

Girls' Cross Country Running

PRACTICES

Practice starts August 15th. The first week of practice is held at MME, meeting from 7:30-9:15 a.m. The second week of practice we normally go to CC camp, which is held at Battle Lake, MN, usually from Sunday through Wednesday. This year's dates will be August 21 through 24 for this camp and cost is approximately \$160. Athletes who cannot attend camp are given an alternate workout to do. The third week of practice is at MME from 7:30 – 9:15 a.m. After school starts, practices are held at the High School from 3:15-5:15.

MEETING

There will be a PAC meeting on Thursday, August 25th at 5:30pm in the forum.

SCHEDULES

Meet schedules are issued to athletes at the Parents Meeting, which is normally held the third Tuesday of practice at Thorpe Park in Deephaven. This is a potluck picnic and rules are gone over at this time as well.

FEES AND REGISTRATION FORMS

Fees and registrations forms are published on line by going to www.minnetonka.k12.mn.us, click on the Activities tab, click on Registration. Fees must be paid in full and registration forms completed before an athlete can participate. If you are requesting a full or partial scholarship, you are unable to register on line. Please see the Director of Student Activities. Players must have a physical (within 3 years) on file before they will be allowed to practice.

UNIFORMS

Uniforms are issued to athletes at the start of the season, near the time of the first meet. It is the responsibility of all athletes to see that all borrowed uniform items are returned to the uniform manager Mrs. Trombley at the end of their season within one week of the athlete's final race. 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. Items lost or not returned will be replaced at the athlete's expense. Athletes will pay a \$75.00 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, Kmart, etc., or any running store!

FUNDRAISING

Captains are responsible for fundraising activities, such as car washes, before the season begins. The captains explain details at Captains practices. All fundraising events need to be finalized by the head coach through the Activities Office. Head Coach needs to help and know the coordination of fundraising events.

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 rent is subsidized through fundraising 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 set by the Coach during the season.

CAPTAINS' 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 captains' 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.
- Planning pre-season picnic at time trial.
- Help organize drivers, coolers, groceries, for camp along with the coaching staff.
- Lead warm ups.
- Order team apparel such as sweatshirts, etc.
- 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: 952-476-1455 (home)

612-889-2456 (cell)

jerm824@gmail.com

Assistant Coach: Krista Larson

Phone: 952-472-0760

Assistant Coach: Amy Mayer

Phone: 952-476-6642