



Saint Thomas Academy Cross Country 2021

Contact Information

High School Coaches: (Expect return emails within 24 hours during the week and 48 hours on weekends)

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Middle School Coach:

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Captains:

Parent Contact:

Senior – Matthew Korf

Jeannie and Mark Korf mjkorf@comcast.net

Junior – Adam Husaby

Scott and Rose Husaby rhusaby0327@comcast.net

STA Cross Country Program Philosophy and Mission

The philosophy and mission of the cross country program at Saint Thomas Academy is to encourage committed participation in the healthy, life-long sport of running while developing a highly competitive class AA team. This is an education based athletics program. The coaches strive to promote development of healthy lifestyles, strong character, integrity, work ethic, commitment, teamwork, and lifelong friendships while teaching runners to train and race wisely to their full potential.

Four Team Beliefs

- Time, place and awards matter. Becoming the best person and runner you can be matters more.
- Committed participation leads to lifelong love for a healthy activity.
- EVERY runner matters and is expected to contribute, give their best, and improve.
- Running and racing require one to get uncomfortable... and should also be fun.

Team Expectations

- 1. Show up
 - Be at all practices on time unless YOU have talked to coach Kinzley BEFORE practice.
 - 3 unexcused / 6 total absences from practice disqualify you from lettering.
 - Unexcused first period tardies or unexcused absences disqualify participation that day.
- 2. Have integrity
 - Follow the golden rule, be kind, be honest, and do the right thing. When you make a mistake (like we all do), learn from the mistake, say sorry, and make things better.
- 3. Be positive
 - We expect a culture of positivity. Nothing negative. No excuses. No whining.
- 4. Give your best effort
 - Work hard even when you don't feel like it – because some days you won't feel like it.
 - Control the "controllables".
 - Manage your time wisely.
 - Avoid use of and proximity to alcohol, drugs, vaping, and tobacco.
 - STA policy: First offense: sit out 1/3 season, Second-½ season, Third-rest of season.
 - Talk to a coach if you have a problem in this area. We are here to help.

Equipment Requirements:

- **Training shoes** – ask for help with fitting/discounts. See attached list of running specialty stores.
- **A 1 liter water bottle**. You are responsible for your own hydration. Don't share bottles!
- **Chronograph watch**. To time workouts. (GPS watch or mapping apps are nice but not necessary)
- **Racing spikes required for HS runners**– buy with the training shoes and you may get a deal.
- **Spike elements and wrench** - you will need a set of 3/8" elements and a set of 1/4" elements. CC racing spikes generally come with a 3/8" set and wrench. Most running stores sell elements but amazon.com also sells sets of 100 for around \$15-20 which should last your entire career.
- **Lightweight shorts and shirts** for practice (most of the season).
- **Warmer clothing** for later in the season. Keep hat, gloves, long sleeves, and pants in locker.
- **Snacks for after practice**. Refuel daily within 30 minutes after practice (60% carb/20% proteins).
- **White compression shorts, undershirts**. Not required but must be plain white if used in races.
- **Bag or backpack** to stay organized.
- **Apparel package** – Due to supply shortages, the apparel online store is closed and apparel will hopefully arrive early in the season. Thanks for making your orders during the summer! If you recently joined and do not have the apparel, other STA gear will suffice.
- **Racing uniform** – We will be using the same racing singlet used by the CC team and the track and field team in the past. But we have new racing shorts. All runners (new and returning) will need to order the NEW SHORTS. New runners will need to order the shorts AND singlet.
 - Link for racing uniform found at www.cadets.com/athletics/teams/cross-country
- The racing uniform store closes at midnight on Wednesday, August 18th.
- Contact Mrs. Pam Kunkel at pkunkel@cadets.com for confidential financial assistance on required racing uniform, required t-shirt and shorts (not the optional pants, and jacket).

Required Paperwork

- To be eligible to practice and participate, the **Sports Physical Form** and **Athletics Eligibility Form** must be up to date prior to the first practice (concussion testing not necessary). If needed, go to <http://www.cadets.com/athletics/athletics-forms> to access forms.
- **Summer mileage documentation** must be emailed to Coach Kinzley before the first day of practice. This is for lettering purposes and so coaches can design appropriate individualized training. If you filled out the training log, email me a photo of the COMPLETED back page of the calendar. If you did not, have a parent send an email stating the accurate summer mileage total and athlete name.
- Your son will verify that these forms are complete with an athletic director and coaches on Monday, Aug. 16 at 3:00pm in the Flynn Hall entrance to receive official permission to practice.
- Athletes will not be allowed to practice with the team if there are any incomplete or missing forms.

