



July 16, 2010

Dear Cross Country team members and potential team members,

I hope this finds your summer training going well and anticipation for the start of the season. Here is some important information about upcoming events. If you have any questions, please call (or text) Coach Harder at (612) 845-2498 or e-mail [chris.harder@district196.org](mailto:chris.harder@district196.org)

Practice officially starts on Monday, August 16 at the East Doors (Athletics and Performing Arts) of Rosemount High School at 8:00 AM. The practice schedule before the start of school is as follows. All varsity (girls and boys) runners and others capable of breaking 5:00 for the mile are expected to be at both practices. All others are expected to be at the morning practice, but are welcome to also attend the evening practice.

A **brief** Parent's Meeting will be held Monday, August 16 at 8:00 PM in the RHS Student Center. For incoming 9th grade parents, this meeting will be immediately following 9th grade orientation.

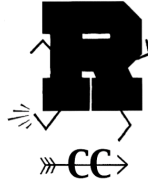
**Rosemount Cross Country Web site is:** <http://www.gorosemount.com>

Arrange your schedule to attend your practices and meets.

### **Week 1**

M-Th	August 16-19	8:00 AM & 7:00 PM. <b>Must have athletic card to participate.</b>
F	August 20	14th Annual Alumni/Community meet (Women 6:00, Men 6:30, Kids 7:00) (This event is our practice, 2 mile time trial)
Sat	August 21	9:00 AM @ Schultz Beach (Part of Lebanon Hills) (Cliff Road, near HWY 3)

The 14th annual alumni/community meet is two miles and starts and finishes near Irish Stadium. The course is the same as 2009 for the alumni and Irish Invite. Parents/Guardians are welcome to compete. There will also be a kids run (shorter distance). All participants receive a Rosemount cross country t-shirt.



## Week 2

M-Th	August 23-26	Deep Portage training trip Those not attending Deep Portage have practice at 8:00 AM @ RHS (there will be a coach present)
F	August 27	Practice 8:00 AM @ Rosemount High School
Sat	August 28	Practice 8:00 AM @ Schultz Beach (Lebanon Hills)

Our annual fall training trip will be again to Deep Portage, just north of Brainerd. The trip will be from Monday August 23-Thursday, August 26. The trip is **optional**. The cost is \$135 (make checks payable to Rosemount Cross Country). We plan on boarding at 7:45 Monday morning and return at approx. noon on Thursday. The cost includes lodging, meals, canoeing, and other recreation activities. Those unable to attend will have practice at 8:00 during the week. **Permission slip and check need to be turned in by Tuesday, August 17 to Coach Harder to guarantee your spot on the bus.** (You may mail to 13706 Danube Lane, Rosemount, MN 55068. Checks will not be cashed until after August 20.)

A flyer is located at [www.gorosemount.com](http://www.gorosemount.com). For newcomers, I encourage you to call Coach Harder (612-845-2498) or talk to members of the team for more information.

## Week 3

M-Th	August 30-Sept 2	Practice at 6:00 AM (teacher workshop)
F	September 3	9th Annual Irish Invitational @ Rosemount High School (The meet starts at 9:00 AM and will be completed by Noon.)

**Volunteers: We are looking for persons to help with various roles at the Irish Invite. No experience necessary, but plenty of enthusiasm. You will be able to watch the races. You will receive an Irish Invitational T-shirt.**

Sat	September 4	Practice 8:00 AM @ Schultz Beach (Lebanon Hills)
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## Other Dates

- Summer running continues on Monday, Wednesday, and Friday @ 7:00 AM, Jensen Lake.
- Once school begins, we will practice at 2:45 PM during the week and at 8:00 AM on Saturday mornings.

I hope you are having a great summer and I look forward to seeing you on Monday, August 16.

Sincerely,

Coach Harder