

MME Activities & Athletics

CROSS COUNTRY RUNNING FALL 2026 - BOYS & GIRLS

Cross country is open to all students in 6th, 7th, and 8th grade at MME. There are no tryouts, cuts or roster limits, and there is the opportunity to start the season early in August with the MHS teams.

Preseason Informational Meeting for students and parents: CC will be hosting their parent/student informational meeting virtually on Wednesday, September 2 at 4:30. Google Meet code can be found on Schoology and will be sent out in a message via Bound.

<https://meet.google.com/cks-wyai-jny>

Schedule	Practice at MME begins on Tuesday September 8th and ends on October 23rd. Practice is daily right after school and ends around 5.20 p.m. Students should be picked up by 5:30pm. Some students may also elect to start early with the HS team on August 17th - details on final page. This is generally reserved for 7th and 8th graders that have participated in a previous season.
Location	Meet on the track behind the school for daily practice by 4:05pm. Students will be able to use the locker rooms to change into running gear.
Fees	\$50 participation fee and a \$66 CC activity fee. (Note: The participation fee is paid only once per year for as many activities as a student wishes to participate in.)
Head Coaches	Head Coach Boys: Carson Hoeft carson.hoeft@minnetonkaschools.org Head Coach Girls: Stacie Olson stacie.olson@minnetonkaschools.org
Registration Deadline	Registration is open from August 3 to September 14.
Transportation	We will order buses, but may not have buses to some away matches. If so, parents will need to pick up their player at MME and transport to away matches - carpooling is encouraged.

Refund Policy	REFUND POLICY: 1. Injury - Refund pro-rated. 2. Ineligibility - No refund as student may continue to practice. 3. Quit /Withdrawal from team - Up to 1st contest/game = 75% refund. After 1st contest/game = no refund.
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WELCOME TO CROSS COUNTRY RUNNING

Who Can Join?

Cross country is open to all students in 6th, 7th, and 8th grade at MME. There are no tryouts, cuts, or roster limits - everyone is welcome!

Cross country requires significant dedication and hard work from students. While we strive to make the experience enjoyable, there's no avoiding the fact that training involves substantial running and commitment. Athletes are expected to apply themselves seriously at practice to achieve personal improvement.

Preparation: Being able to run 1-2 miles without stopping is good preparation for the season.

Registration

IMPORTANT: All fees must be paid and forms completed before a student can attend practice.

Registration details and forms are available below. For team members, we recommend joining our Schoology group using access code GP29D-S722N (parents should join too).

What Runners Need

Equipment

- Running shoes (highly recommended) - Local running stores like Lakes Running Co, TC Running, Gear West, and Mill City Running provide professional fitting and team discounts when you mention you're running for Minnetonka
- Avoid street sneakers, basketball shoes, etc., as they increase injury risk (shin splints and other issues)
- A running watch is highly recommended.

Clothing

- Comfortable running apparel (shorts, t-shirts, etc.)
- Warm weather gear including lightweight hat and gloves
- Note: We practice outside every day regardless of temperature

Practice Schedule

Practice ends around 5:20 PM - all students must be picked up by 5:30 PM.

A sample week may look like this:

Each practice begins with warm-up, stretching, and announcements, followed by:

Day	Activity
Monday	2-5 miles with sprint drills and strides
Tuesday	Intervals or tempo run
Wednesday	2-5 miles with weight training or sprint drills
Thursday	Cross country meet
Friday	Recovery run

Note: Meet days vary throughout the season

The amount of running is tailored to each runner's experience and goals. Coaches work with individual athletes to develop personalized training plans.

About the Meets

Race Details

- Most races are 1.5 miles (with one 1-mile race and one 3000-meter race)
- Boys and girls race separately
- 6th and 7th graders run together
- Most races have a time schedule like
 - 8th grade boys at 4:40
 - 8th grade girls at 5:00
 - 6-7th grade boys at 5:20
 - 6-7th grade girls at 5:40

Weather Policy

- Meets will likely continue during rain or even snow
- Meets are cancelled only for lightning

Transportation & Scheduling

- Transportation: We may not have school busing to all meets this year. Parent carpools may be required
- Class Schedule: Meets begin before school ends, so students may miss their last hour. Students are responsible for communicating with teachers and obtaining assignments beforehand

- Team Spirit: We encourage everyone to stay and cheer on teammates

Meet Information & Updates

Meet details are posted weekly on the MME Cross Country Schoology group page.

Schedule Access: see registration information below - we are transitioning to a new program - BOUND - details about the schedule are in the registration packet.

More Information

Schoology Group

- Access Code: GP29D-S722N
- Both students and parents should join
- Previous team members may need to re-register if accounts were cleared over summer
- [Parent instructions for Schoology access](#)

Optional medical insurance - Minnetonka Public Schools does not provide health or accident insurance for injuries that happen at school or while participating in sports and activities.

Insurance informational information is available here: [Optional Health/Accident Insurance](#)

We're looking forward to an amazing season!

Contact Information

Head Coaches:

- Boys: Carson Hoeft - carson.hoeft@minnetonkaschools.org
- Girls: Stacie Olson - stacie.olson@minnetonkaschools.org

Assistant Coaches: Anna Schoeneberger, Alex Falconer, and Tonya Andruskiewicz

SCROLL BELOW IF YOU WISH TO BEGIN THE FALL SEASON IN AUGUST WITH THE HIGH SCHOOL TEAMS.



Registration

Registration is open from August 3rd until September 14th

- Please make sure you have the MSHSL physical uploaded to Bound BEFORE you attempt to register - you cannot register until this step is completed.

MME Bound setup and registration details

2026 Minnetonka Middle School Cross Country early training opportunity with MHS



MME and MMW cross country team members can start practice with the MHS teams in August.

Practice starts Aug. 17th

REGISTRATION WILL OPEN AUGUST 3rd. *Please be sure to Register for MME Cross Country; DO NOT register for MHS Cross Country.*

(Athletes MUST be registered before attending practice)

Notes regarding starting early with the MHS runners:

- **You need to register for MME Cross Country (do NOT register for MHS Cross Country).**
- Runners do NOT need to attend every practice. Come whenever you can!
- Runners will be expected to run a minimum of **three to four miles** without stopping.

Girls – Info at www.tonkatrack.org or email Stacie Olson: Stacie.olson@minnetonkaschools.org
Coach Tonya Andruskiewicz will also be in attendance and can be reached at 1dandy1ife@gmail.com

- Optional **2 week only** practices start on August 17th at **MHS**.
- August 17-21 - Practice at **MME** 7:30-9:30.

- August 24-28 - Practice at **MHS** 3:00-5:00. (This change is because teachers have workshops.)
- Please check the calendar below for specific dates and times.
 - o [2026 Cross Country Calendar](#)

Boys - Info at www.tonkatrack.org or e-mail MME coach Anna Schoeneberger:
Anna.Schoeneberger@minnetonkaschools.org

- August practices start on 8/17, Monday through Friday at the MHS track.
- Generally from 7:30- 9:00
- Runners may be encouraged to run two or three races with the MHS team. Details will come from the practice sessions.
- Those who participate will join practice at MME once school begins.