

Wayzata Girls Cross Country Team Information



Wayzata Girls Cross Country Team Championships

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

2019 – 2nd in MN State Meet

2020 – 6th place at XC Nation Meet of Champions

Coaches Contact Information:

Head Coach/Varsity Coach: Addy Hallen adeline.hallen@wayzataschools.org, (651) 707-4591

Assistant Coach Varsity & JV: Jordan Kilber jordan.kilber@wayzataschools.org

Head JV Coach: Kalsey Beach kalsey@dogoodevents.com

Assistant JV Coach/Program Admin: Lillian Arkesteyn lillian.arkesteyn@wayzataschools.org

Head Middle School Coach: Brooke Benson brooke.benson@wayzataschools.org

Assistant Middle School Coach: Lauren Koller lauren.koller@wayzataschools.org

Website: <https://wayzatagirlscrosscountry.squarespace.com>

Please see our detailed website for information on the following topics:

Weekly Practice Agenda

XC Blog

Apparel

Training and Lifestyle Choices including: nutrition, iron, sleep

Banquet Information -- details to follow in season

Racing and being a Spectator

Parent volunteer opportunities

2021 Season Dates per MSHSL:

August 16th - November 6th (State Meet date/location TBD)

Weeks 1 - 3 Practice Schedule

Week 1: August 16 - 21 at WHS meet near the outdoor bocce ball courts next to the playground

**may depart at 10:30 AM some days, lower mileage/new runners and Middle Schoolers*

Saturday 8/21 - MS/HS Alumni Race at WHS 9 AM race start, 7:45 AM athletes arrive

Week 2 August 23rd - 28th

Mon & Tues 8:30-11 AM at WHS, meet at the outdoor bocce ball courts

Wed 8/25 High School Team Retreat at Baker Outdoor Learning Center arrive at 7 PM,

Fri 8/27 at 2 PM departure from camp, Sat 8/28 -- no official practice

Week 3 August 30th - September 4th

Mon, Tues, Thurs 3:30-5:30 PM - Meet in Fitness Center at WHS

Wed 9/1 JV and Middle School races at Orono Twilight in Long Lake in the PM

Thur 9/2 Varsity/Top 25 Race at St. Olaf Showcase in Northfield in the AM

JV Practice at 3:30

Fri 9/3 - Mon 9/6 -- No official practice, Labor Day Weekend!

What to bring to practice:

- Appropriate athletic attire for the weather, running shoes
- Water Bottle & Snack for Post Run
- Beach Towel weeks 1 & 2
- Athletic watch/Timing Watch (GPS version optional)
- A positive attitude!

Reminders:

- Team Apparel Store will open this summer in order for apparel to arrive at the start of the fall season! Store Opens: July 12th // Store Closes: July 20th
- Athletes will need to purchase your own blue Nike Spandex for races. These are available on our apparel store. [LINK TO TEAM APPAREL FLYER](#)
 - *Non-spandex/running-style shorts available from school-issued equipment.*
- Get your Iron Tested! Report your serum ferritin score to coaches. Read info about iron from our website [HERE](#)
- Buy training shoes and racing spikes at Twin Cities Running Company or Gear West
- Buy a running watch, GPS is recommended but not required.
- Parent Email List - Please email Beth Nechanicky at whsgirlsxcparents@gmail.com to be added to parent email communication. Once the season starts most communication from coaches will be directed to athletes only.
- Parent Meeting - Week #1 at WHS -- time 6:30 pm

Safety while running in the community is always a big priority as well. Athletes should always follow all traffic/pedestrian laws. They will receive specific instructions about how to cross Peony/Lawndale as they leave the HS campus. Athletes **MUST** be conscientious when running off-campus. While at practice, always run with a teammate and inform coaches where you plan to run.

Transportation

A team bus will be provided to and from every race. There is a late bus provided for athletes after practice on school days - it generally leaves earlier than practice end time.

Races/Meets

5K is the High School racing distance. Most of our races will be run together at one site with varsity (top 7-12 athletes) in one race and JV in another. We will have some varsity-only races. Everyone gets several opportunities to race! Please see the schedule below.

Team Purpose Statement

We strive to maximize the potential of our student-athletes by teaching them to lead a balanced lifestyle and approach to their identity as a runner. 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 team core values:

The >>CC->'s of Wayzata Girls Cross Country

Commitment & Contribution

Courage & Competitiveness

Community & Conscientiousness

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 meets.
- Athletes will clear absences from practices and meets with the head coach in advance.
- Athletes will schedule work, and other commitments around practices and meets, and team gatherings.
- 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 five days a week for 30 minutes without stopping by the first day of practice.
- 10th, 11th and 12th graders that have been out for the team before must be able to run 30-40 minutes consistently to be a member of Wayzata Girls Cross Country Team. An evaluation process will take place the first week of practice.
- Athletes will participate fully in all warm-up, cool-down and strength training exercises as designed by the coaches.

Attendance Expectations

- Please allow two hours for practice and do not schedule work, appointments, college visits, lessons, tutoring, etc. during this time.
- DO NOT CALL THE ATHLETIC OFFICE TO REPORT AN ABSENCE.
- MEA practices are required for all Varsity athletes in order to compete at Section 6AA.

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. Team bonding days may cost a slight fee, depending on the activity. An early season 2-night camp will cost about \$65/person funds (attendance is encouraged but not mandatory) and scholarships are available. Other optional items for purchase are racing spikes and a running watch.

Wayzata Athletic Boosters Fundraiser (formerly 3 Winners Cards)

Our 2021 Parent Liaison and Booster Representative Team is Beth Nechanicky and Lorin Godes
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 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.

