

MHS Girls' Cross Country Running 2023

PRACTICES

Practice starts August 14th. The first week of practice is held at MME from 7:30 to 9:30 a.m. After school starts, practices are held at the High School from 3:00-5:00.

SCHEDULES

Dates and meet schedule may be subject to change. Some meets are varsity only.

IMPORTANT DATES:

Monday, August 14th - first day of practice

Thursday, August 17th - PAC meeting 5pm in the Forum

Friday, August 18th – Time Trial at MHS

Monday, August 20th - Wednesday, August 23rd - Team Camp

Thursday, August 24th - Team pictures 9am, uniforms distributed at 8am

MEETS:

Friday, August 18th 6:00 p.m. – Time Trial – MHS Stadium and surrounding area

Thursday, August 31st 7:00 p.m. - Maple Grove Twilight, Elm Creek Park Reserve

Friday, September 1st 8:00 a.m. - Rosemount Irish Invitational (2 mile), Rosemount High School

Thursday, September 7th 4:00 p.m. - Steve Hoag Invitational - Anoka High School

Saturday, September 9th 10:30 a.m. – Nike Preview – Yankton Trail Park, Sioux Falls, SD

Saturday, September 16th 7:00 p.m. - Metro Invitational – Flying Cloud Fields, Eden Prairie

Thursday, September 21st 3:30 p.m. – Burnsville Blaze – Nicollet Junior High, Burnsville

Friday, September 22nd 2:15 p.m. - Griak Invitational - Les Bolstad, University of Minnesota

Tuesday, September 26th 5:00 p.m. – HOKA Meet/Senior Night – MHS Stadium

Tuesday, October 3rd 3:30 p.m. - STMA Invitational - St. Michael Rec Center, St. Michael

Thursday, October 12th 3:30 p.m. - Lake Conference Meet – Gale Woods Farm, Minnetrista

Monday, October 23rd 3:30 p.m. - Lefty Wright Grade Level - Bassett Creek Park, Crystal

Tuesday, October 24th 3:30 p.m. - Section 2AAA - Gale Woods Farm, Minnetrista

Saturday, November 4th - State Meet - Les Bolstad, University of Minnesota

REGISTRATION AND FEES

Fall sports registration begins Monday, July 10th. Fees are published in the Activities Office and must be paid in full. Forms, fees, and sport physicals are due one week prior to the start of the fall season (due Monday, August 7th). All required forms are completed online and will include the annual MSHSL eligibility status form, annual healthcare questionnaire and emergency contact form. This also includes the annual school participation fee as well as the CC activity fee. Scholarships are available for those players for whom finding the fee may cause financial hardship. Players must have on file a current physical (within 3 years) before they will be allowed to tryout or practice. If you are stopped during registration due to a sport physical date issue, please see below:

SPORTS PHYSICALS

ALL students participating in MSHSL sanctioned sports must have a sport qualifying physical form on file with MHS in order to register. Exam dates must be current (dated within 3 years) and remain current during their sport season. Check your students SSO/Student Skyward Health Info for their current sport physical date on file. If your student needs a new physical, you can access the 2023 sports qualifying physical .pdf form under the Sports Physical tab at the top of the registration home page. Once complete, email it to gwynn.pletsch@minnetonkaschools.org or FAX it to (952) 401-5905, or drop it off in the MHS Activities Office M-F 8-4 most weekdays this summer.

EVENT FEES

Admission to CC meets is usually free! It wouldn't hurt to bring some cash just in case.

UNIFORMS

Uniforms are issued to athletes at the start of the season. It is the responsibility of all athletes to see that all borrowed uniform items are returned at the end of their season, definitely within one week of the athlete's final contest. Items lost or not returned will be replaced at the athlete's expense. A \$100 dollar uniform deposit (check) is required, which will be returned when all uniform items have been turned in.

FUND RAISING

Captains are responsible for fund-raising activities, such as car washes, before the season begins. The captains explain details at Captains practices. In fairness to all athletes, everyone is expected to fundraise, which will be discussed at the parent meeting.

BANQUET

The banquet will be after the season ends. Currently it is scheduled for November 8th. The banquet 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 fund-raising activities.

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 has participated 2 years on the CC team.

TEAM RULES AND EXPECTATIONS

Athletes must follow rules regarding participation published by MHS and MSHSL.

It is expected that:

- Athletes will be on time to practices and games.
- Parents will communicate absences from practices in advance.
- Athletes will schedule work commitments around meets and practices.

CAPTAIN'S RESPONSIBILITIES

- Be on time and present at all practices (unless ill or pre-arranged absence.)
- Be a good role model at meets and practices. Lead warmups.
- Organize captain's practices during summer and fundraising, such as car washes, etc.
- Help coaches with athlete contacts.
- Decorate and set up for the end of the season banquet.
- Planning and organizing for the Homecoming Parade float.
- Help organize drivers, coolers, groceries, for camp along with the coaching staff.
- 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

ANTICIPATED MISSED CLASS PERIODS

Buses usually leave at 2:15 for meets, last period of the day would involve about 5 absences.

AWARDS

- All-State and All-Conference awards will be given out at the team banquet. Other awards may include: MVP, MIP, Commitment and Leadership, Rookie Award, Tough As Nails, The Chipper Award, Captain Awards
- 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 INFORMATION:

Head Coach: Rebecca Wesley - rebecca.wesley@minnetonkaschools.org

Assistant Coach: LeeAnn LeBlanc

Assistant Coach: Tonya Andruskiewicz

Assistant Coach: Heidi Leighton

Information regularly updated on tonkatrack.org