



## **Waconia XC 2020 Parent Meeting**

“Every kid Every day”

# Meet the Staff...

Coach Genz

Coach Hess

Coach Gilbert

Coach Skerik



Coach Hockinson

# XC Practice...

## Basics...

- 1) Athletes expected to attend ALL practice sessions
- 2) Must Practice to Compete
- 3) Practices start at 3:15pm with student led group warm-up
- 4) ALL Practices are “tiered” to accommodate individual athlete abilities
- 5) We practice with purpose and a plan
- 6) Academics above XC...students are expected to remain in good academic standing in order to practice and/or compete

August 2020						
XC 2020 #RELENTLESS						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 400s, 2 Mile Run & Grass Strides	19 Recovery Run Arms/Abs	20 Time Trials	21 Hills, Hills & Hills Arms/Abs	22 LONG RUN – On Own 5–10 miles
23 REST DAY!!! APPAREL ORDERS DUE	24 600 Repeats on Grass Barefoot Strides Arms/Abs	25 Recovery Run 45 Min	26 Pre-Meet Workout Uniform Distribution	27 New Prague Meet 4pm (NP & Orono)	28 Recovery Run & Barefoot Strides on Grass w/ Arms/Abs	29 1000 Repeats on Grass BV Practice 8:30am
30 REST DAY	31 Temp Run 4 mile w/ Abs & Arms Parent Meeting 6:30pm	1 Sprint Workout Mix of Track and Grass Barefoot Strides	2 Pre-Meet Workout Abs & Arms	3 Hutchinson Meet 4pm (Hutch & Jordan)	4 No Practice Labor Day Weekend Break Recovery Run – On Own	5 No Practice Labor Day Weekend Break LONG RUN 5–10 miles

# 2020 Practice...

## “POD” System Basics...

- 1) Athlete Groups of 15
- 2) Designated Pod Coach for Season
- 3) Social Distancing Protocol at all times
- 4) Pods work as Mini Teams within the team
- 5) ALL Scheduled Workouts, Warm-ups, Cool Down and Strength Sessions done within Pod
- 6) Masks are used when moving to/from designated practice sessions/areas
- 7) Group/Public Water is NOT going to be provided
- 8) ALL Pods have separate equipment and all equipment is cleaned throughout and after all practice sessions
- 9) We have FULL trainer support through TCO (Jeff Chrest)
- 10) Staff will digitally track athletes daily with attendance and health/Covid related series of questions



# Competition/XC Meets...



## 2020 XC Schedule

Aug. 27th Tri @ New Prague w/ Orono  
Sept. 3rd Tri @ Hutch w/ Jordan  
Sept. 10th Tri @ Delano w/ Holy Family  
Sept. 17th Dual @ Home w/ Mound  
Sept. 24th Dual @ Holy Family  
Oct. 1st Tri @ Hutch w/ Delano  
Oct. 8th Tri @ Home w/ New Prague & Orono

# 2020 XC Meets...

- 1) 7 “Regular Season” Meets & on Thursdays
- 2) ONLY between Teams within WCC East
- 3) Limited to 3 teams on Site
- 4) ALL Races Limited to 24 Runners
- 5) Spectator Limitations = 2 Per Runner Per Meet
- 6) NO Parents/Spectators allowed within Team Camps, Finish/Start Line or within 6 feet of Races
- 7) All Spectators MUST Social Distance (this is easy in XC)
- 8) Girls (2 Pods) and Boys (2 Pods) Travel Separate
- 9) 4pm and 5pm Races (Genders Switch Each Week)
- 10) “Varsity” Race is First...once Varsity is completed secondary “Waves of 24” until all athletes on course
- 11) After 4pm Races...course and team camp areas cleared for 5pm Races
- 12) Please Use District provided transportation...exceptions to this please contact Jill Johnson





# Yaaa What!?!...wee bit more 2020 Meet explanation!

“Tri” = Three Teams & WACXC will have max of 8 runners per race

Notice...Girls & Boys Teams have different Buses, Release Times and Race Times!

**Sept. 10th Tri @ Delano w/ Holy Family 4pm**

**Lake Rebecca Regional Park**

Bus #1 Girls: Load 1:45 Depart 2 Meet 4pm  
Bus #2 Boys: Load 2:45 Depart 3pm Meet 5pm

Notice...every other week Boys/Girls Race times Switch...one week 4pm and the next 5pm...then back to 4pm

**Sept. 17th Dual @ Home w/ Mound 4pm**

“Dual” = Two Teams & WACXC will have max of 12 runners per race

**Bayview Elementary Campus**

Boys Meet 4pm (early release for Athletes 2:30)  
Girls Meet 5pm (no early release)

# 2020 XC Communication...

- 1) Team Website - [www.runwaconia.com](http://www.runwaconia.com)
- 2) Social Media/Facebook join “Waconia Distance Runners”
- 3) Connect with your athlete’s Pod Coach  
Gilbert - [cgilbert@isd110.org](mailto:cgilbert@isd110.org)  
Genz - [mgenz@isd110.org](mailto:mgenz@isd110.org)  
Hockinson - [jhockinson@isd110.org](mailto:jhockinson@isd110.org)  
Skerik - [dskerik@isd110.org](mailto:dskerik@isd110.org)
- 4) Coach Gilbert Cell - 612.483.6799
- 5) Have a conversation with your athlete!
- 6) Sign up for Team “Remind” App Messaging



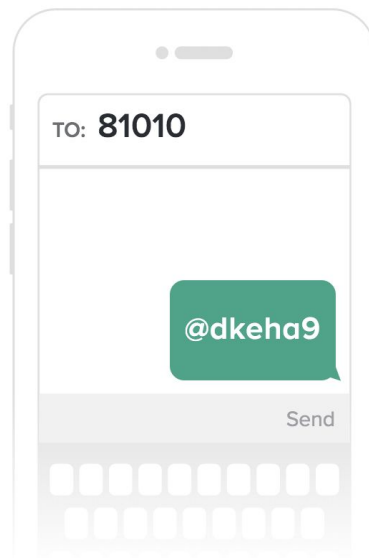


# 2020 XC Remind App...

Tell people to text @dkeha9 to the number 81010

They'll receive a welcome text from Remind.

If anyone has trouble with 81010, they can try texting @dkeha9 to (510) 417-4042.



# Additional Items...

- 1) Uniform Distribution...Managers distribute to individuals on Wed. Aug. 26th
- 2) Team Pictures (Individual ONLY) Wed. Sept. 9th 3:30pm (optional)
- 3) Varsity Lettering (NO Volunteer component this season)
- 4) "Championship Season" Oct 10th - 24th
- 5) NO Fundraising Events for 2020
- 6) End of Season Banquet - Who knows?
- 7) First Meet of the Year is Thursday THIS WEEK...FYI - I have already had conversation w/ NP staff about heat and race distance...we all agree that we want to run a fun race when everyone ends standing...meaning = we may adjust race distances.