

WHAT IS GOING ON 2023

Local races coming up

Bull run is Saturday July 20th at 7:30am [click here](#) for online registration

We are once again providing a discount code for the Kolacky Days Bun Run 5K Road Race for high school runners this year. If they add "HIGHSCHOOL" as a discount code as they check out, they can receive a \$10 discount on their registration fees. If they register by Wednesday, July 10, it would be \$15 per runner or \$20 per runner if they register after. This discount is intended only for high school runners.

[5K Road Race - July 28, 2024 — Kolacky Days - Montgomery, MN \(montgomerymn.org\)](#)

The Le Sueur Chamber is taking over the Giant Days 5K. It will be on Saturday Aug. 3rd. and is a green-out. It should be fun! Registration can be found here:

<https://raceroster.com/events/2024/90141/giant-5k>

Summer running

The end of the track season always brings excitement for summer running for me. There are some great opportunities for you to improve over the summer. One of my favorites is BPXC strength and conditioning Monday and Wednesday evenings at the athletic complex. Details follow. Another great opportunity to take part in the greater running community is to share your talents to raise funds for MS. Details below. There are some great local 5k's to add to your t-shirt collection and get out and run with some of your teammates. Listed below. Whatever you choose to do enjoy the process of becoming a better runner. See you on the streets.

May 12th, 2024 thru August 12th, 2024

There are 3 different mileage clubs, **150(7th-8th), 200(9th), and 300(10th-12th)**. See below.

May 4th-S.W.A.T.T run volunteering

May 11th-Midnight mile kick off for summer running details to follow on Remind.

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July 20th-BBQ days bull run and parade float

Other training opportunities(count toward your mileage)

- Junior Olympics summer series. First track meet June 15-16 at Lakeville South High School. Those who qualify will be eligible to compete at region 8 Northern State University in Aberdeen, SD July 6-7. Those who qualify for nationals will be eligible to compete at Texas A&M in College Station, TX. The week of July 22-28. Athlete's only compete against their own age group at these meets.
- BPXC strength and condition training Monday and Wednesday nights 6pm-7pm starting 6/3. Additional training for JO USATF events provided at 7pm. Register Belle Plaine community Ed:
https://bp.cr3.rschooltoday.com/public/getclass/category_id/-1/program_id/9
- Summer Weight Room, sign up with community ed.
- Small Group Weightlifting at Natural Fitness with Coach Jamison Tuesday/Thursday 6:45am. 4-6 athletes per hour session. \$15 per hour session per athlete. Training is tailored to the athlete's needs. Additional Tuesday/Thursday training sessions open as needed.
- Miles for MS, Carolina Stiemke. More information to follow. It is a running community that is raising funds for MS.
- There are many local community runs in the summer. It is a fun way to enjoy the local running community. Here is a short list.
- **Saturday, May 18th** **Walk on Waconia**
• <http://www.walkonwaconia.com/>
• 5k, 10k & 10 mile options
• Discounted fee deadline May 1st
- **Saturday, June 29th** **Henderson Sauerkraut Days**
• https://kraut.hendersonmn.com/Henderson_Sauerkraut_Days/Home.html
- **Saturday, July 20th** **Belle Plaine BBQ Days**
• <https://belleplainefestivals.org/event/bbq-days-2/>
- **Sunday, July 30th** **Montgomery Kolacky Days**
• <https://www.montgomerymn.org/5k-bun-run-kids-race-2-mile-fitness-walk/>
• Discounted fee deadline July 10th
- **Saturday, August 3rd** **Le Sueur Giant Days**
• <https://www.giantdays.org/>

Thoughts on summer mileage:

- create a routine(lay out your running clothes the night before, run at the same time every day)
- be consistent(run the same number of days each week run every week)
- include fun people(running with a friend choose an interesting location)
- change it up(run fast, slow, long, short, it is easy to do the same thing every run)
- hills are good(do them regularly as intervals or run a hilly course)

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-record your progress(not just your mileage but other things like how you felt, weather, rest, etc.)

THE N.U.T CLUB

To get better at running you have to run, that is why we have the mileage goals for each age group.

150 MILE N.U.T.S CLUB

Eligible: 7th and 8th graders

- No more than 75 miles in a 30 day period
- No more than 50 miles from biking (3 miles bike = 1 mile run)
- One session of weight room (Community Ed, or Ridgeview) = 2 mile
- One session of BPXC2 = 1 mile ran

All activities need to be documented in either paper, Mileage Counter or logged on runningahead.com

IF YOU RUN 150 MILES YOU GET A BIG NUT WITH YOUR FINAL MILEAGE ON IT

200 MILE N.U.T.S CLUB

Eligible: 9th graders

- No more than 100 miles in a 30 day period
- No more than 67 miles from biking (3 miles bike = 1 mile run)
- One session of weight room (Community Ed, or Ridgeview) = 2 mile
- One session of BPXC2 = 1 mile ran

All activities need to be documented in either paper, Mileage Counter or logged on runningahead.com

IF YOU RUN 200 MILES YOU GET A BIG NUT WITH YOUR FINAL MILEAGE ON IT

300 MILE N.U.T.S CLUB

Eligible: 10-12th graders

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- No more than 150 miles in a 30 day period
- No more than 100 miles from biking (3 miles bike = 1 mile run)
- One session of weight room (Community Ed, or Ridgeview) = 2 mile
- One session of BPXC2 = 1 mile ran

All activities need to be documented in either paper, Mileage Counter or logged on runningahead.com

IF YOU RUN 300 MILES YOU GET A BIG NUT WITH YOUR FINAL MILEAGE ON IT AND A T-SHIRT

Running for MS summer opportunities

The summer miles program is up and ready to go, this year the program is raising money for MS. This is a great way to use our gifts to help others, get in shape over the summer and be included in a motivating group! Anyone can join and donate to the MS society.

The summer miles Facebook link is here:

<https://www.facebook.com/share/HDQCug6GqJZQhefS/?mibextid=A7sQZp>

Questions contact: carolina.stiemke@gmail.com

We will be donating to MS (Multiple Sclerosis Society). Minimum donation amount will be \$20 but you are always welcome to donate more!

It was great to have so many of you attend the meeting last night. If there are any questions feel free to contact me at [Steve Schroeder](#) Here is a link to the material we presented at the meeting. [Spring meeting 2024](#) Can't wait to see you out there preparing for the season.

State Meet

Hello cross-country athletes and families,

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What a glorious day to end the 2023 season on. The kids ran well and it was nice to gain some experience on the Les Bolstad course which looks like it will be the state meet course for many years to come. I would like to acknowledge the great fan support we had at the meet. Not only did a number of the participants' teammates ride the bus, there were many family members and fans there to cheer on our 4 competitors. An historic season ending race. Never have we had 4 individual participants at the state meet and we were back on the U of M campus for the first time since 1990. It was also very exciting having 20 teammates join us throughout the week to continue to workout with the state participants.

The boys were up first with Jack Buerkle and Kelton Koepp appearing in their second trip to the fall spectacular while Isaac Bemmels had his first official race at state after being an alternate last year. As the race began you couldn't have asked for any nicer conditions. The boys ran together through the first mile on the very busy course. Kelton executed his race plan to perfection crossing the line in 16:34 good for 33rd place. Next across the line was Jack in his second fastest time of his career in 16:59, 54th place. Issac finished in 78th place crossing the line in 17:13. The boys were greeted in the shute by last year's state champion and teammate Emmett Gerres handing out water. Adriane came ready to race, finishing the course in 68th place running a 20:11. She was also greeted at the finish line by last year's teammate putting time in working the state meet.

For the record section 2AA had a pretty good day at the state meet. In the boys race the section team representatives took 1st and repeating state champs Mankato East with Marshall taking 3rd. 2 individuals from section 2AA finished in the top 10. On the girls side a first and 11th place finish by Marshall and Hutchinson while 3 of the top 4 girls finishers were from section 2AA with the 10th place girl also being from section 2AA. It is nice knowing you are competing against the best in the state, how else are you going to get better.

With the end of the season comes celebration. Thursday November 9th in the high school lunchroom we will host the end of the season potluck awards banquet beginning at 6:00 pm. I hope you can come join us in celebrating an amazing season and recognize the incredible hard work these kids have done for the past 3 months.

Nike XC is also coming up soon and practices will continue the week after state. It is fun to see you perform on the regional stage at the NXR in Sioux Falls. As the off season approaches we are excited to watch you in your other activities. If you have not decided what you are doing this winter, the most complimentary activity to cross-country is Nordic Skiing. Many of your teammates are already on the team. .

