

WAYZATA CROSS COUNTRY - August 11-17 - 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
8/11 7:00 pm – Optional practice for JV, required for Varsity – 30 minutes

Tuesday: 8:30 am – Long Run and plyos
8/12 7:00 pm - Optional practice for JV, required for Varsity – recovery run & Yoga

Wednes: 8:30 am – Recovery run, strideouts, & abs **ST. JOHN'S GAMES- EGG TOSS**
8/13 7:00 pm - Optional practice for JV, required for Varsity – 30 minute run

Thursday: 8:30 am – Medium Run (with emphasis on hills) & strideouts
8/14 4:45 pm- Meet to sell 3 Winners Cards at High School **St. John's Game (Parent Drivers)**
7:00 pm - Optional practice for JV, required for Varsity – recovery run & Yoga.

Friday: 8:30 am - Preview Alumni Meet Course, strideouts, abs, & plyometrics
8/15 7:00 pm - Optional practice for JV, required for Varsity – recovery run

Saturday: 8:45 am - meet in High School Locker Room for Alumni Meet
8/16 10:00 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.
11:00 am – Softball Game & barbecue (optional)

Sunday 8/17 on your own - or rest

TENTATIVE SCHEDULE FOR PRACTICES FOR WEEK 2 & 3:

Week 2 Monday, August 18th -Friday, August 22nd

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. 18th- Parents' Meeting at 6:30 pm in the High School Gym.

UNIFORM PICK-UP AT 8:00 AM (Varsity) 8:15 (JV) ON Wednesday, August 20th.

Saturday, August 23rd

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

Week 3 Monday, August 25th Practice at 7:00 am (Optional) and 4:00 pm (Required). Meet at H.S. Track Stadium.

Tuesday, August 26th 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 1:00 and will return at about 7:30 pm).

Wednesday, August 27th Practice at 4:00 pm (Required). Meet at Central Middle School

BaseballField for afternoon practice) - Ultimate Frisbee.

Thursday, August 28th 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, August 29th 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 Thursday from 4:45 to 7:00 PM. You will be going door to door selling discount cards. Please be available. We could use parents to drive athletes into neighborhoods.

PARENT'S MEETING- AUGUST 18th- 6:30 – Parents and athletes are expected to attend. It will be warm.

SUMMER MILEAGE- You need to turn your Summer Mileage Sheets in to Aaron Berndt by Mon, August 18th

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, and Chad Bartels** return as head high school coach, head middle school coach, high school assistant coach, and middle school assistant coach. Bill begins his 39th year of coaching XC (the last 33 at Wayzata). Bill teaches History at Wayzata High School. Steve has been coaching and teaching in Wayzata Middle schools for 31 years. He is entering his 12th year of coaching XC. Steve teaches Health at Wayzata Central Middle School. Aaron, a collegiate All-American while at North Dakota, returns for his 5th 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 5th year as a middle school assistant and his 9th as a social studies teacher at Wayzata Central .
Volunteers: We are fortunate to have a highly qualified volunteers working with our high school runners. **Eric Jahn** enters his 9th 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.

EQUIPMENT: Wednesday, August 20th-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 16th- 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

Tuesday, August 26th- St. Cloud Invitational- There are three races. The first race is about 1.5 miles and will be for 9th, 8th, and 7th graders. The second race is for Junior Varsity (#8 runners and slower) and will be about 5000 meters (3.1 miles). The third race is for Varsity (top 7 runners of each team) and is 5000 meters. It will be near the VA Hospital and St. Cloud Apollo High School. There are usually about a dozen schools in this meet. The best squads should be Forest Lake and Andover from AA and Class A power, St. Cloud Cathedral. Our JV has won this meet 21 years in a row... no pressure there...right guys? In the Varsity race we will be running very much under control and treating it as a workout. If we crack the top three it will be an upset. Our top seven will be running at Anaerobic Threshold (AT) pace for the first two miles and will only be allowed to race the last mile.

Saturday, August 30th- Marshfield Columbus Invitational- There will be two races. The JV and Varsity will both race 5k around the Marshfield Zoo. Much of the course is run on asphalt or on narrow trails. Edina and Stillwater from Minnesota and Whitefish Bay and Hudson from Wisconsin are the teams to beat.

**"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!**