



2021 Mounds View Boys Track & Field

Parents Checklist:

- **Stay informed** on updates and changes with the REMIND APP
 - Text: @mvtf2021 to 81010
 - Check out the team website: www.moundsviewxc.com
- Sign up to Volunteer** (see signup genius links below)
- Attending 3/25 kickoff meeting counts for drug awareness attendance, no signatures this year.
- Order apparel** by 3/31 at www.identitystores.com/Stores/StoreFront.aspx?StoreID=2250
- (if applicable) Fill out Transportation waiver & give to coach
- Donate to the **booster club** (\$30 suggested)
 - Payable to MV Boys Track Booster Club
 - Mail to Diane Hessini 3 Bluebird Ln, North Oaks MN 55127
- Save the date for Year End Awards Night. Monday June 14 @ 5:30pm at MVHS. (Rain date= June 15)
- Stay in tune with current COVID guidelines (MSHSL Track and Field Guidelines @ www.mshsl.org/sites/default/files/2021-03/mshsl-track-and-field-guidance-and-information-1.pdf). We will do our best to keep you posted to changes.

STAY Connected:

- **REMIND APP:** Stay informed on updates and changes
Text: @mvtf2021 to 81010
- **Team Website:** www.moundsviewxc.com
 - **Schedule** (see Calendar tab)
 - **Coaches and Captains contact information**
 - **Volunteer sign-up** (link at bottom of Home tab)
 - **Facebook** Mounds View Boys Track & Field (see Home tab)
 - **Shutterfly site** (link at bottom of Home tab)

VOLUNTEER – All Families Sign up for 2 Shifts this Season

- Track & Field meets require many volunteers. MV takes pride in the participation we receive from families. NO EXPERIENCE NECESSARY and we will make sure you will see your son compete.
- If Covid guidelines permit, we will have a couple of catered carbo loads for all athletes to be held at MVHS outdoors after practice.
- **Sign up to volunteer**, more links to be sent out via Remind App as they become available
 - April 10th www.signupgenius.com/go/4090944abab2ca75-apr10th
 - April 29th www.signupgenius.com/go/4090944abab2ca75-apr29th
 - May 4th www.signupgenius.com/go/4090944abab2ca75-may4th

Boys Checklist:

- Order **apparel** at www.identitystores.com/Stores/StoreFront.aspx?StoreID=2250 by 3/31
- Check out the team website: www.moundsviewxc.com
- Listen to drug awareness talk by Coach
- Inform your parents what meets you are competing in. Some meets are limited participants per events

APPAREL

Purchasing apparel is optional. The apparel store is open until 11:59pm on March 31st
Order **apparel** at www.identitystores.com/Stores/StoreFront.aspx?StoreID=2250

Uniform top is provided by the school.

Picture Day

Picture day is scheduled April 10th. We will be using David Banks and all ordering/payments will be made online AFTER picture day. Links will be sent out when they become available.

BOOSTER DONATIONS

Booster donations are used for off season training, team physical therapist, carbo loads, snacks at some away meets, and more!
Please donate (\$30 suggested) payable to MV Boys Track Booster Club (Mail to Diane Hessini 3 Bluebird Ln, North Oaks MN 55127)

We may have additional fundraising opportunities. Watch email and REMIND APP for updates this season.

Share the Memories

Go to images.balfour.com to upload images to yearbook staff using school's yearbook project #: 105334 (no upload code needed)



2021 Mounds View Boys Track & Field

2021 Schedule – Please check team website often, as meet dates/times can change due to weather, covid, etc. We ask for your patience and ask that your boys keep you up to date.