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Schedule for the week of 11/6-11/12/23

- Tuesday (11/7) - Nike cross practice 3:30 high school commons
- Thursday (11/9) - Nike cross practice 3:30 high school commons. Potluck 6:00-8:00 high school lunchroom
- Sunday (11/12) - Nike Cross Heartland Regional Sioux Falls

Upcoming weeks

- Work hard have fun be involved

Hope to see all of you Thursday.

If you have any questions, please let us know, stschroeder@belleplaine.k12.mn.us

Important State Meet ticket information

This year the MSHSL is requiring the purchase of a ticket to be at the cross-country state meet. This is the link to their website where you can purchase your ticket.

[MSHSL Tickets](#)

Free digital state meet programs are available here.

[State Meet Program](#)

Parking map for the free shuttle lot.

[Free shuttle parking for state meet](#)

Week 12(State)

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Hello cross-country athletes and families,

We have arrived at the last week of the season and we are still going. Congratulations to our state meet participants. This week has been another history maker for the BPXC program. For the first time in program history we will have 4 individuals running at the state meet next Saturday. Also we had our junior high teams participate in the first JH state meet. The boys team took second place and individually Etta Fahey placed 3rd and Colton Meisler was 6th.

While we were hoping for our teams to make it through section 2AA the kids ran their hearts out against some incredible competition. Coach Jamison said it best in practice Friday. You have your individual goals to make yourself better, stronger, faster, and your tricky goals. Tricky goals are tricky because it depends on those you are competing against. Section 2AA is loaded with high quality opponents from great programs and it makes it exciting to be part of such a competitive section. Our kids did everything right working hard throughout the season and in the offseason. They are amazing young people that understand the value of a job well done. I am proud of them.

The boys started us off at the section meet Thursday with a very close third place finish. Marshall edged us out by 5 points. The boys were led by Sophomore Kelton Koepp placing 7th and punching his ticket to the state meet. Teammates Jack Buerkle (12th) and Isaac Bemmels (14th) also advance to the state meet next Saturday. Austin Kehr(15th) was right behind them and Ezra Fahey(18th) rounded out the scoring. Michael Schultz(20th) and Caden Riga(21st) were our 6th and 7th runners. The girls placed 4th led by 8th grader Adriane Nelson who will be returning to the state meet placing 11th. Kallie Thaemert(17th) was followed closely by teammate Tirzah Juarez(19th) both having great races. Belle Jeurissen(26th) and Aly Jeurissen(33rd) rounded out the scoring for the tigers and wrapped up their cross-country careers leaving it all out on the course. Fellow senior Lila Bungarden(40th) close behind capping off her final campaign. Addisyn Giles(44th) was our final runner. The boys and girls put it all out there as they have done all season they should be proud of the way they competed.

Saturday was an awesome way to finish the year off for our JH runners. The girls raced first with Etta Fahey finishing the 3000m course in 3rd place out of 100 runners. Rose Storch had a great race finishing in 26th place with teammate Isabel Holladay following in 40th. RosaLynn Burtman ran an excellent race finishing in 79th place. With only 4 runners the girls were not

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able to score as a team we hope to have a complete team for next year. The boys were led by Colton Meisler in 6th place. Zach Haefner finished 18th, with teammates Alex Muelenhardt(24th) and Elias Newson(25th) just behind. McKegn Giles finished in 31st with Wyatt Fogarty(35th) and Jayden Koonst(57th) rounding out the squad. The boys edged out RAACHE for second place by 2 points. I am very excited about the way the kids came to perform at this event. I look forward to many years of watching these kids do amazing things.

As the next season approaches we love watching you in your other activities. If you have not decided what you are doing this winter, the most complimentary activity to cross-country is Nordic Skiing. Many of your teammates are already on the team. Nike XC is also coming up soon and practices will continue the week after state. It is fun to see you perform on the regional stage at the NXR in Sioux Falls. You are all invited to practices this week and to ride the bus to the state meet.

Schedule for the week of 10/30 - 11/4/23

- Monday (10/30) - Practice 3:30-6:00
- Tuesday (10/31) - Practice 3:30-6:00
- Wednesday (11/1) - Practice 3:30-6:00
- Thursday (11/2) - Practice 3:30-6:00
- Friday (11/3) - Practice at Les Bolstad golf course leave school at 12:00(bring a card to buy clothing if you want . . . I think they quit taking cash)
- Saturday (11/4) - State Meet Les Bolstad golf course bus leaves at 11:45
 - Boys race - 2:00 Box 6
 - Girls race - 2:45 Box 6

Upcoming week

- Nike xc practices TBD
- End of Season potluck (11/9/23) High school lunchroom 6:00 PM
- Nike Cross Heartland Regional (11/12/23) Sioux Falls, SD

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This being the final week of the season. Take care to put yourself in the best possible place for your competition Saturday. You have done a great job throughout the season keep it up. Please also, continue to dress for the weather.

If you have any questions, please let us know, stschroeder@belleplaine.k12.mn.us

Week 11

Hello cross-country athletes and families,

Tuesday was the last ever MRC conference meet and the BPXC tigers sent the conference off in style. Our teams won each of the six races, 4 of them by perfect scores. Lila Bungarden was the champion of the girls JV race. Teammate Ezra Fahey did the same in the JV boys race. Adriane Nelson was our highest placing girl in the Varsity race finishing 2nd and Kelton Koepp won the boys Varsity race. Etta Fahey and Colten Meiser were the JH champion runners. All conference runners included, Nelson, Kallie Thaemert, Tirzah Juare, Aly Jeurissen, Belle Jeurissen, Koepp, Austin Kehr, Michael Schultz, Jack Buerkle, Isaac Bemmels, Caden Riga, Ben Pint. Jesse Sullivan and Ezra Fahey were honorable mention. It was a fitting way to send off the MRC.

This week is an exciting one with the section 2AA meet Thursday and the JH state meet Saturday. Section 2AA is arguably the toughest section in the state. That is what makes it so exciting. In order for our season to continue the team must finish in the top 2 or an individual must be in the top 8 to compete at the state meet the following Saturday. This team is very special. They have put in the hard work in the off season and shown up all season long doing what it takes to accomplish their goals. I am very proud to be associated with such fine young people. Section meet will be held at Benson Park in Mankato, come out and support the team.

Schedule for the week of 10/23 - 10/28/23

- Monday (10/23) - Practice 3:30-6:00
- Tuesday (10/24) - Practice 3:30-6:00
- Wednesday (10/25) - Practice 3:30-6:00
- Thursday (10/26) - Section 2AA meet Benson Park Mankato 3:00 bus leaves
 - Bus leaves 1:30

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- Boys 3:30
- Girls 4:15
- Friday (10/27) - Practice 3:30-6:00
- Saturday (10/28) - Junior High State Meet Wayzata Middle School 11:00 (12000 Ridgemount Ave. W. Plymouth, MN 55441)
 - Bus leaves 8:45
 - Girls 3000m - 11:00
 - Boys 3000m - 11:30

Upcoming week

- Nike xc practices TBD
- End of Season potluck (11/9/23)
- Nike Cross Heartland Regional (11/12/23) Sioux Falls, SD

As we move into our eleventh week of practice this is our championship season. We have set high goals for ourselves now is the time to be extra diligent caring for yourself. There is illness going around: wash your hands, get plenty of rest, stay hydrated, eat nutritiously. Everyone is important to our team, be well. Please also, continue to dress for the weather.

