

Beresford Watchdog Cross Country

Week 1 Newsletter - August 22-28

This Week's Meet:

Friday, August 26 Beresford XC Kickoff Meet 10:00 A.M.

This Week's Practice Schedule:

Monday, August 22 7:00-8:00 A.M.

Tuesday, August 23 8:00-9:30 A.M. (Uniform Check-Out, Picture Packets)

Wednesday, August 24 3:30-5:00 P.M. (1st Day of School)

Thursday, August 25

TEAM PICTURES 3:30-4:00 P.M. in HS Gym (Packets will be sent home)

Pre-Meet Practice 4:00-5:00 P.M.

Pasta Feed in HS Lobby 5:00-5:30 P.M. (Beresford XC Kickoff Shirts Available for purchase)

Beresford XC Kickoff Meet Information

Date: Friday, August 26, 2016 **Start Time:** 10:00 A.M.

Location: The Bridges Golf Course - Beresford, SD

Schedule and Distances: Varsity Girls 5K, Varsity Boys 5K, JV Girls 4K, JV Boys 4K, JH Girls 3K, JH Boys 3K

Race Assignments: These will be handed out to athletes the day before the meet.

Invited Teams: Alcester/Hudson, Baltic, Beresford, Bon Homme, Canistota, Canton, Centerville, Dakota Valley, Dell Rapids, Elk Point/Jefferson, Ethan/Parkston, Freeman, Freeman Academy, Garretson, Gayville/Volin, Ipswich, Irene/Wakonda, James Valley Christian (Huron), Lennox, Luverne, MN, Marion, McCook Central/Montrose, Parker, Sioux Falls Christian, Sioux Falls Lincoln JV, Tea Area, Vermillion, Viborg/Hurley, West Lyon, IA

FCA Breakfast of Champions 7:30 A.M. ALL Beresford XC Team Members will report to the high school at 7:30 A.M. for the FCA Speaker. This year's speaker is Troy Weiland, a champion SDHSAA high school track and field athlete winning the 800M, 1600M, 3200M and anchoring the 4x800M relay to championships his senior year. In total Troy won 13 state titles while competing at Canistota. After high school Troy ran at Iowa State.

Beresford XC Kickoff Race Schedule

- 10:00 A.M. Varsity Girls (5000 meters) (Grades 7-12)
- 10:25 A.M. Varsity Boys (5000 meters) (Grades 7-12)
- 10:55 A.M. JV Girls (4000 meters)
- 11:10 A.M. JV Boys (4000 meters)
- 11:35 A.M. JH Girls (3000 meters)
- 12:00 A.M. JH Boys (3000 meters)
- 12:30 A.M. Awards Ceremony (All Beresford Runners must attend)

Awards:

- 1st place plaque for Varsity Girls and Varsity Boys.
- Medals for the top 20 places in each of the six races.

Beresford Cross Country Team Information - Beresford XC Kickoff

- 7:30 A.M. All runners will report to the high school by 7:30 A.M. to take part in the FCA Breakfast of Champions. There will be food available and eating a light breakfast is perfectly fine. After the FCA Breakfast you can change into your uniform and warm-up clothes if you haven't already.
- 8:30 A.M. Report to the team camp at the golf course and find Coach Coy and Coach Coggins to get your bib number. Each runner will have an individual bib number that they must wear during their race. Bibs are pinned to the front of the uniform top.
- 10:00 A.M. Races Start! Report to the starting line when the race ahead of you has started. Pay attention to the schedule. Continue your instructed warm-up near the start line with ALL of the team members you will be racing with.
- 12:30 P.M. Awards Ceremony. ALL Beresford XC members report to the awards ceremony. If you placed in the Top 20 or were on a winning varsity team, you must wear only your uniform on the awards stand. We always want to look nice on the awards stand for pictures.
- 1:00 P.M. At this time, all runners must report back to school to finish the school day. If a parent chooses to sign their runner out of school for the remainder of the day, they must do so ahead of time and let Mrs. Schroedermeier (JH), Mrs. Stuessi (HS), AND Mr. Degen know the day before. A list of those students will then be given to me so I know who is supposed to be returning to classes for the remainder of the day. Students who are signed out by their parents must go home for the remainder of the school day. They are not allowed to drive around town or hang out near the school during school hours.

