WAYZATA CROSS COUNTRY - August 16-22 - Week #1 Newsletter

BRING THIS NEWSLETTER HOME, SHARE IT, & PUT IT IN A PROMINENT PLACE!!!!!

Practice Schedule- we will usually meet at High School Stadium except on Saturdays

Monday: 8:30 am - Steady state run of 1 to 10 miles (5.25 timed) & strideouts
8/16 7:00 pm – Optional practice for JV, required for Varsity & Seniors – recovery run & Yoga
Tuesday: 8:30 am – Long Run and plyometrics
8/17 7:00 pm - Optional practice for JV, required for Varsity & Seniors - 30 minutes
Wednes: 8:30 am – Recovery run, strideouts, & abs **ST. JOHN'S GAMES**- EGG TOSS
8/18 7:00 pm - Optional practice for JV, required for Varsity & Seniors – recovery run & Yoga.
Thursday: 8:30 am – Medium Run (with emphasis on hills) & strideouts
8/19 7:00 pm - Optional practice for JV, required for Varsity & Seniors – 30 minute run
Friday: 8:30 am - Preview Alumni Meet Course, strideouts, abs, & plyometrics
8/20 7:00 pm - Optional practice for JV, required for Varsity & Seniors – recovery run
Saturday: 8:45 am - meet in High School Locker Room for Alumni Meet
8/21 10:02 am - **ALUMNI MEET** - 2 miles (or 1 mile) - High Schoolers even if you are not racing, you are expected to attend this meet and help us out by directing runners, reading splits, etc.
10:20 to 11:15 am – Cooldown, abs, & meeting
Sunday 8/22 on your own - or rest

TENTATIVE SCHEDULE FOR PRACTICES FOR WEEK 2 & 3:

Week 2 Monday, August 23rd -Friday, August 27th

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 & Seniors should attend both practices.

Monday, Aug. 23rd- Parents- Meeting at 6:30 pm in the High School Gym.
Tuesday, August 24th- Three Winners Card Sale – 5:00 to 8:00 PM
Wednesday, August 25th UNIFORM PICK-UP AT 8:00 AM (Varsity) 8:15 (JV) ON.
Saturday, August 28th Practice at 9:00 am. Meet at Central Middle School Baseball Field.

Week 3

Monday, August 30th - Practice at 7:00 am (Optional) and 4:00 pm (Required). Meet at H.S. Track Stadium.
Tuesday, Aug. 31st- Optional practice at 7:00 am. Late uniform pickup- 11:45 am - Team & Individual Pictures- noon. St Cloud Apollo Meet (bus will leave at about 1:00 and will return at about 7:30 pm).
Wednesday, Sept. 1st - Practice at 4:00 pm (Required). Meet at Central Middle School BaseballField for afternoon practice) - Ultimate Frisbee.
Thursday, Sept. 2nd Practice at 7:00 am(Optional) and 4:00 pm(Required for JV & MS). Meet at H.S. Track. Varsity will practice at 1:00 pm rather than 4:00.
Friday, Sept. 3rd - Practice at 7:00 am (Optional) and 1:00 pm (Required). Meet at High School Track entrance.

WEBSITE- Our team's website is: http://www.wayzata-xc.org It has announcements, explanations, results, maps, history,etc. If you have a question, it usually has the answer.

We will be doing our only team fundraising event on Wed. Aug. 24th from 5:00 to 8:00 PM. You will be going door to door selling discount cards. Please be available. We could use parents to drive athletes into neighborhoods. (High school runners only)

PARENT'S MEETING- AUGUST 23rd - 6:30 – Parents are expected to attend- athletes are not. It will be warm. After the general meeting, high school parents can view a new powerpoint on the recruiting process and XC runners. Middle school parents can meet with Coaches O'Neill & Bartels to discuss transportation & practice issues.

SUMMER MILEAGE- You need to turn your Summer Mileage Sheets in to Aaron Berndt by Mon, August 23rd

HEAT- Drink lots of water, run in the shade, don't overdo it. It is better to cut today's run short and be able to run tomorrow, than to run so hard today that you are in the hospital for a week. RESPECT THE HEAT!