If you have any questions, please let us know, stschroeder@belleplaine.k12.mn.us

Week 10

This past week we traveled back to Mankato to test ourselves against some quality opponents on the section 2AA course. The Junior high started us out in style with the boys JH beating Mankato East, Mankato West, Owattona, Marshall, Waconia, Faribault, Worthington and Bloomington Jefferson. They were led by Colton Meisler in 1st place. Zach Haefner was 6th, Elias Newson 8th, Alex Muehlenhardt 9th, and McKegn Giles 14th place. Teammates Wyatt Fogarty, Jayden Koonst, and Cade Bauer were close behind. All the JH boys ran personal bests. In the girls JH race Etta Fahey took 1st besting a field of 60 competitors. Isabel Holladay finished 5th and Rose Storch 14th. RosaLynn Burtman finished in 52nd place. The girls were

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one short of a complete team. We are hoping to have all 5 JH girls ready to go on Tuesday for the MRC so they can compete as a team. Next up were the varsity girls placing 4th behind section 2AA foe Marshall, Waconia, and Owattona. The girls won a tie breaker over Bloomington Jefferson as both our 6th(Jesse Sullivan) and 7th(Addisyn Giles) runners beat Jefferson's 6th runner. Adriane Nelson led the team placing 11th she was followed by Belle Juerissen(27), Kallie Thaemert(32), Tirzah Juaire(34), and Aly Juerissen(39). Sullivan(51) and Giles(57) followed. We were allowed to run 9 total varsity kids so Lila Bungarden(61) and Marley Ziemke(66) ran well in the varsity competition as well. The girls looked strong throughout their race and will be ready for next week's final MRC championships in Montgomery. For the boys varsity Austin Kehr led the charge in 7th place, Kelton Koepp followed closely in 13th. Isaac Bemmels broke 17 for the first time finishing in 21st, while teammates Jack Buerkle(26) and Michael Schultz(28) were close behind. Caden Riga(31) continued running well placing while Ben Pint(32) lowered his PR for the second week in a row. Cole Tousignant(55) and Isaac Hanson(82) had their first varsity experience running well. In the JV girls race we had Amanda Vinkemeier lead the way in 25th place, Keira Skluzacek 50th place and Macy West 119th. The boys JV saw Jackson Nagel leading the way in a brand new PR followed by Jackson Ziemke in his brand new PR. Lucas Schultz also ran a new PR with teammate Ethan Martin right behind him. Zach Korba continued his improving ways, lowering his PR to 21:28. Erik Hoff was close behind him with a time of 22:17 and Nathan Ludwig broke 25 for the first time completing the course in 24:39. It was nice to be able to run 9 people in the same race as we are approaching championship season and great to see the kids compete against quality teams.

Saturday we were able to take part in the local running communities Scenic Byway half marathon working two water stations. As always the kids did a great job cheering on the competitors. We are so blessed by our community it is nice to be able to give back to those that support us. It was also fun to see BPXC alumni, teachers, and community members run.

This week is MRC week. We race Tuesday at the golf course in Montgomery. It is also MEA week. We will be practicing Thursday and Friday mornings at 9 am. If you will be competing past the MRC meet or wish to ride the bus to the section meet you need to be at practice.

Schedule for the week of 10/16-10/20/23

- Monday (10/16) - Practice 3:30-6:00
- Tuesday (10/17) - MRC meet Montgomery golf course bus leaves 1:45

2:45 PM	-	Teams
arrive		

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3:15 PM	-	
COACHES' MEETING		
3:30 PM	-	JV
Boys 5000 m		
3:35 PM	-	JV Girls
5000 m		
4:15 PM	-	Varsity
Girls 5000 m		
4:50 PM	-	Varsity
Boys 5000 m		
5:20 PM	-	MS
Girls 2500 m		
5:25 PM	-	MS
Boys 2500 m		
5:40 PM	-	Awards

- Wednesday (10/18) - Practice 3:30-6:00 **Cookie Run**
- Wednesday - concession stand for football 6pm
- Thursday (10/19) - Practice 9:00-11:30 am
- Friday (10/20) - Practice 9:00-11:30 am

Upcoming week 10/23-10/28/23

- Monday (10/23) - Practice 3:30-6:00
- Tuesday (10/24) - Practice 3:30-6:00
- Wednesday (10/25) - Practice 3:30-6:00
- Thursday (10/26) - Section 2AA meet Benson Park start time 3:15
- Friday (10/27) - Practice 3:30-6:00
- Saturday (10/28) - JH State meet 10:00 am Wayzata Middle School

Future:

- Thursday (11/9) - End of season Potluck 6:00-8:00 school lunchroom

As we move into our tenth week of practice this is our championship season. We have set high goals for ourselves now is the time to be extra diligent caring for yourself. There is illness going around: wash your

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hands, get plenty of rest, stay hydrated, eat nutritiously. Everyone is important to our team, be well. Please also, continue to dress for the weather.

If you have any questions, please let us know, stschroeder@belleplaine.k12.mn.us

Week 9

Hello cross-country athletes and families,

This week we traveled to the I-90 meet in Fairmont to do battle with some schools that will be in our new conference (The Big South) next year. Both the girls and boys squads came home with the championship bag of apples and were enjoyed on the bus ride home. The junior high girls started us out in fabulous form finishing 1-4. Etta Fahey finished 1st, Isabel Holladay 2nd, Rose Storch 3rd, and Quinnlyn Gleason 4th. They all finished in season best times. The boys junior high were not to be out done as they took 6 of the top 8 places. Colton Miesler 1st, Zach Haefner 3rd, Alex Muehlenhardt 4th, Elias Nelson 5th, McKegn Giles 7th, and Wyatt Fogarty 8th. Jayden Koonst and Cade Bauer joined the others in running season best over the 2000 m distance. That was a great start to the meet. The girls followed up with a great showing running strong races in the windy conditions. Adriane Nelson led the way in 2nd, followed by teammates Tirzah Juare 4th, and Kallie Thaemert 7th each earning a medal for their efforts. Belle and Aly Jeurissen had strong races to round out the scoring for the Tigers. Jesse Sullivan continues to run well finishing just behind with Addisyn Giles finishing as the 7th runner. Seniors Lila Bungarden and Marley Ziemke had great races pushing the pace in the latter stages of the race. Kiera Skluzacek ran a season best as did Senior Megan Holzemer. Rebekah Stiemke and Macy West ran very consistent races. The girls strong performances indicate they are ready to bring a more aggressive pace to the first mile taking their racing to another level. The boys team saw the fourth different lead runner of the season. Austin Kehr led the way in a time of 16:31 which moved him ahead of fellow teammate Ezra Fahey on the all-time 5K list to number 4. Just behind Austin was Kelton Koepp in 4th place. Isaac Bemmels 9th and Jack Buerkle 10th made the medal stand representing the Tigers. Homecoming King Michael Schultz finished just out of medal contention in 11th, teammates Caden Riga 14th and Ben Pint 17th (new PR 17:42) rounded out the top 7. Ben ran under 18 for the first time, shattering his previous best. Fellow teammate Isaac Hanson had his best race ever, bettering

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the auto qualify for lettering (18:30) by completing the race in his new PR 18:21. Teammate Cole Tousignant was just behind also in an auto qual time of 18:24. Freshman Jackson Nagel continues to impress, closing in on the auto qual time running an 18:52. Sophomores Jackson Ziemke 19:47 and Ethan Martin 19:52 break the 20 minute barrier running impressively. These two are having great seasons steadily improving. Lucas Schultz ran another PR or near crossing the line in 20:56.6 followed closely by Zach Korba in a new PR of 21:31. Nathan Ludwig put an exclamation mark on the day finishing in a new PR time of 25:04. The boys dominated the field, outpacing second place Fairmont by 60 points.

We capped off our week with the homecoming relay. On Friday the kids had a blast running the game ball from Jordan into the stadium for the start of the football game. Thank you to all the parents that helped drive, keep the kids safe, supporting them on their run, and feeding them when they finished. Our program is blessed to have such wonderful supportive parents.

Looking forward to next week. We start the week with our final morning run. Waffles and sausages are on the menu. Also Monday we have the mini harriers after school. Our meet this week is on Wednesday in Mankato at Benson Park. Thursday after practice we will need some assistance running the concession stand for the girls volleyball game. We will need to start at 5:45. Please let me know if you can help out. Saturday is the half marathon and we sponsor 2 water stations. Then 10-12 graders run one and the 7-9 th the other. It will start at 9:45 and last until 12. There is a need for intersection monitors for the 5k if you can help out with that let me know as well. It is another busy week. I feel it is important for our kids to see the other side of the running community by helping out with the race. They always do a great job can't wait to see their themes.

Schedule for the week of October 9th-13th:

- Mon (10/9) - Optional Champions practice 6:30 am (if you know you know if you want to show up at the high school commons)
- Mon (10/9) - 3:30-6:00 pm practice - Mini Harriers will join us for practice at Oak Crest
- Tuesday (10/10) - 3:30-6:00 pm practice
- Wednesday (10/11) - Mankato East meet Benson Park, Mankato bus leaves at 1:30 students dismissed at 1:20
 - 3:15 JH boys and girls 2400m
 - 3:35 Varsity girls 5k
 - 4:05 Varsity boys 5k
 - 4:35 JV girls 5k

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- 5:05 JV boys 5k
- Thursday (10/12) - 3:30-6:00 pm practice, concession stand for girls volleyball 5:45
- Friday (10/13) - 3:30-6:00 pm practice
- Saturday (10/14) - 9:45-12:00 Water stations at the half marathon. Meet at the start and finish area for a ride to the water station.

