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# WBL Cross Country Parent Meeting



8/23/2018

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# Coaches

Seth Salenger - 8th year head coach

Joe Dimeglio - 5th year Central Middle School

Kirk Gednalske - 3rd year Sunrise Park Middle School

Possibly one more coach...depending on numbers

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# Program Mission

We hope to create an environment to expose students to the life-long sport of running and in doing so help to build work ethic, perseverance and have fun.



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# Program History



- 6-12 Boys Program has been to state 10 of last 12 years with 8 years in a row and a 4th place finish last year
  - Girls 6-8 and 7-12 two different programs
    - We started with 6th grade girls two years ago
    - Expanded to offer 6-8 middle school last year
    - 7-12 high school program has been to State the last four years in a row
  - Per our mission our goal is NOT to produce high school runners, however many of our runners do go onto be successful high school runners
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# Commitment

- Practice Monday-Thursday 3:30-4:40
  - 7 Meets with two additional optional meets
  - Practices at Sunrise can pick runners up or activity bus home
  - Understand other commitments as well as cross country so flexible with absences
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# Meets



- We have 7 meets Schedule on Next Slide
  - Start around 3:45
  - Usually 6th Boys then Girls, 7th Boys then Girls then 8th Boys then Girls
    - This changes for a couple of meets, both order and format, but I will update during the weekly email
  - **Participating schools:** Centennial, Hastings, Mahtomedi, Oakland, Sibley, South St. Paul, St. Thomas, Stillwater and White Bear Central and Sunrise
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# Meet Schedule

<i><b>Date</b></i>	<i><b>Meet Host</b></i>	<i><b>Site</b></i>
Thursday Sept. 12 <sup>th</sup>	Hastings	Hastings High School
Thursday Sept. 19 <sup>th</sup>	White Bear Lake	White Bear Lake (Lakewood Hills)
Thursday Sept. 26 <sup>th</sup>	Stillwater	Wash. Co. Fair Grounds.
Thursday October 3 <sup>rd</sup>	Oakland	Lake Elmo Park Reserve
Tuesday October 8 <sup>th</sup>	Mahtomedi	Mahtomedi M.S.
Thursday Oct. 10 <sup>th</sup>	Centennial	Centennial Middle School
Monday Oct. 14 <sup>th</sup>	SEC/ Metro East Championships	White Bear Lake (Lakewood Hills)

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# Meet Details

## ***Details***

3:45 start times

Racing distance should be 2K / 1.25 miles

Four races can be split into 6/7 girls, 6/7 boys, 8 boys and 8<sup>th</sup> girls depending on numbers.

**Participating schools:** Centennial, Hastings, Mahtomedi, Oakland, Sibley, South St. Paul, St. Thomas, Stillwater and White Bear Central and Sunrise

## **CROSS COUNTRY SITES (from Hastings)**

Hastings High School – 200 General Sieben Drive, Hastings, Mn. 55033

White Bear Lake-Lakewood Hills - 2110 Orchard Hills – 61N to 494, 494E becomes 694 to White Bear Ave. (exit 50), turn right on WB Ave stay on for 2 lights to Orchard Lane

Stillwater-Washington County Fairgrounds - 61N to 494E, become 694, go east on Hwy 5 through Lake Elmo

Oakland – Lake Elmo Park Reserve-1515 Keats Ave N, Lake Elmo, MN 55042

Meet starts and ends at the Nordic Center.

Mahtomedi - 61N to Hwy 494 turns into 694 east to Hwy 36, Non Hilton Trail, E on Stillwater Rd. (stoplight) 1<sup>st</sup> road left past Middle school entrance.

Centennial- 61 N to 94 west to 35W north, exit on Lake Drive, left on Lexington, Right on North Road.

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# Signing Up

- Current Physical
- \$125 Dollars
- Sign Up through FeePay



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# Additional Costs

We try to keep the costs as low as possible, however there are three things we ask for:

- Runners have running shoes (more on next slide)
- \$10.00 for a WBL Cross Country Shirt (like the one I am wearing now)
- \$3.00 for the “Ice Cream Run” towards the end of the season

If cost for any of these are a problem we can help!

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## Shoes

Running shoes are important! They help prevent injury and will produce a better experience for the runner!

As for brand, all brands make good running shoes, however do NOT get minimalist shoes like Nike Free, bad for young growth plates

If you want got to Run and Fun in St. Paul or Mill City Running in NE Minneapolis, they will fit your runner and give you a discount!

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Any Other ???s

