

BOYS CROSS COUNTRY INFORMATION

(7th thru 12th Grades)

Coach: Bill Miles (612) 220-8455

e-mail: bill.miles@wayzata.k12.mn.us

Week 1 -

Monday, August 15th-

Practice at 8:30 am. Meet at High School Track Stadium entrance.

Additional varsity practice at 7:00 pm. Meet by Track Stadium entrance.

Tuesday, August 16th

Practice at 8:30 am and/or 7:00 pm. Meet at High School Track Stadium entrance.

If possible, beginning and younger runners should attend the morning practice. If possible, Varsity candidates should attend both practices.

Wednesday, August 17th

Practice at 8:30 am and/or 7:00 pm. Meet at High School Track Stadium entrance.

If possible, beginning and younger runners should attend the morning practice. If possible, Varsity candidates should attend both practices.

Thursday, August 18th

Practice at 8:30 am and/or 7:00 pm. Meet at High School Track Stadium entrance.

If possible, beginning and younger runners should attend the morning practice. If possible, Varsity candidates should attend both practices.

Friday, August 19th

Practice at 8:30 am and/or 7:00 pm. Meet at High School Track Stadium entrance.

If possible, beginning and younger runners should attend the morning practice. If possible, Varsity candidates should attend both practices.

Saturday, August 20th

Alumni Meet- Report to High School Locker Room at 8:30 am. Meet begins at 10:03 and cooldown will be done by 11:30 am.

Week 2 -

Monday, August 22nd -Friday, August 26th

Practice at 8:30 am and/or 6:30 pm. Meet at High School Track Stadium entrance.

If possible, beginning and younger runners should attend the morning practice. If possible, Varsity candidates should attend both practices.

Monday, Aug. 22nd- Parents' Meeting at 6:30 pm in the High School Gym.

Wednesday, August 24th UNIFORM PICK-UP AT 8:00 AM (Late uniform pick-up on Aug. 30th)

Saturday, August 27th

Practice at 9:00 am. Meet at **Central Middle School Baseball Field.**

Week 3 -

Monday, August 29th

Practice at 7:00 am (Optional) and 4:00 pm (Required). Meet at H.S. Track Stadium entrance.

Tuesday, Aug. 30th

Optional practice at 7:00 am. Late uniform pickup- 11:45 am - . **Team & Individual Pictures-** 12:00 noon.

St Cloud Apollo Meet (bus will leave at about 1:30 and will return at about 7:30 pm).

Wednesday, August 31st

Practice at 7:00 am (Optional) and 4:00 pm (Required). Meet at **Central Middle School** Baseball Field.

Thursday, Sept. 1st

Practice at 7:00 am(Optional) and 4:00 pm(Required). Meet at H.S. Track Stadium entrance. **Varsity will practice at 1:00 pm.**

Friday, Sept. 2nd

Practice at 7:00 am (Optional) and **1:00 pm** (Required). Meet at High School Track Stadium entrance.

Saturday, Sept. 3rd- Run on own if not racing at **Marshfield Columbus Invite (top 21)**

Questions & Answers

What do I need to do before the first day of practice?

Register with the Athletic Office at the High School. You may need to have a physical (must be dated after June 15, 2009). Contact the Athletic Office for specific information. (763) 745-6621 or visit www.wayzata.k12.mn.us/whs/athletics.

What do I need to bring to my first practice?

Running shoes, shorts, and t-shirt.

How long will practices last?

Usually we will be done with all meetings, stretching, strength work, and running within two hours of the start of practice. There is a phone available for athletes to call for rides when practice is over.

What if I am out of town when practice begins?

You should contact Coach Bill Miles at (612) 220-8455 and discuss any conflicts that would result in your missing practice.

How far will I be expected to run at the first practice?

If you are entering 7th, 8th, or 9th grade, there are no expectations. Whatever you can run will be fine. If you are entering 10th to 12th grade, you are expected to run three miles or more without stopping.

Will athletes be “cut” from the team?

We have no limits in participation due to squad size. If athletes attend practice regularly and abide by team policies, they “make” our team.

How are Varsity, Junior Varsity, Sophomore, Freshmen, and Middle School teams determined?

They aren't. We usually have about 180 boys in our program. Until school starts, they will all practice together at the High School. After school begins, 7th & 8th graders will practice at Central M.S. and 9th through 12th graders will practice at the High School. As a result, at practice we are all Wayzata Cross Country runners and distinctions are based upon the fitness and needs of each runner. At meets, the level of each athlete's fitness and the quality of competition determines in what race they compete. Its possible that a Freshman, could run in the Varsity Race at our Conference Round, in the JV at Rochester Mayo, in the Sophomore Race at Princeton, the Freshman Race at the Mustang Invite, and Varsity at the Swain Invite. Furthermore, in each race he could be showing improvement and be in good standing. Cross country race assignments are very fluid and flexible. Our goal is to help athletes prepare to run their very best at the end of the season and to win State Championships. The meets in September and early October are developmental. As a result, we don't designate specific assignments to teams as happens in many other sports. Rather, we are all Wayzata Cross Country runners.

Is this an intramural program or a running club?

No. Our team mission is to be on the awards stand at the State Meet five years in a row. Our individual goal is to become as fast at racing one, two, or three miles as we can. This is accomplished through intense and consistent preparation.

What if I have other questions?

Call Coach Bill Miles at 612-220-8455.