

Dragon XC Week 1 update.

### **Welcome**

MSA student athletes and families make MSA a great place to be. Coaches are thankful for the kind words and support from families. We will do our best to make this season a success.

### **Invitation to Join from the Announcements**

Dragon Cross Country invites all students to join us for the fall season of fun, friends, fitness and social emotional well-being. We individualize training so everyone can improve at their own pace. We will start you out at your current level.

In addition to the regular runners we want to extend a special invitation to students who have done other sports or activities that are canceled or postponed. Don't worry if you don't think of yourself as a runner yet.

Our main goal is to support happy and healthy students. Please contact Coach Anderson with questions 651-724-2639 or [heathanderson@mnmsa.org](mailto:heathanderson@mnmsa.org)

### **A Season Like No other**

We are excited that the board approved our season last week. Thank you to the parents who helped make this happen. It will, however, be a very different season. Positivity and flexibility are important.

### **Email List**

We are starting with last year's email list. Please email [heathanderson@mnmsa.org](mailto:heathanderson@mnmsa.org) to be added or removed from the email list.

### **Practice Times**

Practices will start August 17th and run from 4:00 to 5:30pm. This may need to change once school starts to allow time for transportation.

### **Practice Philosophy**

We have two State Championship qualifiers returning to the team on one extreme and brand new runners as well. We will work to modify and individualize workouts so they are physically challenging and emotionally rewarding. We want everyone to get better and to feel good. We are happy to have feedback from athletes and from parents to help find this balance.

### **Meet Schedule**

We have no meets scheduled at this time, as our past meets are all cancelled. We are working to reach out to other schools to set up competitions. If needed we will set up team races and

time trials. The Minnesota State High School League doesn't list Section Championship meets, but they do have A State Championship meet scheduled for Nov. 7th at St. Olaf.

### **Covid-19 Protocol**

Please carefully review the safety protocol. This document is a combined effort of coaches, administration and parents. We use multiple sources to come up with the best plan possible.

### **Parent Meeting**

Please check emails and or the announcements for an upcoming zoom parent meeting soon.

### **Coaches**

We have an amazing group of coaches coming back with many ties to the MSA students. We will all work closely together to make the best possible season for the students.

Heath Anderson Several seasons with MSA coaching a mix of XC with Track and Field as well as being a parent to two MSA grads. Heath is also the Head Nordic Coach at Simley High School for the past 20+ years. Heath will be at practice daily, take lead on communication, scheduling, logistics, and send out weekly emails.

Ryan Soule: Former Head XC and Track Coach at MSA. Ryan is an Ultra-Marathon runner with a degree in exercise physiology. Ryan will be at practice regularly. Ryan will specialize in workout plans and dad jokes.

Alex Brault: Head Nordic Coach and Boys Head Track Coach. Alex will be at practice as his work schedule allows to support the Dragons. Alex will support and motivate the team.

Erin Brault: Former Head XC Coach, Nordic Coach and Track Coach. Erin will be around to support the team as her schedule allows. Erin will certainly bring energy and enthusiasm to the group.



## MSA Cross Country Running Covid Plan

We have used information from The Minnesota State High School League, The Minnesota Department of Health, The Center for Disease Control, and two running specific articles from Runners' World to create this plan. Please review the articles linked below in their entirety.

1. We will follow Minnesota state guidelines, Minnesota State High School League rules, and follow Math and Science Academy policies related to participation in athletics based on COVID-19 spread in the county and community. If school is forced into distance learning mode by localized numbers, only virtual practice allowed
2. Families and athletes must self-screen and not participate if they are not feeling well. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
3. Coach will help screen athletes for symptoms of Covid-19 as we can. We will prevent students showing symptoms from participating in practices or competitions.