Upcoming week of October 16th-20th:

- Mon (10/16) - 3:30-6:00 pm practice
- Tuesday (10/17) - MRC Montgomery national golf course
- Wednesday (10/18) - 3:30-6:00 practice, concession stand for the football game 6:15.
Let me know if you can help out.
- Thursday (10/19) - 9:00am practice for all competing in and that wish to ride the bus to the section as well as JH state athletes
- Friday (10/20) - 9:00am practice for all competing in and that wish to ride the bus to the section as well as JH state athletes

Future:

- 10/26 - 3:30 Section 2AA meet Benson Park, Mankato
- ?

As we move into our ninth week of practice, be extra diligent caring for yourself. There is an illness going around: wash your hands, get plenty of rest, stay hydrated, eat nutritiously. Everyone is important to our team, be well. Please also, continue to dress for the weather.

If you have any questions, please let us know, stschroeder@belleplaine.k12.mn.us

Homecoming Relay Details

We are running the game ball from Jordan high school to the Belle Plaine football field. **This is our practice for Friday.** We will need some parent volunteers to drive kids to Jordan and follow us to Belle Plaine. I have 5 drivers already with room for 25 kids. If you would like to drive please let me know.

Timeline follows:

4:00 drivers meet at BPHS

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4:15 leave for JHS

4:30 pictures at JHS

4:45 start running from JHS

6:45 run into the stadium with the ball

6:50 Parents will feed us sandwiches at the athletic complex

The run will be probably 11ish miles from Jordan Highschool to the track.

The kids need to run at recovery pace, some of the varsity girls would like to run the whole thing at recovery pace meaning it would take just under 2 hours. The parents will be making dollar sandwiches for the kids which they will serve them at the athletic facility after the ball is handed off.

Week 8

Hello Cross Country Athletes & Families,

After a good showing at Hudson (girls 1st boys 2nd), we traveled to Winona on an overnight trip

where we learned some interesting facts about our teammates. At the meet the next day the

weather was a bit wet but it was a great experience being back at the original Jim Flim course.

The kids responded to the challenging course and conditions and knocked it out of the park.

Ezra Fahey won the boys varsity race and Cole Tousignant won the JV boys race. Lila

Bungarden won the girls JV race and Adriane Nelson was the top placer in the varsity girls race

at 3rd place. Both the boys and girls team won the meet in dominant fashion. Alex

Muelenhardt, Wyatt Fogarty, and Isabel Holladay had big PR's this week.

WHAT IS GOING ON 2023

A busy past week with two meets. At the Mankato West Invite, Girls Varsity came in 1st place,

Boys Varsity 2nd. Junior Varsity Boys and Girls placed 3rd, and the Junior High Boys teams

placed 2nd. Two days later at the Osseo Invite Varsity Boys placed 2nd and Girls 3rd. The

Junior Varsity Boys placed 4th, and the Junior High Boys placed 6th. At our Tuesday meet in

Mankato the kids ran well particularly in the second half of their races. The boys did battle with

Mankato East and West coming across the line with 4 new PR's beating west and just behind

the number one team in the state Mankato East. The girls ran well out pacing Mankato West to

win the meet. The kids collected a bunch of ribbons and medals. In our third race in a six day

stretch the teams finished JH boys 6th, JV boys 4th, varsity girls 3rd, varsity boys 2nd.

We are looking forward to working with the Mini harriers Monday and our meet Thursday in

Fairmont. We will be stopping for food on the way back, in Mankato so please bring money. It

will be a late night. Other excitement comes on Friday with the homecoming relay. Thanks to

all that helped with the pumpkin picking fundraiser. Future opportunities to help with fundraisers

are 10/12 volleyball concession stand, 10/14 water stations at the half marathon, and 10/18

football concession stand.

WHAT IS GOING ON 2023

*** Pumpkin Picking Fundraiser: ***

Saturday (9/30) - 9 am to Noon or Noon to 3 pm (for those who are able to help us in the afternoon)

Schedule for the week of October 2nd-6th:

- Mon (10/2) - Optional Champions practice 6:30 am (if you know you know if you want to show up at the high school commons)
- Mon (10/2) - 3:30-6:00 pm practice - Mini Harriers will join us for practice at Oak Crest
- Tuesday (10/3) - 3:30-6:00 pm practice
- Wednesday (10/4) - 3:30-6:00 pm practice - Mini Harrier meet in Belle Plaine - athletes stay to help out with the meet - we should be done around 6:00 pm
- Thursday (10/5) - I-90 Invitational ([Cedar Creek Park, Fairmont](#)). Bring money as we will be stopping for food in Mankato on the way home. It will be a late night. Bus leaves HS at 1:30 pm, students check with your 6th & 7th in the morning

Race times:

4:30 Jr. High Girls 2000m
4:50 Jr. High Boys 2000m
5:10 Girls Varsity – JV 5000m
5:50 Boys Varsity – JV 5000m

- Friday (10/6) - Homecoming relay - planning to complete a relay from Jordan to Belle Plaine before the game (note this a different time than the relay has been run in the past)

Upcoming week of October 9th-13th:

- Mon (10/9) - Optional Champions practice 6:30 am (if you know you know if you want to show up at the high school commons)
- Mon (10/9) - 3:30-6:00 pm practice - Mini Harriers will join us for practice at Oak Crest
- Tuesday (10/10) - 3:30-6:00 pm practice
- Wednesday (10/11) - Mankato East Invitational - Benson Park, North Mankato - please note this meet is on Wednesday - let the coaches know if your athlete cannot make this meet due to other Wednesday evening activities

WHAT IS GOING ON 2023

- Thursday (10/12) - 3:30-5:45 pm practice
- Thursday (10/12) - 5:45 pm concessions for volleyball game
- Friday (10/13) - 3:30-6:00 pm practice Team Meal to follow
- Saturday (10/14) - 9:00 am-12:00 noon - Water Stations

Future:

- 10/17- MRC
- 10/18- 6:30 concessions for football game
- 10/24 - Sections Benson Park, Mankato

As we move into our eighth week of practice, athletes are encouraged to still make sure they

are staying hydrated (especially throughout the school day), eating nutritional food, taking care

of themselves by rolling out, and getting a good night of rest. Please also, continue to dress for

the weather.

If you have any questions, please let us know, stschroeder@belleplaine.k12.mn.us

Week 7

Hello Cross Country Athletes & Families,

This week's competition went well as we traveled to Hudson, WI to do battle with one of the

toughest boys teams in the region. The boys performed well taking second place while the girls

outperformed their competition placing 1st. This meet is run in grade level races so you run

only against boys and girls your grade. It is different than all our other meets in that respect and

WHAT IS GOING ON 2023

our kids did a great job. 11 boys and 11 girls had top 10 finishes Tuesday. We also had six runners compete in their first cross-country 5k. The kids continue to be impressive on the course and during practice. I am writing this before leaving for our weekend meet in Winona. If you are planning on attending here is the [location](#). If your child makes the trip you should ask them about it. We normally have an amazing time and this year we will be competing at the “real” course on St. Mary’s University campus.

This upcoming week practice will be from 3:30 - 6:00 pm on Monday, Wednesday, & Friday.

Parents Club has organized a fundraiser September 30th from 9:00-12:00 picking pumpkins.

Tuesday we have a meet at Benson park in north Mankato. Food trucks will be available at the meet. Thursday is our second meet of the week as we travel to Elm Creek Park Preserve to compete in the Osseo Invitational. On a personal note, I will be off to California Wednesday thru Monday to move my mom to Belle Plaine. It is a blessing having such amazing assistant coaches to be there to make sure everything runs smoothly.

