Wayzata MS Girls Cross Country 2019 Information Packet

2010 – 7th in MN State Meet
2011 – 3rd in MN State Meet
2012, 2013, 2014 – MN State Champions
2013 – National Champions
2015 – 4th in MN State Meet
2017 – MN State Champions
2018 – 2nd in MN State Meet
2018 – 3rd Place at Nationals

Coaches Contact Information:
Head Coach/Varsity Coach: Addy Hallen *adeline.hallen@wayzataschools.org* , # (651) 707-4591
Assistant Varsity Coach/Program Administrator: Kelsey Engel *engelkelsey@gmail.com*
JV Coach: Chris Schiemann *chris.schiemann@wayzataschools.org*
Assistant JV Coach: Jordan Kilber *jordan.kilber@wayzataschools.org*
Middle School Coach: Breanna Sieracki *breanna.sieracki@wayzataschools.org*
Assistant Middle School Coach: Lauren Koller *lauren.koller@wayzataschools.org*

Website: https://wayzatagirlscrosscountry.squarespace.com

Team Purpose Statement: We strive to maximize the potential of our student-athletes by teaching them to lead a balanced lifestyle. We aim to help each individual recognize their unique talents in order to serve others and contribute to the team and our school community in a positive way. As a program, we value team culture and tradition as a means to support the following pillars of success:

DEDICATION - COMMITMENT - COMMUNICATION - ATTITUDE & EFFORT

Team Expectations: Athletes must follow all rules regarding participation published by WHS and the MSHSL. The following are additional expectations from the coaches:

- Athletes will respect coaches and teammates.
- Athletes will be on time to practice and competitions.
- Athletes will clear absences from practices and meets with their head coach in advance (MS athletes clear absences with Coach Sieracki). If an inordinate amount of missed practices takes place, the athlete may be asked to leave the team.
- Athletes will schedule work, and other commitments around practices and meets, and team gatherings.

- Athletes are required to travel to and from all competitions with the team, unless the coaches make exceptions due to race times and locations. All athletes must attend post-race activities before they can leave with parents.
- Athletes will attend team gatherings and special events.
- Athletes will work hard to get the most out of their own abilities.
- Athletes are self-disciplined enough to not have constant supervision.
- Athletes will contribute to the team by displaying a positive attitude!

Training Expectations

- All returning runners should commit to consistent summer running to ensure a proper level of fitness in the fall in order to prevent injuries.
- New runners should strive for the ability to run four days a week for 25 minutes without stopping by the first day of practice.
- Athletes will participate fully in all warm-up, cool-down and strength training exercises as designed by the coaches.

Attendance Expectations

- Please plan for practice to go from 4:15pm to 5:30pm and do not schedule work, appointments, lessons, tutoring etc. during this time.
- Any absence that is communicated in advance by either a written note or phone to Coach Sieracki or Coach Koller is considered excused. Any absence not communicated in such a manner will be considered an unexcused absence.
- Four or more excused absences will be considered a problem and your dedication to the team will need to be evaluated. A call will be made to your parent to discuss this issue.
- DO NOT CALL THE ATHLETIC OFFICE TO REPORT AN ABSENCE.

Registration and Fees - 3 steps for registration:

1. The student-athlete must have a current physical on file in the athletic office within the last 3 years Physical (must have physical exam dated after June 15, 2017)
2. Wayzata Middle School Eligibility form
3. Registration Fee is $150.00

It is important to note that all paperwork must be in by August 12th to be on the Wayzata Girls Cross Country team. In person and on-line registration for athletes is July 9th to August 7th. In our effort to go to a paperless office, we are offering registration for high school athletics online. We encourage you to use online registration to reduce paper, data entry, and process your payment in a quick and efficient manner.

1. Go to the Wayzata High School Website www.wayzataschools.org/whs and click on the E-Pay Link.
2. Follow the steps listed on the welcome screen.
    a. You must have a current sports qualifying physical exam on file in the Activities Office. Physical must be dated after 6/15/2017 for the 2019-20 school year. If you complete steps b and c without a current physical on file, you will not be registered.
    b. Click on Eligibility Form in the school store. Fill out and submit the form to the Activities Office once per school year.
    c. Click on the appropriate sport link on the web page and make your payment online.
3. Eligibility Form needs to be turned in only once per school year. If you register "in person" for a winter or spring sport and already played a fall sport, you will only need to turn in your fee. If you register "online' you will need to make your payment at the school store.
4. Information packets for each sport will be available prior to the start of each season online at www.wayzataschools.org/athletics/register/team-packets

Additional Costs

Please be aware of these additional costs. Most costs are extras that you are not required to purchase. The only cost that is required is a good pair of running shoes. Veterans that train at a very high level may need two pairs. A uniform is provided, but additional clothing such as spandex shorts and team apparel may be purchased on our team website at the start of the season. Team and individual pictures may be purchased for around $25. Other optional items for purchase are racing spikes and a running watch.

