



Parent Cross Country Information - 2020

Coaching Staff

Head Boys Coach Jeff Renlund

Assistants

Jerry McNeal

Maxwell Kuzara

Adam Wilkinson

Volunteer Assistant

Pete Miller

Middle School

Kelly Lewis

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 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 it 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 qualifying for state.



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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

COVID Safety Guidelines:

- Your son's temperatures will be taken when they arrive at each practice and meet. If 100 or over, it will be tested again, and they will be sent home if they show a consistently checked fever.
- They should stay home if they have symptoms, and are not well enough for practice.
- We will be forming smaller groups of 25 or less - Beginner/Intermediate/Varsity groups that will stay together at practice and be separated from another, at least 6 feet apart.
- Report/email asap to me if your son tests positive for COVID and they, along with their group will have to be quarantined at home for 14 days before returning back to practice.
- When our meet schedule gets set, we are planning on not using the buses, and for them to get to the meet on their own.

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.
- The importance of communication on this team between your son and their individual group coach (I prefer them letting us 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.
- Try to schedule any practice/meet conflicts in advance.

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**