

Boys' Cross Country Running - 2011

Summer Captain's Practices

These optional but recommended practices take place rain or shine Monday through Saturday 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 8:00am to 9:30am. They start on Monday, June 13th, and are very important in getting a jump start on better cardiovascular conditioning, and meeting teammates before the official season begins on Monday, August 15th. They will be led by captains. Any MHS students are invited to join in on these low-keyed practices at anytime 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 15th, and goes from 8:00am to 10:15am. We will meet at the MHS track or inside the Pagel Center if weather is inclement. Practices throughout the season will be from **Monday through Saturday**. When school starts, practices will be held after school from 3:00pm to 5:15pm. Junior Varsity runners on the team will usually finish with practice earlier than the Varsity due to having less mileage to run. On Saturday mornings, practice will meet at MHS at 8am-10:30am, and carpool with the team to a trail site around the area like Lake Calhoun, Hyland Hills, Gale Woods, or Carver Park. Students will have the option on Saturdays to just run from the school with a coach, and not carpool. Once school begins, we will also begin having morning practices from 6:20am to 7am twice a week up until near the end of the season. The students will receive extra credit points towards lettering for attending these extra practices for those on the team who would like to get some extra added mileage in for better improvement.

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 Friday morning August 25th through Sunday late afternoon the 28th. At the camp barracks, right on the lake, there will be along with running, swimming, kayaking, volleyball, basketball, floor hockey, ping pong, foosball,

pool etc...The cost will be approximately \$140 per person for everything. An exact cost will be given during the first week of practice. 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 on the Monday before the trip.

Schedules

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

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 Info. 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 on file a physical (within 3 years) before they will be allowed to practice.

Meeting

PAC meeting is scheduled on Monday, August 22nd at 5:00pm in the large auditorium with a break out meeting at 5:30pm in the black box.

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.

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 sometime in mid November still to be determined. 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 a point system set up by the head coach, and is weighted on attendance, and best time run during the season, and will be handed out the first week of practice.

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

There are no cuts, as there are an unlimited number of athletes that can participate in this sport, and they 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, Jeff.Renlund@minnetonka.k12.mn.us

Assistant Coaches: TBD