

CENTRAL CROSS COUNTRY

www.centralcrosscountry.com

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Dear Central Parents and Students,

We are excited that your incoming 9th grader is interested in joining the Central Cross Country team. On our team, we strive to establish a team culture that values hard work, dedication, community, and academic achievement.

Our team is led by Head Coach Morgan Wiechmann and Assistant Coach John Gallagher. Both coaches bring years of experience as runners, coaches, and SPPS teachers to our team. Coach Wiechmann teaches at Central High School. Please feel free to contact her directly at:

Head Coach Morgan Wiechmann
Asst. Coach John Gallagher

morgan.wiechmann@spps.org
john.gallagher@spps.org

Captain's practices are traditionally held throughout the summer Monday through Friday beginning at 9:00am. They are optional and start on Monday, June 20th, 2022 and continue until the first official team practice on Monday, August 15th, 2021 at Central HS at 8:00am-10:00am.

Captains' Summer Practice Schedule:

Monday- Dunning Field 8:00-10:00am
Tuesday- Como Pavilion 8:00-10:00am
Wednesday- Dunning Field 8:00PM-9:30PM
Thursday- Linwood Hills Rec Center (Deubener Rd) 8:00-10:00am
Friday- Dunning Field 8:00-10:00am
Saturday- TBD 9:00am

The captains also plan a 3-day overnight "Marathon Weekend" camp at Willow River State Park or Lake Elmo at the beginning of August. This is an excellent way for incoming freshmen to meet some of their new teammates and is open to anyone interested in joining the Cross Country team. Please contact the 2022 Cross Country captains for details about summer practices and Marathon Weekend.

Rachel Poppleton rpoppleton001@stpaul.k12.mn.us
Henry Huron hhuron001@stpaul.k12.mn.us
Torte Torstenson ktorstenson001@stpaul.k12.mn.us
Maeve Lindsay mlindsay001@stpaul.k12.mn.us

Leo Rhode lrhode002@stpaul.k12.mn.us
Pria Stauning pstauning001@stpaul.k12.mn.us
Adrian Haugee ahaugee002@stpaul.k12.mn.us

** Equipment for Cross Country includes: a good pair of running shoes, a pair of Cross-Country spikes for races, a watch with timer, a water bottle, and running clothes. Be sure to dress for the weather. If you have any questions or need help getting any of this equipment, please email one of our coaches.*

We can't wait to see you this summer/fall!

HOW TO REGISTER PRIOR TO AUGUST 15TH:

- In order for your child to be able to participate on the first day of fall practice (August 15th, 2022), they need to have completed the MSHSL form online and have an Athletic Sports Physical on file with SPPS/Central H.S., as well as have paid the Participation Fee to Central's Athletic Office by Friday August 12th, 2022 at 3pm.
 - Registration opens on Mon May 23rd. Navigate to the Central Athletic Page to learn how to register.
 - Central Athletic Website:
<https://sppscentralhighschool.rschooteams.com/page/3077>
 - Required forms:
 - Central Google Form filled out
 - Minnesota State High School League Eligibility Statement and health questionnaire
 - Athletic physical Form
 - St. Paul Public School academic guidelines
 - Participation Fee paid to the Central High School- Athletics
- Please note that registration for fall sports remains open *beyond* August 12th however we encourage you to register by Aug. 12th. Upon turning in ALL required forms and fees there is a 24-hour processing period for ALL athletes before they will be allowed to participate.
- Athletic Participation Fees must be paid in person in Central's Athletic Office (Rm 1407) Prior to June 15th or the week of Aug. 9-13. Your registration will not be complete and you will not be cleared to practice until this is done. Cash or checks accepted - checks made payable to Central High School. Athletic office is open 9am-3pm until June 15th.
- The Athletic Office is closed June 16th-August 7th.
- Starting on Monday August 8th Athletic Office Hours will be M-F 8:00am-3pm

Athletic Office: Room 1407

Athletic Director: Alicia Ekegren (alicia.ekegren@spps.org)

Admin. Assistant: Adam Hunkins (adam.hunkins@spps.org)

Registration opens on May 23rd

Eligibility Brochure release TBD