4. All athletes and coaches will have a clean mask available everyday. Masks must be worn when inside any building or at other times it is reasonable based on activity level and social distancing. Coaches will have extra masks available for emergencies.
5. Team members must maintain social distancing by staying 6' apart at all times. We want students to run in groups of four or less. Please be aware of the breath cloud of others. Coughing, sneezing, spitting and "snot rockets" create potentially contagious droplets. They must be avoided.
6. We are here to connect and celebrate each others' successes. This should be done in a touch free manner. Handshakes, high-fives, fist-bumps, and hugs should not happen. Thumbs up, fist pumps, and finger points are encouraged, ala David Hasselhoff..



7. Group size will be limited to 25 people including athletes and coaches for practices and competitions. We will work up an alternating schedule if needed to accommodate a larger group size.
8. Cleanliness is important. Wash your hands whenever possible. If soap and water are not available use hand sanitizer with at least 60% alcohol. Avoid touching your mouth, nose or eyes. Wear clean clothes at every practice. Do not loan or borrow clothing or other objects between teammates.
9. Dress to be outside for the day's weather. Athletes must have jackets, rainwear, hats and pants to avoid heat and cold. We will not go inside unless there is severe weather, lightning, tornado, hail. Please be prepared to stay outside for practice times.
10. Use the restroom at home before practice. Anyone who needs to use the restroom during practice must wear a mask and wash their hands thoroughly.

11. Bring adequate water from home everyday. Avoid using drinking fountains. Never share water with a teammate. Coaches will have limited water bottles available. Plan ahead to stay hydrated.
12. No busses will be provided. Families should not ride share with other teammates.
13. No athlete will be criticized or punished in any way for missing practices or competitions because of following this policy or because of family efforts to protect vulnerable populations.
14. We will encourage students to run on their own. However, no in person captain's practices are allowed. Captain's practices may occur virtually.
15. Each athlete should have a bag with them daily that includes proper clothing for the weather, water from home, mask, hand-sanitizer and tissue.
16. In recognizing the serious nature of the COVID-19 pandemic and the positive impact that participation in MSHSL fine arts activities and athletics has on student participants, it is imperative that students and families know and understand the following:
  1. Participating in MSHSL activities is **voluntary**.
  2. While participating in MSHSL activities, all laws as well as MSHSL and school rules, guidelines, and protocols related to COVID19 must be followed.
  3. Participant acknowledges the contagious nature of COVID-19, and the Participant understands that there is risk of injury and/or illness from participating in MSHSL activities, including the risk to have direct or indirect contact with individuals who have been exposed to and/or diagnosed with COVID-19.
  4. Participant agrees that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities and MSHSL guidelines for notification and return to participation.
  5. Participant has signed a separate Eligibility Statement connected to general participation in MSHSL athletics/activities and agrees that the terms of that statement are wholly incorporated into this document and that the terms of this document are incorporated into the Eligibility Statement.

Links from the Minnesota State High School League

<https://www.mshsl.org/sites/default/files/2020-08/mshsl-covid-final-notice.pdf>

<https://www.mshsl.org/sites/default/files/2020-08/mshsl-cross-country-guidance-and-information.pdf>

Link from the Center for Disease Control.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Link from the Minnesota Department of Health

<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>

Links from Runners World

<https://www.runnersworld.com/news/a31439358/running-during-coronavirus/>

[https://www.runnersworld.com/news/a32815375/is-it-safe-to-run-in-groups/?\\_gl=1\\*1u2zfc\\*\\_ga\\*YW1wLVFoTnJoUzhtcDh0NVAxZHRNUzhfRXA0eDQ3U1IHSUk1TmIMTC1ORjBVa0RkdVIXR2VDRTViLTFDcnUxX3hVN0s](https://www.runnersworld.com/news/a32815375/is-it-safe-to-run-in-groups/?_gl=1*1u2zfc*_ga*YW1wLVFoTnJoUzhtcDh0NVAxZHRNUzhfRXA0eDQ3U1IHSUk1TmIMTC1ORjBVa0RkdVIXR2VDRTViLTFDcnUxX3hVN0s)