



Spring Lake Park Cross Country

Fall Sports Meeting
July 29, 2025



Introductions!

- Head Coach - Peter Falcon
- Assistant Coach - Jarrod Klopp
- Assistant Coach - Erik Larson
- Assistant Coach - Jenna Terrio



Practice Schedule

- Start of season is **MONDAY, AUGUST 11TH**
- Practices for first three weeks of season will be morning practices from 8am - 10:00am (Until Labor Day weekend)
- Once school begins, practices will switch to normal format throughout rest of season (3:30pm - 5:30pm)
- There may be days where practices are slightly shorter, but will follow this schedule throughout majority of season.
- Westwood students are bussed to the high school and will be picked up at high school after practice.
- 12 week high school season counting week of state meet



Meet Information

- Both boys and girls race 5 kilometers (3.1 miles) for majority of races, other than first race of season (2 miles).
- Middle school runners may race 5k or 3k/2 miles depending on readiness to race a specific distance and at coach's discretion.
- Usually one meet per week for good portion of season.
- Championship season may involve less meets raced for varsity runners to prepare for conference, sections, and state.
- Will likely leave school early for majority of meets.
- Students FIRST and athletes SECOND.
- Opportunity to race postseason meet (NXR in Sioux Falls, South Dakota)



Meet Schedule (Tentative)

1. St. Anthony Dilly Dash - Brightwood Hills Golf Course, New Brighton, MN (Thursday, 8/21)
2. Orono Twilight - Orono High School, Orono, MN (Wednesday, 8/27)
3. Anoka Steve Hoag Invitational - Anoka High School, Anoka, MN (Thursday, 9/4)
4. Eden Prairie Metro Invitational (Twilight) - Flying Cloud Fields, Eden Prairie, MN (Saturday, 9/13)
5. Roy Griak Invitational - Les Bolstad Golf Course, Falcon Heights, MN (Saturday, 9/20)
6. Osseo Invitational - Dehns Pumpkin Patch, Dayton, MN (Thursday, 9/25)
7. Irondale Invitational (JV Only) - Brightwood Hills Golf Course, New Brighton, MN (Thursday, 10/2)
8. NWSC Conference Championships - Elk River Golf Club, Elk River, MN (Wednesday, 10/8)



Meet Schedule (Contd.)

10. Park Center Dundee Invite (JV Only) - Central Park, Brooklyn Park, MN
(Tuesday, 10/14)
11. MSHSL Section 5AAA Championships - Anoka High School, Anoka, MN
(Thursday, 10/23)
12. MSHSL State XC Championships - Les Bolstad Golf Course, Falcon Heights,
MN (Saturday, 11/1)
13. NXR Heartland Regional Championships (Post-Season) - Yankton Trail Park,
Sioux Falls, SD (Sunday, 11/9)



Gear and Equipment

- Proper running shoes (daily trainers)
 - Mill City Running Company, TC Running Company, The Running Room, Fleet Feet
 - Good for about 400-500 miles and then need replaced.
 - Student-Athlete discount at specialty running stores
- Running Watch/GPS Watch
 - GPS watch isn't required, but can be useful!
 - Other options include timex or ironman watch
- Cross Country Spikes
 - Can also be found at specialty running stores in area and discount is included
 - Optional, but recommended due to racing on a variety of terrain
 - Used specifically for racing
- Water Bottle
 - Hydration is key!
 - Practices may be hot as we start running more in the afternoon once school begins.
- Appropriate Clothing
 - Bring jackets, sweats, gloves, hat, long sleeves, pants/tights, etc. as weather conditions cool off throughout season (recommended for warm-ups)



Varsity Letter Requirements

1. Meet Performance Standard

- Place in the top half of runners in at least 4 varsity races run throughout the season.
- (Example: Place 75th or better in a race of 150 runners)

2. Time Standard

- Girls: 22:00 for 5000 meters
- Boys: 18:30 for 5000 meters
- Times must be run at least one time or more throughout the season
- Small change from last year

3. Championship Performance Standard

- Earn all-conference or all-conference honorable mention honors.
- Make Section Team (top 7).
- Earn all-section honors.
- Qualify for the state meet.



Varsity Letter Requirements (Contd.)

4. Other Requirements/Factors

- Athletes must complete the entirety of the season.
- Injuries or other health reasons/factors may play a part in earning a varsity letter.
- Limited amount of absences from practices, meets, and required team activities.
- In good standing with teammates, coaches, athletic department, and school (academics).
 - Coach's discretion



Team Registration

- Go online to school athletics website
 - <https://www.springlakeparkschools.org/activities-athletics/register/how-to-register>
- Must be registered before you can start practice
- Must have an active physical on file before each runner can attend practice
- General SLP sport related information can be found here:
 - <https://www.springlakeparkschools.org/activities-athletics/discover/parent-resources>
- SLP XC Website
 - <https://www.springlakeparkschools.org/activities-athletics/athletics/cross-country-co-ed>
- Communication via “Remind” App
 - Text @slpxc to 81010 OR go to remind.com/join and search for our class code @slpxc
 - Will communicate workouts, team announcements, and anything else related to XC via Remind



Booster Club

- Starting new booster club separate from track and field.
- Tony Rajkowski is helping lead booster club with help from other parents
 - Billy Delfs, Mary Bohl, Tammy Benesch, Sarah Lange
 - Panther Pacers
- Let us know if you'd like to be involved!
- We are hosting our first SLP alumni run at the National Sports Center in Blaine
 - Saturday, August 26th at 6:00pm
 - Will need help from both athletes and parents!
 - Spread the word as it will be a big fundraising opportunity for us
 - Signup Link is here: <https://runsignup.com/Race/MN/Blaine/SLPCCAlumniFamilyAndFriends5k>
- Other fundraising opportunities
 - TC Marathon Weekend - October 4-5
 - One more possible opportunity
- Pasta feed dates TBD, along with end of year banquet



Thank you for Coming!

- Questions about the upcoming season?
- We look forward to making this season a fun, memorable, and exciting journey for all our student-athletes!
- Contact Information for coaches:
 - Head Coach - Peter Falcon (pfalco@district16.org)
 - Assistant Coach - Jarrod Klopp (jklopp@district16.org)
 - Assistant Coach - Erik Larson (larsonerik73@gmail.com)
 - Assistant Coach - Jenna Terrio (jterrio12@gmail.com)
- Go to SLP XC website for 2025 XC Manual
 - Explains everything about the program, upcoming season, and other important information in more detail.
 - <https://resources.finalsite.net/images/v1752856895/springlakeparkschoolsorg/hezxo1axd5mrklxnrdly/2025SLPXCManual.pdf>