

2020 IRONDALE BOYS CROSS COUNTRY RUNNING

Chris Torvi Boys Head Coach

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Athletic Department Mission Statement:

- Pursue excellence through co-curricular activities that develop skills, build character and foster a sense of belonging in a respectful learning environment*
- Student connectedness: students belief that adults and peers that have contact with them each school day welcome, care and know about them and encourage them to succeed.*

Coaches Purpose Statement:

- We coach to develop a commitment to teammates and to develop a strong work ethic.***
- We coach to develop enthusiasm for training and competing.***
- We coach to develop leadership qualities in all athletes.***

Concussion Training/Athletic Trainer:

In the fall of 2011, the state legislature mandated concussion training.

Coaches receive training through the MSHSL - that is reviewed on a regular basis

Parents and students receive concussion management information when registering for sports through the MSHSL and registration website

-On site athletic trainer: Amy Reimer - office# 651-621-6950

Email:amy.reimer@moundsviewschools.org

Code of Conduct:

- I will respect the rights and beliefs of others*
- I will be responsible for my actions*
- I will respect the property of others*
- I will respect and follow the rules of my school and laws of my community*
- I will respect those who are responsible for enforcing the rules*

MSHSL BYLAWS:

Mood Altering Chemicals (including E Cigarettes)

Sexual/Racial/Regligious Harassment/Violence / Code of Conduct / Social Media

Mounds View Public Schools district policy:

Student must complete the entire season to have served the high school penalty

1st violation – 3 weeks or 3 contests, which ever is greater. Student will lose the right to be captain in any activity for the school year. If the student was a captain at the time of the violation, they will not continue in this capacity.

2nd violation – 9 weeks or 9 contests, which ever is greater. Student will lose the right to be captain for their high school career and will not be considered for conference honors. If the student was a captain at the time of the violation, they will not continue in this capacity

3rd violation – Student will lose eligibility for the next 12 months along with losing eligibility for conference honors while serving this penalty.

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Policy on missing class: The Irondale policy states: "In order to be eligible to participate in co-curricular activities (meets or practice) Irondale students must be in school all hours of the school day. Any exceptions must be cleared by the principal or the activities director." This includes any time spent in the Learning Center.

Policy on missing or being late to practice and missing meets: If you are going to miss a practice or be late to practice, it is the athlete's responsibility to email or text Coach Torvi. Please do not have someone else tell the coach. Practice is a vital part of training – if you are missing practice you could be ineligible to race.

Policy on leaving meets: We expect that the runners complete a cool down after their race. We would like runners will stay until the end of the meet if possible. If you are leaving with your parents, please check out with a coach before you leave. If you are leaving with the parents of a teammate, Coach Torvi will need a note from a parent giving permission to go home with with teammate - text from parent will work.

Policy on grades: You must be making satisfactory progress towards graduation to be eligible to participate in any sport. Runners must be passing classes to be eligible to race during the season. Coaches receive a weekly email of any athlete not passing classes. Student will have 1 week to get a passing grade - if a student is not passing a class after the 1 week grace period - runner is not eligible to race.

Lettering criteria: runners who compete at the varsity level (top seven) for 2/3 of the meets, varsity level for the conference and section meet, run a time standard twice (Boys-18:00 Girls-22:00) Seniors in good standing that have run for at least 3 seasons and coaches discretion.

Fundraising: We usually cover the 2.5mile water stop at the Twin Cities Marathon in October. Marathon has been cancelled this year - we will not be doing any fundraising events.

Equipment: It is essential to have a really good pair of running shoes. There are several very good running stores in the area. Run N Fun and Mill City Running are very good stores that cater to runners. Their staff are all runners and have much more knowledge when it comes to fitting shoes and they give discounts to team runners. We also recommend purchasing a pair of running spikes, racing shoes specific to cross-country.

Runners also NEED a WATCH WITH STOP WATCH FUNCTION!!!!

Injuries: There are some common injuries that new runners can experience. There is a certified athletic trainer that is on site most every day that can assist your runner. As coaches, we want to know anytime your runner is having any physical difficulties. We can modify their workouts and help them get through the injury. Most often, injured runners ride a personal bike - helmets are strongly encouraged. We also recommend running specific clinics to help with any injuries - examples are Summit Orthopedic or Tria Orthopedic.

Non-School Competition and Training: Any type of individual training or team participation on a non-school team in the same sport during the same high school season needs to be discussed with the activities director prior to the student participating in any training or team participation

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Clothing Orders: Optional - Clothing orders will be done through Captains. Order forms will be available soon – Captains will be providing details to runners at practice and information will be posted online as soon as it is available.

Parking Permits: The athletic department reserves a limited number of parking permits for the team. If you are interested, please email a head coach - seasonal fee applies.

Website: The website is the best way to keep up to date during the season.

www.moundviewschools.org/irondaleboyscrosscountry

Text remind - sign up to get the most up to date information

Rschools notification/parents sign up at:

<http://s3.amazonaws.com/vnn-aws-sites/1112/files/2012/03/Activity-Scheduler-Parent-Guide.pdf>

Covid Era! - The biggest issue we have ever seen! We are so very happy that we have an opportunity to try and make this season work. Flexibility and diligence is going to be so very important this season. We still have very little racing information - we are working hard to secure racing locations. As soon as we have race dates - they will be posted on team website, calendar and texted to everyone that has subscribed to Remind

Season - Monday, August 17 - Saturday, October 24

-Training - all runners are expected to self monitor themselves every day. If you have any illness symptoms, err on the side of caution and do not attend practice. We expect every runner to have a mask for the beginning and end of practice. Runners will not need to wear a mask while running.

-Practice Times - 8-10am Aug 17-Sept 3 (no practice Sept 4-7)

3:30-5:15pm Sept 8 - end of season (Mon-Fri when school in session)

Morning practice on non-school days (will be on calendar - team website)

-Racing - There is a possibility that there will have a state meet - MSHSL has stated they will make a decision by early September. That possibility affects the racing season.

We will only race SEC teams (Suburban East Conference). We are only allowed up to 7 meets (we will likely have less than 7 meets). Meets are limited to 2-3 teams per meet (meets will be boys or girls only).

There are plans to have a Conference Championship meet @ Tanners Brook GC - there are a couple options for dates based on if there is a state meet. The original Championship date is Oct 20 (likely the date if we don't have State Meet).

-Busing - We are limited to 24 people on a bus (including coaches). We will likely need help from parents driving runners to meets.

-Carbo Loads and Meet Treats - Because of Covid precaution - we are not doing either of these for the 2020 season. Runners need to plan ahead and pack drinks and snack for any races.

Thank you to runners and parents for attending the meeting!

We are looking forward to a competitive and fun season!