



Hello,

Interested in cross country? What does it all mean?

Cross country is a great sport that has a proud tradition at Winona Senior High School. With 4 team state championships, 4 individual state titles, 23 team conference championships, and 255 individual appearances in a state meet, there have been a good deal of competitive success. The program has prided itself even more, however, on being a vehicle that teaches positive character traits like discipline, friendship, goal setting, leadership, and gratitude. Our goal each year is to make each member of the team better, regardless of where they start and what previous experience they have.

The program is an all-inclusive one that brings grades 7-12 boys and girls together. Though training is surely different based on age and ability, we all practice in the same place, are coached by the same people, and run in the same meets. It is a great chance for the younger kids to meet, interact with, and learn from the high school runners. Additionally, each new runner is matched with an older runner as a big brother or big sister serving as a mentor and guide.

The veteran runners will be beginning their training in the summer and will be putting in some serious miles to prepare for the season in the fall. We don't expect new runners to come into the season having had much or any experience with running. However, summer training will help new runners to come into the season a step ahead of the game. The Winona Area Running Camp is a great introduction to running. It is cheap, close, and short, but it features some of the best running coaches in the area and provides great information. To register just apply online on the Community Education website. After that camp, members of the team will be getting together with coaches on Monday, Wednesday, and Friday at the high school at 8:00am to run until the season starts. Runners will get together other days of the week as well. New runners or people wanting to give it a try are always welcome and encouraged to attend these events.

If you have any further questions, you can call Jed Reisetter at (507) 458-4474. Otherwise a great way to keep connected with events is by using our Facebook page – search “Winona Senior High Cross Country” – or our website – <https://sites.google.com/a/winona.k12.mn.us/winona-cross-country/>.

Important dates

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| June 7th----- | Summer training meeting @ WSHS concourse (6:00 pm) |
| June 19th-22nd----- | Winona Area Running Camp @ St. Mary's University |
| June 23th----- | First day of Summer Running @ WSHS front of school (8:00 am) |
| August 7th----- | Fall Parent/Athlete Meeting @ WSHS gymnasium (6:00 pm) |
| August 14th----- | First day of official practice @ WSHS wrestling room (8:00 am) |
| August 24th----- | Time Trial @ WSHS behind school (5:30 pm) |
| August 31st----- | First meet @ St. Olaf University (9:00 am) |

Coaches – Jed Reisetter, Jim Baertsch, Jake Dornfeld

Official Registration for Cross Country

Official registration for cross country will be done online. The site to do so is

<https://winonahs-ar.schooltoday.com/>

There are also links to register on the Winona Cross Country website.

Requirements for eligibility to participate include:

1. having a current sports physical on file in the activities office (They are good for 3 years.)
2. filling out the eligibility information online
3. paying the sports fee before the first competition. (This can be done online as well. Scholarships are available if needed.)

These requirements need to be completed by the first day of official practice – August 14th. Further guidance on those requirements can be found on the Winhawk Athletics and Activities webpage.

Running Camp Registration



Cross Country Registration

