

Rosemount Cross Country Parent/Athlete Information

Coaching Staff

Head Coach: Chris Harder (chris.harder@district196.org) cell: 612-845-2498

Assistant Coach: Brian Fendrich (brian.fendrich@district196.org)

Assistant Coach: Sara Hatleli (sara.hatleli@district196.org)

Assistant Coach: Charlie Lorch (charles.lorch@district196.org)

Assistant Coach: Phil Meyer

Coaching Philosophy

My philosophy is running is a lifelong activity. We try to keep things fun, develop a healthy lifestyle, and communicate what the athletes need to do to achieve their goals. Our training is based on progression for the season and their career. We always want to leave “something in the tank” for future running and fitness endeavors (hopefully, continuing to compete in college and beyond). We develop a definition of success for each athlete, so each member of our team is coached and pushed to do the best they can for their ability level.

Team Expectations

Athletes must follow rules regarding participation published by Rosemount High School (RHS) and the Minnesota State High School League (MSHSL).

The following are additional expectations of the coaches:

- *Respect coaches, teammates, and officials.
- *Be on time to practice and meets.
- *Let coaching staff know in advance of absences.
- *Schedule other commitments around practice and meets.
- *Work to the best of your abilities.
- *Positive attitude.
- *Be self-disciplined in workouts.

Attendance

Daily practice is the means by which we improve as individual runners and grow stronger as a team. As such, we place high importance on attendance to all team practices, events, and competitions.

- *Communicating in advance via in-person, e-mail or text to the coaching staff is considered excused. Any absence not communicated in advance is considered unexcused.
- *Four or more excused absences will be considered problematic and the issue needs to be discussed.
- *Unexcused absences are not tolerated. One: verbal warning. Two: discipline for next meet or function. Third: dismissed from team.

The Goal is to include participation. Communicate is the key.

Strength Training/Flexibility, etc. – all forms of training are considered part of practice, not just the running workout.

Injuries –if an athlete is injured, they need to inform the Coaching Staff, then will see the RHS trainer. If the injury warrants additional medical attention, RHS has a doctor on staff or an athlete can see their own doctor or specialist. The athlete will need to have a doctor’s note, on file in the training room, to return to practice or competition. While an athlete is injured, the athlete and Coaching Staff will coordinate an alternative training plan.

Fall Training Trip

The annual trip to Deep Portage is optional (but encouraged). The trip is the second week of the season from Monday morning to Thursday noon. There are practices for those that don't attend. As with meets, the athletes not only represent themselves, but their families, RHS, and the Rosemount Community.

Letter Policy

The policy will be posted on the web site. Coach Fendrich keeps track of points.

Meets

*Transportation is provided both ways. Not a problem if they don't ride home on the bus, but notify Coach Hatleli must be notified (A note is not needed, just tell her).

*Give athletes space at meets by team camp and starting line. (Example, you wouldn't sit on the bench before a basketball game.)

*It is expected that athletes cool down, stretch, and replenish themselves before leaving a meet.

*Encourage all our runners. Success for each athlete is defined differently.

Inclement Weather

Unless we have a scheduled practice at Lebanon Hills, we will always have practice. If it is lightning outside, we will practice inside.

Booster Club

We encourage your family and other interested members to join our Booster Club. This helps in providing new uniforms or training equipment and maintain a quality program for all team members.