September 7th	\$60.00	
Volleyball, Grades 7 & 8 only	Wednesday September 7th	\$60.00	

Participation fee - \$50.00

This fee is paid once per year by students who participate in enrichment activities, clubs and/or athletic programs.



Activity Fee - includes cost of uniforms and equipment, cost of repairs to uniforms and equipment, and a portion of the office operational costs.

Sports Information Packets - These packets have information specific to each sport as well as registration details and contact information:

<http://www.minnetonka.k12.mn.us/Schools/MiddleSchoolEast/Activities/Pages/default.aspx>

Pre-season Meetings - Teams will schedule parent/athlete meetings. See the sport specific packet for details.

Insurance - The school does NOT provide INSURANCE – Insurance must be provided by a family policy.

REFUND POLICY:

1. **Injury** - Refund pro-rated.
2. **Ineligibility** - No refund as student may continue to practice.
3. **Quit /Withdrawal from team** - Up to 1st contest/game = 75% refund.
After 1st contest/game = no refund.

For specific questions regarding fall sports, call the head coaches:

Girls' Tennis	Paul MacKinney	401-5200
Volleyball	Mary Kay Burmesch	401-5200
CC Running	Carson Hoeft	401-5200