Schedule for the week of September 25th-29th:

- Mon (9/25) - Optional Champions practice 6:30 am (if you know you know if you want to show up at the high school commons)
- Mon (9/26) - 3:30-6:00 pm practice - Mini Harriers will join us for practice at Oak Crest
- Tuesday (9/19) - 3:45 pm - Mankato West Invite ([Benson Park - 2000 Carlson Drive, North Mankato](#)) - bus leaves HS at 2:00 pm for athletes - uniform needed, check with your 7th hour teachers in the morning
- **Race times for Mankato West Meet:**
 - 6th-8th Boys/Girls - 2500M - 3:45 pm
 - Varsity Girls - 5000M - 4:10 pm

WHAT IS GOING ON 2023

Varsity Boys - 5000M - 4:35 pm

JV Girls - 5000M - 5:00 pm

JV Boys - 5000M - 5:35 pm

Awards - 6:00 pm

- Wednesday (9/27) - 3:30-6:00 pm practice
- Thursday (9/28) - Osseo Invitational-[Elm Creek Park Preserve](#)

Race times:

4:00-JV girls 5000m

4:35-JV boys 5000m

5:05-Varsity girls 5000m

5:35-Varsity boys 5000m

6:00-JH girls and boys 2500m

- Friday (9/29) - 3:30-6:00 pm practice
- Saturday (9/30) - 9:00-12:00 Pumpkin picking fundraiser

Upcoming week of October 2nd-6th:

- Mon (10/2) - Optional Champions practice 6:30 am (if you know you know if you want to show up at the high school commons)
- Mon (10/2) - 3:30-6:00 pm practice - Mini Harriers will join us for practice at Oak Crest
- Tuesday (10/3) - Time TBD ??? - Mankato West Invitational - Benson Park, North Mankato
- Wednesday (10/4) - 3:30-6:00 pm practice
- Thursday (10/5) - 3:30 pm I-90 meet Fairmont
- Friday (10/6) - 12:30-2:45 Homecoming relay (optional) no practice

Future:

- 10/5 - 4:00 pm - I-90 Meet - Fairmont
- 10/6 - Homecoming Relay
- 10/11 - Mankato East Meet
- 10/12- 5:45 concessions for volleyball game
- 10/13 - Team Meal provided by Parents Club
- 10/14 - Water Stations
- 10/17 - 3:00 pm - MRC
- 10/18- 6:30 concessions for football game
- 10/24 - Sections

WHAT IS GOING ON 2023

As we move into our seventh week of practice, athletes are encouraged to still make sure they are staying hydrated (especially throughout the school day), eating nutritional food, taking care of themselves by rolling out, and getting a good night of rest. Please also, continue to dress for the weather.

If you have any questions, please let us know, stschroeder@belleplaine.k12.mn.us

Week 6

Hello Cross Country Athletes & Families,

Impressive, the word to explain our practices and meet this past week. On Monday, athletes met and encouraged up and coming runners who attended the Mini Harriers practice. They ran a great hill workout on Monday. Tuesday every junior high runner ran a PR at our meet in Norwood. The girls JH placed 1st as did the boys Varsity, while the girls Varsity was 2nd along with the boys JV. The JH boys placed 5th. Wednesday was an outstanding workout on South Street. The kids continue to outpace themselves from last season and the new team members are looking terrific. Thursday raging river run II saw many runners make it out to the water pump for a well deserved drink and on Friday we traveled to Mankato and I stood in the prairie watching as the team charged up the hill doing their repeats. It brought me joy.

WHAT IS GOING ON 2023

This upcoming week practice will be from 3:30 - 6:00 pm on Monday, Wednesday, & Thursday.

Parents Club will be providing a team meal after practice on Thursday, Sep. 21st. Tuesday we

have a meet at the Hudson Middle School in Hudson, Wisconsin. There is only a 5k race so

this is an opportunity for our JH runners to try out the 5K if they would like. **This is an optional**

meet for our JH. They are well trained and we would love to see them run a 5K but it is their

option. Please notify me at Monday's practice your intentions. If you opt out of the 5k race

Tuesday we will not bring you along just to ride the bus. On Friday, the top 20 athletes will be

traveling to Rochester and preparing for the Jim Flim Invitational meet on Saturday, September

23rd at Saint Mary's University, Winona (note the location change from our earlier paper

schedule). Athletes not attending the trip to Winona should run a 4 mile run.

Schedule for the week of September 18th - 22nd:

- Mon (9/18) - Optional Champions practice 6:30 am (if you know you know if you want to show up at the high school commons)
- Mon (9/18) - 3:30-6:00 pm practice - Mini Harriers will join us for practice at Oak Crest
- Tuesday (9/19) - 3:45 pm - Hudson Raiders Invite (Hudson Middle School / 1300 Carmichael Rd. / Hudson, WI) - bus leaves HS at 1:00 pm for athletes - uniform needed, check with your 6th and 7th hour teachers in the morning
- **Race times for Hudson Raiders Meet:**
 - 3:50 pm - Freshman Girls & Boys (also 7th & 8th graders choosing to run 5k) - (5000m)
 - 4:30 pm - Sophomore Girls & Boys (5000m)
 - 5:10 pm - Junior Girls & Boys (5000m)
 - 5:50 pm - Senior Girls & Boys (5000m)
 - 6:30 pm - Awards
- Wednesday (9/20) - 3:30-6:00 pm practice

WHAT IS GOING ON 2023

- Thursday (9/21) - 3:30-6:00 pm practice
- Thursday (9/21) - 5:30 pm or after practice - Team Meal provided by the Parents Club
- Friday (9/22) - bus leaves 3:30 pm to Rochester for the practice, overnight stay
- Friday (9/22) - athletes not attending should run 4 miles
- Saturday (9/23) - Jim Flim Invitational meet in Winona (St. Mary's University / 700 Terrace Heights / Winona)

10:00 - Junior Varsity Boys (5000m)

10:30 - Varsity Girls (5000m)

11:10 - Varsity Boys (5000m)

11:40 - Junior Varsity Girls (5000m)

Upcoming week of September 25th - 29th:

- Mon (9/25) - Optional Champions practice 6:30 am (if you know you know if you want to show up at the high school commons)
- Mon (9/25) - 3:30-6:00 pm practice - Mini Harriers will join us for practice at Oak Crest
- Tuesday (9/26) - Time TBD ??? - Mankato West Invitational - Benson Park, North Mankato
- Wednesday (9/27) - 3:30-6:00 pm practice
- Thursday (9/28) - 3:30 pm Osseo Invite - Elm Creek Park Reserve, Maple Grove
- Friday (9/29) - 3:30-6:00 pm practice
- Saturday (9/30) - Pumpkin Picking - BPXC fundraiser

Future:

- 10/5 - 4:00 pm - I-90 Meet - Fairmont
- 10/6 - Homecoming Relay
- 10/11 - Mankato East Meet
- 10/13 - Team Meal provided by Parents Club
- 10/14 - Water Stations
- 10/17 - 3:00 pm - MRC
- 10/24 - Sections

As we move into our sixth week of practice, athletes are encouraged to still make sure they are

staying hydrated (especially throughout the school day), eating nutritional food, taking care of

WHAT IS GOING ON 2023

themselves by rolling out, and getting a good night of rest. Please also, continue to dress for the weather.

If you have any questions, please let us know, stschroeder@belleplaine.k12.mn.us

Week 5

Hello Cross Country Athletes & Families,

Wow, what an amazing week! The kids ran amazing at the Gerry Smith meet this past week comparing this year to last year everyone improved on their time most people by a minute or more. The JH started us out with a 3rd(boys) and 4th(girls) place finish among the 32 team field, the JV squads went 1st(boys) and 4th(girls), and the varsity teams placed 1st(boys) and 2nd(girls). Notable performers, our seniors, Ezra Fahey and Austin Kehr running PR's, Cole Tousignant won the boys JV race with teammate Ben Pint just behind him. Lila Bungarden led the girls JV with a 4th place finish. Tirzah Juare ran an over 1 minute PR to lead the girls varsity team. Junior highers Colton Meiseler and Etta Fahey lead the way for our JV squads. It was exciting to see all the teams perform well.

This upcoming week practice will be from 3:30 - 6:00 pm on Monday, Wednesday, & Thursday. Tuesday we have a meet at Baylor Park with a mix of class A and AA schools attending, 26 teams in total. On Friday, we plan to run at the section 2AA course in Mankato again. Bring some money and we will stop at Culvers on the way home. Travel time may add to Friday's

WHAT IS GOING ON 2023

practice time. Athletes who use spikes or would like to try using spikes are welcome to bring them to this practice.