NEW FACES- If we are to achieve our new team mission of being a medalist at State five years in a row, we need to continue getting talented 7th thru 10th graders. We have a couple of dozen of them already, do your best to encourage and support them during this challenging three week preschool period. In addition, if you know of others who want to be here or should be here, get them here.

COACHING STAFF- Bill Miles, **Steve O'Neill**, **Aaron Berndt, Chad Bartels, and Mark Popp** return as head high school coach, head middle school coach, high school assistant coach, middle school assistant coach, and high school assistant respectively. Bill begins his 41st year of coaching XC (the last 35 at Wayzata). Bill is retired after teaching History at Wayzata for 33 years. Steve has been coaching and teaching in Wayzata Middle schools for 33 years. He is entering his 13th year of coaching XC. Steve teaches Health at Wayzata Central Middle School. Aaron, a collegiate All-American while at North Dakota, returns for his 7th year at WHS. Aaron teaches social studies at the High School and is Head Boys Track Coach. Chad, an All-American at St. Cloud State, returns for his 7th year as a middle school assistant and his 10th as a social studies teacher at Wayzata Central. Mark enters his 3rd year as an English teacher and second year as a high school assistant coach at Wayzata. Mark, a former all-state runner in North Dakota and collegiate runner at North Dakota State University, was a volunteer coach with us two falls ago.
Volunteers: We are fortunate to have two highly qualified volunteers working with our high school runners. **Eric Jahn** enters his 11th year of coaching at Wayzata. He was selected Minnesota Assistant Coach of the Year for 2000 by the State XC Coaches Association. Eric is a physician and an active runner. **Brandon Heebink** is in his first year at Wayzata and will teach 9th Grade Science. He ran at UW-River Falls and coached at Watertown-Mayer before joining the Trojans.

EQUIPMENT: Wednesday, August 25th-at 8:00 a.m. (Varsity) & 8:15 (JV & Middle School) at the **HIGH SCHOOL**. Practice will follow.

HOSTING: On the weekend of September 26th we will be hosting 8 runners from Shawnee Mission, Kansas. We will need 4 families to host two boys each. If you have the room, contact Eric Jahn (952-475-2251).

T-SHIRT, SWEATS, BAGS- order forms are in the locker room.

ST. JOHN'S GAMES: Wear old clothes on Wednesday morning. The egg toss can be messy.

UPCOMING MEETS:
Saturday, August 21st- Alumni Meet- One race of two miles. Beginning runners may stop at the one mile mark. Our opponents are our Alumni. This will include many former All-State and collegiate runners. We will be lucky if we don't get shut out. Everybody who is in town is expected to either race or to help us run off the meet. The meet will be run at Wayzata H.S. over our home course. It is flat for the first and last half miles, but hilly in the middle mile. After the meet

---

"To accomplish great things
We must not only act but also dream
Not only plan but also believe."
Anatole France

It was not easy, but you have had a good summer. Because of this the vision that John Parker's character, Quentin Cassidy, in *Once a Runner* describes is within your grasp. Cassidy explained why he trained and sacrificed by saying:

> "It is simply that we can all be good boys and wear our letter sweaters around and get our little degrees and find some nice girl to settle, you know, down with ... take up what a friend of ours calls the hearty challenges of lawn care ... Or we can blaze! Become legends in our own time, strike fear in the heart of mediocre talent everywhere! We can scald dogs, put records out of reach! Make the stands gasp as we blow into an unearthly kick from three hundred yards out! We can become God's own messengers delivering the dreaded scrolls! We can race black Satan himself till he wheezes fiery cinders down the back straightaway.... They'll speak our names in hushed tones, 'those guys are animals' they'll say. We can lay it on the line, bust a gut, show them a clean pair of heels. We can sprint the turn on a spring breeze and feel the winter leave our feet! We can, by God, let our demons loose and just wail on!"

I am really looking forward to coaching you animals this season. **Let's just wail on!**