Team Fee

- The team fee will be \$75 and will cover a portion of the team picnic, the Alexandria meet box lunch, the team pasta feed, and most of the team banquet expenses. It will NOT be used for coach gifts at the banquet. A link to officially sign up and pay the team fee can be found at www.cadets.com/athletics/teams/cross-country

Volunteer Opportunities

- The captains' parents will organize a SUG. We will need help with the team picnic, pasta feed, banquet, and with providing food/drink for two Saturday practices and two championship meets.

Communication

- Coach McQuillan will use Team Snap to communicate with parents via weekly emails.

High School Practice (grades 9-12)

- **Daily Practices:** 3:30 – 5:30pm in the wrestling room or at the grotto. Activity bus is at 5:45.
- **Saturday Practices:** Juniors, seniors, varsity: required. Freshmen/Sophomores encouraged.
- **Sunday:** Day of rest for all team members
- We will practice in two pods based on running experience.

Nutrition Basics

- Hydration happens all day long (urine should look like lemonade not apple juice).
- Water and fruit juice hydrate best. Sport drinks are for sport (during/after), not all day long.
- Endurance athletes need roughly 60% of calories from carbs, 20% proteins, 20% fats.
- Big breakfast & mid-morning snack. Lighter breakfast 2-3 hours before early races.
- Choose wisely at school lunch. Sandwich, salad, soup, fruit are best options.
- Pre-practice/race: snack (carb & protein) and water ~ 60-90min before practice (before last block).
- Post-practice/race: within 30min need carb/protein (4:1 ratio) snack and 2-3c water per lb. lost.
- Big dinner within 2 hours.

Safety

- We will follow current COVID protocol and school policy. Last year taught us to be resilient and flexible and we will use the same approach this season. We will move practices from the wrestling room to the grotto if necessary to ensure distancing/fresh air and we will wear masks if it becomes clear that doing so will keep us healthy. The goal is for all athletes to experience a full season.
- We routinely review running safety, the coaches/runners carry cell phones, we have an EAP.
- Runners are placed in appropriate training groups based on their current fitness level.

Lockers

- All runners will receive lockers in the HS locker room during the first two weeks of practice.

Meet and practice Transportation

- Buses will be provided for all meets.
 - Runners/parents will need to organize rides to/from Saturday practices.
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The “Simple” Sport of High School Cross Country

- Usually 7 runners race varsity and the rest race JV but other formats exist.
- The 7 fastest runners at one meet run varsity at the next. Coaches’ discretion may apply.
- Most races are 5K (3.1 miles).

Metro East Conference (MEC)

- Teams include STA, Simley, Henry Sibley, Tartan, North St. Paul, South St. Paul, Hastings, Hill-Murray, and Mahtomedi. All-conference Honors go to the top 14 runners at the MEC Championship meet. Honorable Mention goes to next 9 runners.

Section 3AA

- STA, Henry Sibley, Highland Park, Bloomington Kennedy, Blake, Simley, Holy Angels, SPS/Summit Academy, Richfield, S. St. Paul, MPLS Roosevelt, Humboldt/Open World Learning

NEW 3 Class Cross Country System

- AAA – top 64 teams AA - next 96 teams (includes STA) A – The rest (100+ teams)
- The top 2 teams and top 6 individuals (was 8 in 2 class system) not scoring on a qualifying team advance to the State Meet in all 3 classes.

STA Cross Country Lettering Requirements 2021

To letter on the STA Varsity Cross Country Team, you must:

1. Meet attendance requirements (3 unexcused absences or 6 total absences disqualify you).
2. Run 17:59 or faster at a championship meet (MEC or 3AA).

OR

Earn any **10 letter points** from the following list:

RACING POINTS

Placing in the top 7 on the STA team in any non-championship race.	(1 point)
Including Intra-squad Time Trial	
Placing in position 8-14 on the STA team at the MEC Championship.	(1 point)
Placing in the top 7 on the STA team at the MEC Championship.	(2 points)
Placing in the top 7 on the STA team in the Section 3AA meet.	(3 points)
Competing in the MSHSL State Cross Country Meet.	(5 points)
Earning All-conference Honorable Mention	(1 point)
Earning All-conference	(2 points)
Competing in all required races	(1 point)

EXPERIENCE POINTS (4 points maximum)

Finishing each year of high school cross country in good standing	(1 point / year)
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DEDICATION POINTS