Schedule for the week of September 11th - 15th:

- Mon (9/11) - Optional Champions practice 6:30 am if you know you know if you want to know show up at the high school commons.
- Mon (9/11) - 3:30-6:00 pm practice - Mini Harriers will join us for practice at Oak Crest
- Tuesday (9/12) - 4:00 pm - NYA Lions Invite at Baylor Park - bus leaves HS at 2:30 pm for athletes - uniform needed, check with your 7th hour teachers in the morning
- **Race times for NYA Lions Invite Meet:**
 - 4:00 pm - JV Boys (5000m)
 - 4:05 pm - JV Girls (5000m)
 - 5:00 pm - Varsity Girls (5000m)
 - 5:30 pm - Varsity Boys (5000m)
 - 6:00 pm - JH Girls (1600m)
 - 6:10 pm - JH Boys (1600m)
 - 6:25 pm - Awards
- Wednesday (9/13) - 3:30-6:00 pm practice
- Thursday (9/14) - 3:30-6:00 pm practice
- Friday (9/15) - 3:30-6:00 pm practice, practice time might extend a little beyond 6:00 pm (at the section 2AA course in Mankato - spikes can be brought for those who use them)

Upcoming week of September 18th - 22nd:

- Mon (9/18) - 3:30-6:00 pm practice - Mini Harriers will join us for practice at Oak Crest
- Tuesday (9/19) - 3:45 pm - Hudson Raiders Invite (Hudson, WI) - bus leaves HS at 1:00 pm for athletes - uniform needed, check with your 6th and 7th hour teachers in the morning
- Wednesday (9/20) - 3:30-6:00 pm practice
- Thursday (9/21) - 3:30-6:00 pm practice
- Friday (9/22) - 3:30-6:00 pm practice

Future:

- 9/21 - 5:30 pm or after practice - Team Meal provided by the Parents Club
- 9/23 - 9:30 am - Jim Flim Invitational - Winona - top 20 athletes
- 9/26 - Time TBD - Mankato West Invitational - Mankato
- 9/28 - 3:30 pm - Osseo Invitational - Elm Creek Park
- 9/30 - Pumpkin Picking - BPXC fundraiser
- 10/5 - 4:00 pm - I-90 Meet - Fairmont

WHAT IS GOING ON 2023

As we move into our fifth week of practice, athletes are encouraged to still make sure they are staying hydrated (especially throughout the school day), eating nutritional food, taking care of themselves by rolling out, and getting a good night of rest. Please also, continue to dress for the weather.

If you have any questions, please let us know, stschoeder@belleplaine.k12.mn.us

Week 4

Hello Cross Country Athletes & Families,

I hope everyone has a safe and relaxing Labor day weekend. We will not have practice Monday. Thank you to all that attended the parents night BBQ. We are thankful for your support. This past week the kids continued to show up and work hard. We continued with our strength circuit training Wednesday and Friday, we ran an important progression run on Wednesday that gives them a chance to practice pushing at the end of a race when they are tired. We also worked on their abs and flexibility following our workouts. Our first meet was a success Thursday with the boys team placing 5th and the girls 12th. Both teams competed well. Adriane Nelson and Isaac Bemmels led the way for their teams. Amanda Vinkemeier and Tirzah Juairé ran PR's along with Bemmels, Luke Schultz, Jackson Nagel, Erik Hoff, Nathan Ludwig, Alex Muelenhardt, and Connor Messer. As a team we are currently running faster than we did last year at this meet which just shows the growth the kids have made since last season.

It is very important to be sleeping enough, eating and drinking enough now that kids will be in school all day. With this added stress we find it is easy for kids to get run down this time of the season so please be extra diligent regarding these. On Thursday, we have a meet in Montgomery with all athletes attending the Gerry Smith Invitational(note race times below). On Friday, we plan to run at the section 2AA course in Mankato. Travel time may add to Friday's

WHAT IS GOING ON 2023

practice times. Athletes who use spikes or would like to try using spikes are welcome to bring them to this practice.

Schedule for the week of September 4th - 8th:

- Mon (9/4) - No practice
- Tuesday (9/5) - 3:30-6:00 pm practice
- Wednesday (9/6) - 3:30-6:00 pm practice
- Thursday (9/7) - 4:00 pm - Gerry Smith Meet in Montgomery National golf course(all athletes) - bus leaves HS at 2:45 pm for athletes - uniform needed, check with your 7th hour teachers in the morning
- **Race times for Gerry Smith Meet:**
 - 4:30 pm - JH Boys(2500m)
 - 4:50 pm - JH Girls(2500m)
 - 5:30 pm - JV Boys(5000m)
 - 5:35 pm - JV Girls (5000m)
 - 6:30 pm - Varsity Boys(5000m)
 - 7:00 pm - Varsity Girls (5000m)

*** Please note golfing will be taking place on the course where no one will be racing/running, so it is a shared area. No dogs will be allowed on the course, unless they are service dogs.

- Friday (9/8) - 3:30-6:00 pm practice, practice time might extend a little beyond 6:00 pm (at the section 2AA course in Mankato - spikes can be brought for those who use them)

Upcoming week of September 11th - 15th:

- Mon (9/11) - 3:30-6:00 pm practice - Mini Harriers will join us for practice at Oak Crest
- Tuesday (9/12) - 4 pm - NYA meet at Baylor Park - all athletes - bus leaves HS at 2:30 pm for athletes - uniform needed, check with your 7th hour teachers in the morning
- Wednesday (9/13) - 3:30-6:00 pm practice
- Thursday (9/14) - 3:30-6:00 pm practice
- Friday (9/15) - 3:30-6:00 pm practice, practice time might extend a little beyond 6:00 pm (at the section 2AA course in Mankato - spikes can be brought for those who use them)

Future:

- 9/19 - 3:45 pm - Hudson Raiders Invitational (Hudson, WI) - all athletes
- 9/21 - 5:30 pm or after practice - Team Meal provided by the Parents Club
- 9/23 - 9:30 am - Jim Flim Invitational - Winona - top 20 athletes
- 9/26 - Time TBD - Mankato West Invitational - Mankato

WHAT IS GOING ON 2023

- 9/28 - 3:30 pm - Osseo Invitational - Elm Creek Park

As we move into our fourth week of practice, athletes are encouraged to still make sure they are staying hydrated (especially throughout the school day), eating nutritional food, taking care of themselves by rolling out, and getting a good night of rest. Please also, continue to dress for the weather.

If you have any questions, please let us know, stschroeder@belleplaine.k12.mn.us

Week 3

Week 3

Hello Cross Country Athletes & Families,

Last week started off with amazing racing at our first scrimmage of the season at Baylor Park. All levels of athletes competed with their best effort and it was seen on the course. We managed to pack in a ton of hard work on this hot week including Stier Hills, The raging river run, two strength training sessions, the sponge relays, watermelon relay, and a couple of trips to the pool to cool off. The week was capped off by another scrimmage at Gale woods where the kids performed outstanding after a week of putting in the hard work. It continues to be inspiring working with such incredible young people. Thanks and keep it up.

Next week we move to one practice a day. Monday, Tuesday, and Friday practices will be in the afternoon (3:30 to 6:00 pm). Due to the orientation night at the High School on Wednesday evening, practice will be in the morning (8:00 - 10:00 am). There will also be a meet for the Varsity and Junior Varsity at St. Olaf on Thursday in the morning, Junior High athletes are encouraged to do a three mile run, but will **not** be meeting at the High School for practice.

Schedule for the week of August 28st - September 1st:

- Mon (8/28) - 3:30-6:00 pm practice
- Tuesday (8/29) - 3:30-6:00 pm practice / Parents Night - 6:30 pm - BP High School Commons
- Wednesday (8/30) - 8:00-10:00 am practice - no afternoon practice due to orientation night at the HS

WHAT IS GOING ON 2023

- Thursday (8/31) - 9:30 am girls 10:30 am boys - Meet at St. Olaf (Varsity & JV athletes only) - bus leaves HS at 7:45 am for athletes - uniform needed / athletes not attending the meet run 3 mile.
- Friday (9/1) - 3:30-6:00 pm practice

Upcoming week of September 4th - 8th:

- Mon (9/4) - No practice
- Tuesday (9/5) - 3:30-6:00 pm practice
- Wednesday (9/6) - 3:30-6:00 pm practice
- Thursday (9/7) - 4:00 pm - Gerry Smith Meet (all athletes) - bus leaves HS at 2:45 pm for athletes - uniform needed check with your 7th hour teachers in the morning
- Friday (9/8) - 3:30-6:00 pm practice

Future:

- 9/12 - 4 pm - NYA meet at Baylor Park - all athletes
- 9/19 - 3:45 pm - Hudson Raiders Invitational (Hudson, WI) - all athletes
- 9/21 - 5:30 pm or after practice - Team Meal provided by the Parents Club
- 9/23 - 9:30 am - Jim Flim Invitational - Winona - top 20 athletes

As we move into our third week of practice, athletes are encouraged to still make sure they are staying hydrated (especially with more afternoon practices coming up), eating nutritional food, taking care of themselves by rolling out, and getting a good night of rest. Please also, continue to dress for the weather.

If you have any questions, please let us know, stschroeder@belleplaine.k12.mn.us

Week 2

Hello Cross Country Athletes & Families,

Wow, what an amazing first week of practice! We just finished our 7th workout in 4 days. It was amazing to watch as the kid brought such positive energy to the towel relays. They have worked incredibly hard this week and it impressed me so much that they were ready to go that extra mile for their teammates. I have had the pleasure of pre season interviewing the entire girls team and they are amazing young ladies. Talking with Mr. Pederson has been equally impressed with the boys. This team is off to a terrific start. I can not wait to watch what they will accomplish this season. Thanks to all the parents that helped with the triathlon friday. It was a nice way to cap off our first week. Looking forward to our upcoming week that has a few scrimmages (practice for upcoming competitions) and some other fun events like a run by the river (shoes may need to be dried or aired out after this practice), the watermelon relay, sponge relays, and a quick stop by the pool after a second river run.