High School Fall Team Building Retreat

An overnight team (9th-12th grade) retreat is held every year at the Baker Outdoor Learning Center. Attendance is not mandatory but strongly encouraged. An alternative practice for high school runners not attending will be held with the Middle School team and coaches. Parent volunteers are needed to help with meals and can find a sign up on the team website.

Captains

All seniors that have demonstrated leadership qualities and have been on the team for their entire sophomore and junior year are eligible for captainship. Coaches will pick captains based on the following criteria and will be announced at the beginning of the season.

- Adheres to all team policies
- Exhibits a passion for the sport and the desire to improve
- Supports coaches' messages
- Takes initiative in getting the team organized at practice and races
- Displays a positive attitude
- Communicates with coaches and teammates effectively
- Positively contributes to the team

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 high school athletes: every practice missed, the time is reduced 7 seconds, Saturday 10 seconds. Middle School athletes are only eligible to letter as a varsity runner.

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.

Coach's discretion will be used regarding the lettering of seniors who do not meet the lettering standard time. Two criteria that we use is that the senior will not miss more than four practices and has provided solid leadership to younger runners.

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, 2019)
2. Wayzata High School Eligibility form
3. Registration Fee is \$150.00

It is important to note that all paperwork must be in by August 16th to be on the Wayzata Girls Cross Country team.

Step 1: Submit a current *Sports Qualifying Physical Examination* dated after 6/15/2019 for the 2020-2021 school year. Form must be signed and dated by a physician. Well-child physicals will not be accepted. Form must clear students for Athletic participation. Sports Qualifying Physical Exam can be faxed to 763-745-6625 or dropped off at the Wayzata High School Activities Office located inside the Athletic Entrance. Forms can also be emailed to Jeanie.Faue@wayzataschools.org.

Step 2: Submit the *2020-2021 Minnesota State High School League/Wayzata High School Athletic and Activities Eligibility Form*. This form will be required when you checkout of EPay.

Step 3: Fee Payment. Submit payment at www.wayzataschoolspayonline.com. If you are paying in person, you must pay with a check or cash.

TENTATIVE Schedule for the 2021 Cross Country Season

Date	Item	Time	Location	Who
Monday 8/16	First day of practice	8:30-10:30 AM	Wayzata High School Meet near playground	All athletes (V/JV/MS)
Thursday 8/19	Trail Project	8:30 - 10:30 AM	Wayzata High School	All athletes (V/JV/MS)
Thursday 8/19	Parent Meeting	6 PM - All teams CC Only to follow	Wayzata High School - Main Gym (w/ all teams), Forum (CC only)	All athletes (V/JV/MS)
Saturday 8/21	Alumni Race *team scrimmage	7:45 - Athletes arrive 9 AM Girls Race 10:02 AM Boys Race		V/JV/MS
Week #2 Tuesday 8/24	Uniforms & Pictures	10:30 AM - uniforms, lock 11:15 AM - team picture in stadium	Wayzata High School	V/JV/MS
Week #2 Tuesday 8/24	Wayzata Booster Fundraiser Event	Arrive at 6 PM	Wayzata High School, Gyms 1 & 2	V/JV/MS
Wednesday 8/25 - Friday 8/27	Team Retreat - Overnight Wed & Thur	Wed - 7 PM drop off Friday - 2 PM pick up	Baker Outdoor Learning Center	V/JV (9-12th grade)
Mon 8/30 & Tue 8/31	Afternoon Practice	3:30 - 5:30 PM	Wayzata High School	V/JV/MS
Wednesday 9/1	Orono Twilight Meet	TBD- afternoon/evening	Orono High School	JV- not running at St. Olaf & all MS
Thursday 9/2	St. Olaf Showcase	10 AM Girls Race	St. Olaf College	V & some JV

Thursday 9/2	Afternoon Practice	3:30 PM	Wayzata High School	JV/MS
Friday 9/3 - Tues 9/7	Labor Day Weekend	No official practice. Run on your own.		V/JV/MS
Wed 9/8	First day of School	3:30 - 5:30 PM	HS Practice	
Saturday 9/18	Metro Invitational	JV 10 AM Var 11:10 AM MS 11:55	Round Lake, Eden Prairie	V/JV/MS
Friday 9/24	Griak Invitational	HS races start at 4 PM	University of MN	Varsity - Top 10
Saturday 9/25	Milaca Mega Meet	Full Race Schedule Races begin at 10 AM	Stones Throw Golf Course, Milaca	V/JV/MS
Monday 10/4	STMA Invitational	3:45 MS Girls 4:15 JV Girls 5:20 Var Girls		
Thursday 10/14	Lake Conference Championships	Full	Gale Woods Farm, Minnetrista	V/JV
Thur 10/21 - Saturday 10/23	MEA Weekend	Thursday 8:30 AM Practice - WHS *Thur practice counts for Lettering time Friday - <i>Run on your own</i> Saturday 8:30 AM Practice Varsity only! (JV -OFF) Sunday - Pre-Meet (captains practice or <i>run on your own</i>)		Required practice for Section Team & Alternate runners
Monday 10/25	Grade Level Championships	TBD	Bassett Creek Park, Golden Valley	JV (9-12 th grade)

Wed 10/27	Section Meet *State Qualifier	TBD	Gale Woods Farm	Varsity
Saturday 11/6	State Meet	TBD	St. Olaf College	Varsity
<i>Tentative Date</i> Sunday 11/21	Team Banquet		WHS - auditorium	9-12 th grade

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

<i>Tentative Dates</i> Sat 11/13- Sun 11/14	Nike Heartland (NXR)	Sioux Falls, SD	*Optional, must qualify
<i>Tentative Dates</i> Saturday 12/5 + Travel	Nike Nationals (NXN)	Portland, OR	*Must qualify from Heartland Meet