Wayzata Athletic Boosters Fundraiser (formerly 3 Winners Cards)

During the 2nd week of the season we will participate in a school organized fundraiser. This fundraiser will help cover the costs of additional coaches, provide funds for the banquet and awards, and help purchase various items that improve the quality of the team experience. We also encourage your family to become members of the Wayzata Athletics Boosters - for the Wayzata Girls CC Team. This helps in replacing and maintaining uniforms and also provides funds for our individual sport activity fund. The fundraising event is a required practice. We encourage each athlete to sell 3 cards (totaling $60). Anyone choosing to pre-sell will be excused from the evening fundraising event.

Lettering Policy

The lettering standard is tied to performance and attendance. All athletes will start the season with a lettering time of 22:00.9 minutes for a 5k.

For middle school athletes: every practice missed, the time is reduced 10 seconds.

For perfect attendance, a 30 second bonus will be added for a 22:30.9 lettering time. If you are unable to complete a full practice, then you will not get credit. For instance, coming to practice with an illness and not participating or leaving early for an appointment.

By the end of the season, an athlete must run her lettering time to earn a letter.

Official times will be taken from the automatic timing systems at each meet. Occasionally, a course is exceptionally fast or short of the 5K distance. In this case race times will be adjusted accordingly or not used in meeting the lettering standard.

TENTATIVE Schedule for the 2019 XC Season

Monday 8/12	First day of practice	8:30-10:30 AM Fitness center- WHS	V/JV/MS
Wednesday 8/14	Trail Project	8:30 - 10:30 AM - WHS	V/JV/MS
Thursday 8/15	Parent Meeting	WHS - Main Gyms w/ all athletic teams: 6:30-7:20 PM Cross Country only Forum/Classroom: 7:25-8:00 PM	V/JV/MS (7-12th grade)
Saturday 8/17	Alumni Scrimmage	WHS- athletes arrive at 7:30, 9 AM Girls Race 10:02 AM Boys Race	V/JV/MS
Tuesday 8/20	Wayzata Booster Fundraiser Event	WHS - Gyms 1 & 2 Arrive at 6 PM	V/JV/MS
Wednesday 8/21	Uniforms & Pictures	10:15 AM- Athletes check out uniforms & lock 11 AM- Team Picture in the Stadium	V/JV/MS
Monday 8/26 - Tuesday 8/27	Afternoon Practice	3:30 PM - WHS	V/JV/MS
Wednesday 8/28	Orono Twilight Meet	Orono High School	JV (not running at St. Olaf) & MS

Thursday 8/29	Afternoon Practice	3:30 PM - WHS	JV/MS
Friday 9/30 - Monday 9/2	Labor Day Weekend	No official practice. Run on own.	V/JV/MS
Saturday 9/14	Metro Invitational	Round Lake, Eden Prairie	V/JV/MS
Thursday 9/19		Eden Prairie Central Middle School	MS 4:00
Saturday 9/21	Milaca Mega Meet	Stones Throw Golf Course, Milaca	V/JV/MS
Thursday 9/26		Bassett Creek Golf Course, Golden Valley	MS 4:00
Saturday 9/28	Willmar Invitational	Eagle Creek Golf Course, Willmar	JV/MS
Thursday 10/3		Pamela Park	MS 4:00
Tuesday 10/8		Wayzata East Middle School	MS 4:20
Tuesday 10/15		Freeman Park	MS 4:00
Thursday 10/17 - Saturday 10/19	MEA Weekend	Please run on your own Thursday and Friday for at least 30 minutes each.	
Tuesday 10/22	Conference	Wayzata East Middle School	MS 4:00

Varsity (V), Junior Varsity (JV) and Middle School (MS)

Middle School athletes will have additional races but must participate in at least one 5k during the season in order to qualify for the optional, postseason Nike Heartland Meet.

Additional Postseason Opportunities

Sat 11/9- Sun 11/10	Nike Heartland (NXR)	Sioux Falls, SD	*Optional, must qualify
Saturday 12/7 + Travel	Nike Nationals (NXN)	Portland, OR	*Must qualify from Heartland Meet