WHAT IS GOING ON 2023

Interviews continue this week for boys with Coach Pederson. and Schroeder's doors for pre-season interviews. There is a sign up sheet on Mr. Pederson's door room 209.

Schedule for the week of August 21st - 25th:

- Mon (8/21) - 9 am - Scrimmage at Baylor Park (Norwood Young America) - bus leaves HS at 7:15 am for athletes - no uniform needed for this event (run in regular practice clothes) - see parent handout for nutrition guidance & bring water bottle.
- Athletes that have yet to get their uniform please collect your uniform when we return.
- Tuesday (8/22) - 8am practice - **PICTURE DAY 10:30 am** / Afternoon practice 3:30-6:00 pm
- Wednesday (8/23) - 8-10:30 am & 3:30-6:00 pm practice
- Thursday (8/24) - 8-10:30 am & 3:30-6:00 pm practice
- Friday (8/25) - 9 am - Scrimmage at Gale Woods - bus leaves HS at 7:00 am for athletes - no uniform needed for this event (run in regular practice clothes) - see parent handout for nutrition guidance & bring water bottle
- Friday (8/25) - 5pm - Meet the Tigers Night (Athletic Complex - HS Track, Football Field, & Tennis Court area) - Senior & Varsity Athletes

Upcoming week of August 28th - September 1st:

- Mon (8/28) - 3:30-6:00 pm practice
- Tuesday (8/29) - 3:30-6:00 pm practice / Parents Night - 6:30 pm - BP High School Commons
- Wednesday (8/30) - 8am am practice - no afternoon practice due to orientation night at the HS
- Thursday (8/31) - 10am - Meet at St. Olaf (Varsity & Junior Varsity athletes only) - bus leaves HS at 7:45 am for athletes - uniform needed / athletes not attending the meet can do a 3 mile run.
- Friday (9/1) - 3:30-6:00 pm practice

Future:

- 9/4 - No Practice - Labor Day
- 9/7 - 4 pm - Gerry Smith Meet - Montgomery - all athletes attend
- 9/12 - 4 pm - NYA meet at Baylor Park - all athletes attend

As we continue into our second week of practice, athletes are encouraged to still make sure they are staying hydrated (especially with the upcoming warmer weather) and getting a good night of rest. Keep in mind for practice to dress for the weather.

Athletes roll out at practice to help relieve their muscles from getting sore. If athletes have access to any type of (foam or stick) roller at home, it might be helpful to roll out again at home too.

If you have any questions, please let us know, tschroeder@belleplaine.k12.mn.us

WHAT IS GOING ON 2023

Picture forms

Expect to see a picture form come home. Picture day is Tuesday morning at 10:30 August 22nd. Zahler photography is a new vender taking pictures this year and do not have online ordering so you will need a form. Ask you athlete for one or try copying one of these off.

WHAT IS GOING ON 2023

8x10 Composite
Team and individual composite
in frame with glass



8x10 Composite
Team and individual composite
in a mat board mount



8x10 Sport Mate
Team and individual composite
in frame with glass



8x10 Sport Mate
Team and individual composite
in mat board mount



**CATCH
The Action**

Zahler
Photography

25 Chestnut St W
PO Box 327
Annandale, MN 55302
320-274-8800

Traditional Memory Mate
5x7 team & 4x5 individual in mount



**3" METAL ORNAMENT
DOUBLE SIDED**



**METAL DOG TAG
WITH CHAIN**



BAG TAGS



KEY CHAIN



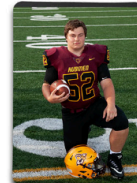
3" PHOTO BUTTON



15 OZ LARGE MUG



3" ROUND MAGNET



3" X 5" LARGE MAGNET



WALLET MAGNET



5X10 DRY ERASE LOCKER MAGNET
COLOR MATCHING TEAM COLORS
PERSONALIZED & MARKER INCLUDED



METAL KEY CHAIN
3.5" HIGH X 1" WIDE
STAINLESS STEEL/ALUMINUM/LEATHER



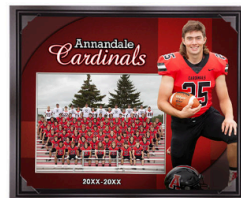
8X10 STAR SPORT MATE
FRAMED WITH GLASS



10X20 POSTER
COLOR MATCHING TEAM COLORS
PERSONALIZED



8X10 TEAM PHOTO - FRAMED W/GLASS
PERSONALIZED GRAPHIC WITH TEAM NAME AND COLORS



8X10 STAR COMPOSITE
FRAMED WITH GLASS





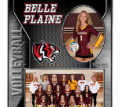

TRADING CARDS
SET OF 16 - SINGLE SIDED
PHOTO CARD



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WHAT IS GOING ON 2023

Packages

8x10 Framed Composite	8x10 Composite in a Folder	Traditional Memory Mate	8x10 Framed Sport Mate	8x10 Sport Mate in Folder
				
A1 Framed Composite 8 - Wallets 1 - Keychain 2 - Buttons 1 - Fridge Magnet \$44	B1 Folder Composite 8 - Wallets 1 - Keychain 2 - Buttons 1 - Fridge Magnet \$40	C1 Memory Mate 8 - Wallets 1 - Keychain 2 - Buttons 1 - Fridge Magnet \$38	D1 Framed Sport Mate 8 - Wallets 1 - Keychain 2 - Buttons 1 - Fridge Magnet \$44	E1 Folder Sport Mate 8 - Wallets 1 - Keychain 2 - Buttons 1 - Fridge Magnet \$40
A2 Framed Composite 1 - Button 2 - Fridge Magnets \$32	B2 Folder Composite 1 - Button 2 - Fridge Magnets \$28	C2 Memory Mate 1 - Button 2 - Fridge Magnets \$26	D2 Framed Sport Mate 1 - Button 2 - Fridge Magnets \$32	E2 Folder Sport Mate 1 - Button 2 - Fridge Magnets \$28
A3 Framed Composite 8 - Wallets 1 - Button \$33	B3 Folder Composite 8 - Wallets 1 - Button \$29	C3 Memory Mate 8 - Wallets 1 - Button \$27	D3 Framed Sport Mate 8 - Wallets 1 - Button \$33	E3 Folder Sport Mate 8 - Wallets 1 - Button \$29
A4 Framed Composite 1 - Fridge Magnet 4 - Wallets \$30	B4 Folder Composite 1 - Fridge Magnet 4 - Wallets \$26	C4 Memory Mate 1 - Fridge Magnet 4 - Wallets \$24	D4 Framed Sport Mate 1 - Fridge Magnet 4 - Wallets \$30	E4 Folder Sport Mate 1 - Fridge Magnet 4 - Wallets \$26
A5 8x10 Framed Composite \$23	B5 8x10 Folder Composite \$19	C5 Traditional Memory Mate \$17	D5 8x10 Framed Sport Mate \$23	E5 8x10 Folder Sport Mate \$19

Fill out and insert into order envelope

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Name On Card	Payment Total	Card Zip Code	

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A \$30 fee will be collected on all returned checks.

BELLE PLAINE

Student Name _____
Phone Number _____
Email _____ Grade _____
Sport _____ Uniform# _____
Varsity JV B Team C Team 9th 8th 7th

PLEASE CIRCLE TEAM NAME

DIGITAL DOWNLOAD ADD ON
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Pick Your Pkg.	Pkg Letter	QTY	PRICE	TOTAL
Package Selection				
Package Selection				
ADD ONS				
8x10 Framed Star Composite			\$27	
8x10 Framed Star Sport Mate			\$27	
15 oz Large Ceramic Mug			\$19	
Framed 8x10 Team Photo			\$20	
(P) 10x20 Poster			\$30	
1-Metal Dog Tag w/Chain			\$14	
3" Double Sided Metal Ornament			\$14	
(P) 16 - Trading Cards			\$17	
(P) 5"x10" Dry Erase Locker Magnet			\$14	
(P) 2 - Bag Tags			\$8	
3" Photo Button			\$6	
Wallet Magnet			\$6	
3"x5" Large Magnet			\$8	
3" Round Magnet			\$6	
Plastic Key Chain			\$6	
Metal Key Chain			\$14	
5x7 Print			\$9	
4x6 Print			\$6	
8 - Wallet Prints			\$9	
8x10 Print			\$14	
Retouching on Individual Image			\$7	
INDIVIDUAL & TEAM DIGITAL IMAGES				
Digital Images Without Package			\$25	
Digital Images With Package			\$10	
AMOUNT ENCLOSED				\$

Week 1!