Past Beresford XC Kickoff Winners

2004

Joni Strom, Beresford - 14:22
 Robert Gregoire, Wakonda - 15:51
 Girls Team—McCook Central (Beresford tied,
 McCook won on pusher)
 Boys Team—Wakonda

2005

Joni Strom, Beresford - 16:22
 Robert Gregoire, Irene/Wakonda - 17:36
 Girls Team—McCook Central/Montrose
 Boys Team—Sioux Falls Christian

2006

Samantha Hofer, Canistota/Bridgewater - 16:03
 Jake Schneller, Canton - 17:17
 Girls Team—Freeman Public
 Boys Team—Dell Rapids Public

2007

Becca Steadman, Centerville - 15:51
 Adam Myott, Centerville - 17:13
 Girls Team—Elk Point/Jefferson
 Boys Team—West Central

2008

Whitney Wilgenburg, Hills Beaver Creek/Ellsworth
 - 16:08
 Adam Myott, Centerville - 17:44
 Girls Team—Elk Point/Jefferson
 Boys Team—Hills Beaver Creek/Ellsworth

2009

Travis Buse, Lennox - 16:59
 Whitney Wilgenberg, Hills-Beaver Creek - 15:38
 Girls Team—Canton
 Boys Team—Parker

2010

Duane Jongling, Parker - 17:11
 Taylor Lohan, Canton - 16:00
 Girls Team—Canton
 Boys Team—Parker

2011

Duane Jongling, Parker - 16:20
 Hailey McMains, Canton - 16:17
 Girls Team—Harrisburg
 Boys Team—Irene/Wakonda

2012

Duane Jongling, Parker - 17:07
 Hailey McMains, Canton - 15:42
 Girls Team—Canton
 Boys Team—Lennox

2013

Graham Bacon, Dakota Valley - 18:12
 Laura Nelson, Gayville/Volin - 14:53
 Girls Team-Garretson
 Boys Team-Lennox

2014

Hunter Paulsen, ElkPoint/Jefferson - 17:10
 Macy Heinz, Ipswich - 14:26
 Girls Team-Garretson
 Boys Team-Sioux Falls Christian

2015

Caleb DeWeerd, Sioux Falls Christian -
 17:05
 Laura Nelson, Gayville-Volin - 18:26
 Girls Team-Beresford
 Boys Team-Sioux Falls Christian

Upcoming Cross Country Practice Schedule

Saturday, August 27	9:00 A.M. Voluntary Practice
Monday, August 29:	3:30 P.M. - 5:00 P.M.
Tuesday, August 30	3:30 P.M. - 5:00 P.M.
Wednesday, August 31	3:30 P.M. - 5:00 P.M.
Thursday, September 1	3:30 P.M. - 5:00 P.M.
Friday, September 2	Augie Twilight Meet 6:30 P.M. at Yankton Trail Park in Sioux Falls (Leave 4:30 P.M. NO SCHOOL) JV and Varsity Divisions.
Monday, September 5	6:00 P.M. Practice (NO SCHOOL)
Tuesday, September 6	Garretson Invite 4:00 P.M.

Augie Twilight Meet At a Glance:

This meet was just added late this summer. It is a fun meet with a college division after the high school races have finished. JV races start at 6:30 P.M. and are followed by the varsity races. Like all meets, ALL 7th-12th grade runners are allowed to run. JH runners will participate in the JV or Varsity races since there is no JH division. If your family already has plans for the Labor Day weekend, it is OK if your runner is not able to attend this meet. I understand that weekend plans may have already been made before this meet was added to the 2016 schedule.

Garretson Meet At a Glance:

This meet has a JV and Varsity division and all 7th-12th grade runners will attend. It is located at the River Ridge Golf Course outside of Garretson near the Palisades State Park. First race starts at 4:30 P.M.

2016 Beresford Cross Country Meet Schedule

Date	Event	Location	Time
Friday, August 26	Beresford Invite	The Bridges Golf Course Beresford, SD	10:00 A.M.
Friday, September 2	Augustana Twilight Meet	Yankton Trail Park Sioux Falls, SD	6:30 P.M.
Tuesday, September 6	Jesse James Invite	River Ridge Golf Course Garretson, SD	4:00 P.M.
Saturday, September 10	Cardinal Saturday Showdown	Luverne, MN High School Complex	9:30 A.M.
Thursday, September 15	SF Christian Invite	Yankton Trails Park Sioux Falls, SD	4:00 P.M.
Thursday, September 22	Union County Quad "Battle of the Ol' Canteen"	Elk Point Golf Course Elk Point, SD	3:30 P.M.
Friday, September 30	Lennox Invite	Lenkota Golf Course Lennox, SD	4:00 P.M.
Thursday, October 6	DAK XII Conference	Yankton Trails Park Sioux Falls, SD	3:00 P.M.
Thursday, October 13	Region 3A	Lenkota Golf Course Lennox, SD	3:00 P.M.
Saturday, October 22	State Cross Country	Huron, SD	12:00 P.M.
Tuesday, October 25	XC Recognition Night	Beresford Elementary Commons	6:00 P.M.