

## Welcome to 2020 Cross Country Season... whoa!

Some week one reminders:

- We will start the 2020 season on Monday, August 17<sup>th</sup> – 6:00PM @ Edina Community Center (Kuhlman Stadium)
- Please check the team website calendar for practice times and locations – consider linking the calendar to your phone as there will undoubtedly be changes.
- You cannot practice unless you have completed the EHS registration process. No exceptions.

Please visit our team website for all information regarding the team, coach contact information, calendar and schedule, race schedule (currently TBD), team expectations and lots more: [www.edinaschools.org/boyscrosscountry](http://www.edinaschools.org/boyscrosscountry)

For the first day of practice, we will be in pods based on grade level. After the first few days (as our roster stabilizes), we will divide into new pods that will remain the same for the foreseeable future.

Pods for day 1:

7<sup>th</sup> Graders: Coach Chestler

8<sup>th</sup> Graders: Coach Freese

9<sup>th</sup> Graders: Coach Toepfer

10-12 Graders (not on Varsity): Coach Coffey or Kirkpatrick

Temporary “Varsity” – guys who ran at Hyland Monday morning: Coach Gaytas

Masks are required prior to the start of the run and upon completion of the run. At practice, these are the situations where a mask or no mask would be appropriate:

- **Mask On:** From the moment you arrive at practice through short team meetings and other pre-run activities.
- **Mask Off:** Once the running portion of the workout begins (until the conclusion of running activities).
- **Mask On:** For all post-run activities and until you get on your bike or in a vehicle to go home.

Please take responsibility and monitor your health. If you have any signs / symptoms of Covid – 19, or have been exposed directly or indirectly to an infected person, be sure to let the coaches know immediately via email or phone, and then wait for clearance to attend practice.

Student athletes should come to practice already dressed in training clothes and running shoes. Check the weather forecast and be prepared.

Also, the following items should be brought to practice:

Backpack with the following items:

- Appropriate face covering (mask) that is on your face as you arrive at practice
- Water bottle (full) that can be easily identified as yours and nobody else’s
- Alcohol-based hand sanitizer that contains at least 60 percent ethanol
- DO NOT SHARE PERSONAL ITEMS WITH OTHER STUDENT ATHLETES!

Self Screening for COVID-19: Do a self screen every day before coming to practice. Do not come to practice if you are experiencing any symptoms. Wash your hands with soap and water before and after each practice.