WHAT IS GOING ON 2023

Welcome to the 2023 Cross Country season! We are excited to begin practice next week with some fun events like a pool workout, towel relays, and ending the week with the Triathlon. Also looking forward to bringing our new and experienced team members together for our upcoming season. There are sign up sheets on Coach Pederson and Schroeder's doors for pre-season interviews. Boys sign up with Pederson, girls with Schroeder. Please make sure you have registered your student athlete with the school and provided a current physical to the athletic director's office. There is also a fee for participating in activities and as mentioned if you are having financial hardships there is a program to help so that money does not limit participation.

Schedule for the week of August 14th-18th:

- Mon (8/14) - 8-10:30 am - meet in the HS commons (all practices begin in the HS commons)
- Tues (8/15) - 8-10:30 am & 3:30-6:00 pm
- Wed (8/16) - 8-10:30 am (morning pool workout - **bring swimsuit**) & 3:30-6:00 pm
- Thur (8/17) - 8-10:30 am & 3:30-6:00 pm
- Fri (8/18) - 8-10:30 am - Triathlon (athletes will need to **bring a working bike, swimsuit, & running shoes**) / parents are welcome to attend the event

Upcoming week of August 21st - 25th:

- Mon (8/21) - 9 am - Scrimmage at Baylor Park (Norwood Young America) - bus leaves HS at 7:15 am for athletes - no uniform needed for this event
- Tuesday - 8am practice **PICTURE DAY 10:30** Afternoon practice 3 pm
- Wednesday 8am and 3pm practice
- Thursday (8/22-8/24) - 8-10:30 am & 3:30-6:00 pm
- Friday (8/25) - 9 am - Scrimmage at Gale Woods - bus leaves HS at 7:00 am for athletes - no uniform needed for this event
- Friday (8/25) - 5pm - Meet the Tigers Night (Athletic Complex - HS Track, Football Field, & Tennis Court area) - Seniors & ???

Future:

- 8/28 - begin afternoon practices only from 3:30-6:00 pm
- 8/29 - 6:30 pm - Parents Night
- 8/31 - 10 am - St. Olaf Showcase (V/JV only)
- 9/4 - No Practice - Labor Day
- 9/7 - 4 pm - Gerry Smith Meet - Montgomery - all athletes attend

As we get ready for our first week of practice, athletes are encouraged to make sure they are staying hydrated and getting a good night of rest. Keep in mind for practice to dress for the weather, layers for morning practices are a good idea. If athletes have newer running shoes,

WHAT IS GOING ON 2023

hopefully they are breaking them in to prepare for our first week of practice. Just picked up my new pair of shoes from RVR in Mankato and they gave me a great discount.

If you have any questions, please let us know, stschroeder@belleplaine.k12.mn.us

Practice begins August 14th 8 am

It was an awesome turnout tonight. I am even more excited about the upcoming season than I was going into the meeting. Practice begins Monday August 14th 8 am meet at the high school ready to run. Bring a friend we would love for them to join us.

This is the info we talked about at tonight's meeting if you need to revisit anything or were unable to attend.

[Parents packet](#)

[Eligibility Presentation](#)

If you are looking for information the presentation has a bunch of links you may be looking for. This QR code is for parents to share some contact information. I am going to attempt to email weekly info also. Thanks again we are excited for the upcoming season.

WHAT IS GOING ON 2023



Eligibility Meeting

Fall 2023 eligibility meeting will be held August 7th at 6pm at the high school. I look forward to seeing all of you. It is hard to contain my enthusiasm until the first day of practice August 14th at 8 am at the high school. If you are unable to attend I will share what we talked about at the meeting with you. See you soon.

Clothing store open

Congratulations to all the bull runners this year that was by far the fastest we as a team have run at this time of the summer. I can't wait to see what you will be able to accomplish this fall. Thanks to all that helped with the parade float it was as usual a great time.

The clothing store for the 2023 season is open and will close 7/28. Place your orders early. Here is the link.

WHAT IS GOING ON 2023

[Locker Room \(gtmsportswear.com\)](http://gtmsportswear.com)

5 more weeks

With just 5 weeks remaining before the cross-country season begins its time to exercise consistency. This time of the year, training is important to prepare you for the season to put you and the team in a position to realize your/our goals. I have seen people putting in the work and am encouraged for this fall's cross-country season. It is the work you put in when no one is watching that develops both your physical and mental abilities. The work you put in now will give you and us the edge during championship season.

There are ample opportunities for you to workout with teammates Monday and Wednesdays at the track 6pm or m-f at 8 am at the purple park. It is also fun to get out and run in different locations. You are an important part of BPXC and it takes all of us to create the magic over the 10 weeks we have together this fall.

Enjoy your off season training with a friend or teammate. Invite someone new to join us August 14th at 8 am for the first practice this fall. I can not wait until we are back working together and am excited to see how you have progressed.

We will be having a float in the parade for BBQ days. Theme is Christmas in July. Come and join us for a different perspective of the parade. See you out there!

Summer mileage 2023

Begins **May 14th, 2023** ends **August 14th, 2023**

There are 3 different mileage clubs, **150(7th-8th)**, **200(9th)**, and **300(10th-12th)**. See below.

Thoughts on summer mileage:

- create a routine(lay out your running clothes the night before, run at the same time every day)
- be consistent(run the same number of days each week run every week)
- include fun people(running with a friend can be motivating and gives you someone to talk to)
- run in interesting places(interesting surroundings makes running enjoyable)
- change it up(run fast, slow, long, short, it is easy to do the same thing every run)
- hills are good(do them regularly as intervals or run a hilly course)

WHAT IS GOING ON 2023

-record your progress(not just your mileage but other things like how you felt, weather, rest, etc.)

Other training opportunities(count toward your mileage)

- USATF Junior Olympic MN championships scheduled June 17-18 @ Lakeville South HS. Region 8 July 14-15 UW LaCrosse. Nationals Eugene Oregon July 24-30. Athletes can compete in unlimited events for sprints, distance and field events. Please email coach Jamison bpxctrackclub@gmail.com for more information and to get registered.
- Bpxc Track Club Summer Conditioning 6pm-7pm Monday Wednesday nights starting June 5th. \$25 for 8 weeks of summer training. Specialities can be worked with coaches after the workout. Registered for BPXC summer training through community ed.
- Summer Weight Room, sign up with community ed.
- Small Group Weightlifting at Natural Fitness with Coach Jamison. 2-4 athletes per hour session. \$15 per session per athlete. Typical program is 2 sessions per week. Training is tailored to the athlete's schedule and needs.
- Bull run July 15th, 2023. There are many local community runs in the summer. They are a fun way to challenge yourself and pick up some nice t-shirts along the way. Most of them are 5k.

THE N.U.T CLUB

To get better at running you have to run, that is why we have the mileage goals for each age group.

[150 MILE N.U.T.S CLUB](#)

WHAT IS GOING ON 2023

Eligible: 7th and 8th graders

- No more than 75 miles in a 30 day period
- No more than 50 miles from biking (3 miles bike = 1 mile run)
- One session of weight room (Community Ed, or Ridgeview) = 2 mile
- One session of BPXC2 = 1 mile ran

All activities need to be documented in either paper, Mileage Counter or logged on runningahead.com

IF YOU RUN 150 MILES YOU GET A BIG NUT WITH YOUR FINAL MILEAGE ON IT

200 MILE N.U.T.S CLUB

Eligible: 9th graders

- No more than 100 miles in a 30 day period
- No more than 67 miles from biking (3 miles bike = 1 mile run)
- One session of weight room (Community Ed, or Ridgeview) = 2 mile
- One session of BPXC2 = 1 mile ran

All activities need to be documented in either paper, Mileage Counter or logged on runningahead.com

IF YOU RUN 200 MILES YOU GET A BIG NUT WITH YOUR FINAL MILEAGE ON IT

300 MILE N.U.T.S CLUB

Eligible: 10-12th graders

- No more than 150 miles in a 30 day period
- No more than 100 miles from biking (3 miles bike = 1 mile run)
- One session of weight room (Community Ed, or Ridgeview) = 2 mile
- One session of BPXC2 = 1 mile ran

All activities need to be documented in either paper, Mileage Counter or logged on runningahead.com

WHAT IS GOING ON 2023

IF YOU RUN 300 MILES YOU GET A BIG NUT WITH YOUR FINAL MILEAGE ON IT AND A
T-SHIRT