



Parent Cross Country Information - 2023

Coaching Staff

Head Boys Coach Jeff Renlund (23rd season)

Assistants Jacob Peterson and TBD

Middle School

Kelly Lewis, MMW

Anna Schoenberger, MME

It is our role as your son's coach to help guide them to be the best they can be in school, in this sport, and afterwards. It is truly a privilege to get to work with cross country runners, some of the nicest and best student-athletes in the school.

Our expectations for your son are:

1. Academics come first on this team.
2. For them to always give their best effort in everything they do.
3. That they are coachable and good listeners.
4. That they communicate well with their coaches about anything that is needed - attendance, conflicts, etc..
5. That they finish what they start.

The sport of cross country is a lifetime sport that is very unique and special, as there are no cuts (everyone participates), no bench, no whistle, very few if any referee decisions, no special facilities, very objective with time and distance, relatively inexpensive, and relatively safe in comparison with many other sports.

3 Main Goals for his team are:

1. That they gain a positive experience in this activity, and learn valuable knowledge about their health and fitness, that will benefit them for the rest of their lives.
2. They will get physically stronger and improve themselves.
3. Winning meets for the Varsity, JV, and C Racers - being competitive and placing high at the state meet.

The #1 information that can be passed onto you is to get continued updates about the season - meet schedule, times, places, results on our team website at

www.tonkatrack.org under boys cross country



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-We will usually be taking a bus to meets. Transportation permission slips are signed as part of the registration if student is needed to be driven by a **parent only**.

Some important points for this season:

-Very important for your son to have properly fitted running shoes, which is the #1 cause of injury for distance runners, not having the correct shoes. I recommend going to a running specialty store to have them custom fitted and looked for buying shoes. There are many special deals right now for being on a high school cross country team. Local stores like The Lakes in Excelsior, or TCRunning Co in Eden Prairie, or Gear West in Orono, which all have high school discounts.

-The importance of communication on this team between your son and the coach (I prefer them letting me know first, then if needed from the parent unless a unique circumstance).

-Give me the head coach 24 hours to get back to you with email being the preferred communication to start at Jeffrey.Renlund@minnetonkaschools.org

-Being injured is usually not an excuse for missing practice. At practice, they can still hear announcements, go to the athletic trainer, and possibly cross-train.

-Schedule any practice/meet conflicts in advance. Best communication is student to coach, preferably directly or email/text.

-Practice is rain or shine or lightning, as we can practice inside the Pagel Center on the track if need be.

-It is expected that your son stays for the entirety of each cross country meet to help support his teammates in their races, unless a unique circumstance comes up.

More information will be given as the season progresses. Looking forwards to having this opportunity for this cross country season with your son. Any other questions, let me know. **Coach Renlund**