- ➔ See Team Website, www.moundsviewxc.com, for most up to date Calendar and Results... Agenda view gives a nice list of meets w/ links to locations
- ➔ **REMIND APP:** Stay informed on updates and changes Text: @mvtf2021 to 81010

No indoor meets this year, Team Practices start March 29th

Day	Date	Meet	Host School	Teams	Time
Sat	Apr-10	Picture Day	MVHS		
Sat	Apr-10	Full Squad	MVHS	Andover	10:00
Tues	Apr-13	JV Meet	at East Ridge	SW, WBL, MV, ER	3:30
Thurs	Apr-15	Varsity	at Irondale	FL, MV, Park, Rose, Iron	3:30
Tues	Apr-20	JV Meet	at Stillwater	SW, MV, Rose, WBL	3:30
Thurs	Apr-22	Varsity	at White Bear	MV, Park, Rose, Wood, WBL	3:30
Tues	Apr-27	JV Meet	at Roseville	RV, FL, ER, SW, MV	3:30
Thurs	Apr-29	Varsity	MVHS	CDH, Iron, Park, Wood	3:30
Tues	May-04	JV Meet	MVHS	MV, Wood, ER, FL, WBL	3:30
Thurs	May-06	Varsity	at Park Cottage Grove	ER, FL, MV, Wood, Park	3:30
Fri	May-07	Varsity	at Wayzata		3:30
Thurs	May-13	Varsity	at White Bear	WBL, CDH, FL, MV, Wood	3:30
Thurs	May-20	True Team Section	at Irondale	Iron, FL, MV, Rose, SW	3:30
n/a	n/a	True Team State	Virtual		n/a
Tues	May-25	JV Meet	at White Bear	WBL, Iron, SW, Rose, MV	3:30
Tues	Jun-01	Conference Finals	at White Bear	WBL, CDH, ER, FL, Iron, MV, Park, Rose, SW, Wood	TBA
Wed	Jun-09	Section 5 Prelims	MVHS		3:30
Sat	Jun-12	Section 5 Finals	MVHS		11:00
Mon	Jun-14	End of Year Awards Night	MVHS		5:30pm
Tues	Jun-15	End of Year Awards Night-Rain Date	MVHS		5:30pm
Fri	Jun-18	State Prelims	Hamline		TBA
Sat	Jun-19	State Finals	Hamline		TBA

[Reference Suburban East Conference Website](#) Filter schedules on Boys Track

Meet Locations:

East Ridge High School, 4200 Pioneer Dr, Woodbury, MN 55129, USA ([map](#))

Irondale High School, 2425 Long Lake Rd, New Brighton, MN 55112, USA ([map](#))

Mounds View High School, 1900 Lake Valentine Rd, Arden Hills, MN 55112, USA ([map](#))

Park Cottage Grove, 8040 80th St S, Cottage Grove, MN 55016 ([map](#))

Roseville Area High School, 1240 County Road B2 W, Roseville, MN 55113, USA ([map](#))

Stillwater Area High School, 5701 Stillwater Blvd N, Oak Park Heights, MN 55082, USA ([map](#))

Wayzata High School, 4955 Peony Ln N, Plymouth, MN 55446, USA ([map](#))

White Bear Lake Area High School, South Campus, 3551 McKnight Rd N, White Bear Lake, MN 55110, USA ([map](#))

Hamline University, 1550 Taylor Ave, St



2021 Mounds View Boys Track & Field

Captain and Coach contact information on Team Website <https://www.moundsviewxc.com>

Coaches:

- Ross Fleming – Head Coach & Varsity Distance
- Aaron Thompson, Assistant Distance
- Bill Pratt – Middle Distance
- Jack O'Brien – Assistant Sprints
- Mike Goldman – Sprints/Hurdles
- Tom Davis – Throws
- Scott Kopp – Jumps
- Pete Erickson – Pole Vault
- Shannon Rainey – Assistant Strength & Conditioning
- Tommy Wentworth – Assistant JV Distance

Reach out to MVTrackFan@yahoo.com if you feel you are missing email updates or have questions for Captain Parents.

Captains		Parent Contact	Parents Phone
Ben Howlett	Hurdles/Sprints	Donna Howlett	651-336-1425
Bill Ketola	Throws	Kraig & Lisa Ketola	612-760-1246
Sam Magnuson	Pole Vault	Chuck & Kate Magnuson	612-998-7832
Matt Miller	Mid/Long Distance	Jeff & Sue Miller	651-497-6286
Luke Welsh	Jumps/Sprints	Dan & Nina Welsh	651-490-3223