Perfect Season Attendance (0 absences)	(2 points)
Nearly Perfect Attendance (2 excused absences max)	(1 point)
Running 100 summer miles	
Must be documented, signed and turned in at parent meeting	(1 point / 100mi)

Twin Cities Specialty Running Stores

It is very important to wear good running shoes that are fit for you. Below is a list of some of the local stores that have runners employed to help you do the following:

1. Purchase a good pair of training shoes
2. Purchase a good pair of cross country racing spikes (not track spikes)
3. Purchase a set 1/4" and 3/8" spike elements and a wrench (if not included with spike shoes)
4. You could also purchase chronograph watch (team requirement) or get it elsewhere.
5. Be sure to ask for the team discount (usually 10-20% off) – tell them you run for STA

Gear Running Store

4406 France Ave. S.
Edina, MN
(952) 926-2645

Fleet Feet - Marathon Sports

2312 W. 50th St.
Minneapolis, MN
(612) 920-2606

Running Room

Runningroom.com for store locations and contacts

Run N Fun

Burnsville Crossing
14240 Plymouth Ave
Burnsville, MN 55337

868 Randolph Ave.
St. Paul, MN 55102
(651) 290-2747

779 Bielenberg Dr.
Woodbury MN 55125
651-202-3992

TC Running Company

6405 City West Parkway
Eden Prairie, MN
(952) 944-7386

STA Cross Country Practice & Important Dates for 2021

Weekdays Practices:	Aug 16 - Oct 19 (Nov 6 if state meet)	3:30pm
Saturday Practices:	Listed below (with other key dates)	9:00am
Meet Schedule:	HS Schedules attached	

Sun August 15	Parent Informational Meeting	7:00pm (STA Cafe)
Mon August 16	First Practice	3:00pm (Ceresi Atrium)
Wed August 18	Online store uniform closes	Midnight
Sat August 21	Practice	9:00am @ Lebanon Hills
Sat August 28	Practice	9:00am @ Mel-O-Glaze
Thurs September 2	STA Intrasquad Time Trial / picnic	4:00pm (approx.)
Fri September 3	Team photo - wear clean racing uniform	3:30pm @ grotto
Sept 4, 5, 6	Run on own/rest (Labor Day Weekend)	No team practice
Wed September 9	Hastings Invite	4:00pm (approx.)
Tues September 14	MEC Preview	4:00pm (approx.)
Sat September 18	Practice	9:00am @ STA
Tues September 21	Hudson Invite	4:00pm (approx.)
Sat September 25	Practice	9:00am @ Lebanon Hills
Thurs September 30	Osseo Invite	4:00pm (approx.)
Sat October 9	Alexandria Meet	All Day
Sat October 16	Practice	9:00am @ Minnehaha Falls
Mon October 18	Team pasta feed – STA cafeteria	5:00pm
Tues October 19	MEC Championship Meet	3:30pm (approx.)
Thurs October 21	Varsity Practice	6:30am (yes am)
Oct 21-24	MEA Break	
Mon October 25	Required team meeting for all runners	3:15pm (room MS-116)
Thurs October 28	Varsity Section 3AA Meet	3:30pm (approx.)
Thurs November 4	Team Banquet	6:00pm
Sat November 6	MSHSL State Meet	TBD

STA High School Cross Country Meet Schedule 2021

(Revised 8/9/2021)

	Date	Meet	Distance	Time (approx)
*	Thurs September 2	STA Intra-squad Time Trial/Picnic (STA Track)	2mi	4:00pm
1.	Thurs September 9	Hastings Invite (St. Croix Bluffs Regional Park – Hastings)	5K	4:00pm
2.	Tues September 14	MEC Conference Preview (St. Croix Bluffs Regional Park – Hastings)	5K	4:00pm
3.	Tues September 21	Hudson Invite (Hudson HS - WI)	5K	4:00pm
4.	Thurs September 30	Osseo Invite (Elm Creek Park Reserve – Maple Grove)	5K	4:00pm
5.	Sat October 9	Alexandria Meet of Champions (Arrowwood Resort – Alexandria)	5K	All Day
6.	Tues October 19	MEC Conference Championship (St. Croix Bluffs Regional Park – Hastings)	5K	3:30pm
7.	Thurs October 28 (Varsity only)	Section 3AA Championship (Valleywood GC – Apple Valley)	5K	3:30pm
8.	Sat November 6 (Varsity only)	State Meet (Qualifiers only) (St. Olaf College – Northfield)	5K	TBD (AA Boys)