**Saint Thomas Academy Cross Country 2019**

**Contact Information**

 Coaches:

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 Roger Friede rfriede@cadets.com Anne McQuillan amcquillan@cadets.com (middle school)

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# 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 and improve.
* Running and racing should be and will 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 p. 1 school tardies or unexcused absences disqualify participation that day.
* 2. Be respectful
	+ Follow the golden rule, be honest, work at living a life of integrity.
* 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 at practice/meets.
* **Chronograph watch.** To time workouts. (GPS watch or mapping apps are nice but not necessary)
* **Racing spikes** – 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 most of the season.
* **Warmer clothing** for later in the season. Keep hat, gloves, long sleeves, and pants in locker.
* **Snacks to leave in locker.**  Refuel daily within 30 minutes after practice (60% carb/15% proteins).
* **A swimsuit and towel** to be kept in locker for occasional pool workouts.
* **White compression shorts, undershirts.**  Not required but must be plain white if used in races.
* **Bag or backpack** to stay organized at meets.
* **Apparel package** – Shorts and a long and/or short sleeve t-shirt required. Jacket & pants optional.
* Find links to order athlete (and fan) apparel at: [www.cadets.com/athletics/teams/cross-country](http://www.cadets.com/athletics/teams/cross-country)
* **Racing uniform** – We will be using the same racing shorts and singlet used by the STA track and field team. All runners who do not already have this uniform need to order it.
* Link and ordering information found at [www.cadets.com/athletics/teams/cross-country](http://www.cadets.com/athletics/teams/cross-country)
* All online stores close at midnight on Wednesday, August 14th. This is the final chance to order!
* Contact Mrs. Deb Kilen at dkilen@cadets.com for confidential financial assistance on the following: team fee, required racing uniform, required t-shirt and shorts (not the optional pants, and jacket).

**Required Paperwork**

* To be eligible to practice and participate, your son’s Sports Physical Form and Athletics Eligibility Form must be up to date prior to the start of the first practice. Concussion testing is not necessary.
* If you haven’t already done so, use the following link to find directions and complete the paperwork online: <https://www.cadets.com/athletics/athletics-forms>
* Your son will verify that these forms are complete with the athletic director on Monday, Aug. 12 and receive a stamped card to give to the coach. He cannot practice without this card being turned in.

**Team Fee**

* The $75 team fee covers expenses for the team picnic, pasta feed, bag lunch for select meets, and runner’s banquet expenses (additional family members RSVP and pay for banquet on a later date).
* Contact Mrs. Deb Kilen at dkilen@cadets.com for confidential financial assistance.
* If you haven’t already paid the team fee, please do so ASAP using the following link: [www.cadets.com/athletics/teams/cross-country](http://www.cadets.com/athletics/teams/cross-country)

**Volunteer Opportunities**

* Volunteers are needed to help the team in a variety of ways. Please get involved and help us out!
* See Team Snap under Assignments tab or link at [www.cadets.com/athletics/teams/cross-country](http://www.cadets.com/athletics/teams/cross-country)

**NXR Heartland Race**

* This is an optional post-season race in Sioux Falls on Sunday, November 10.
* Forms and $125 check to Amy Murphy due to Kevin Murphy by August 30. See separate handouts.
* Official NXR website (updated soon): <https://www.runnerspace.com/eprofile.php?event_id=300>

**High School Practice (grades 9-12)**

* **Daily Practices:** 3:30 – 5:30pm (give or take) in the Wrestling Room. Activity bus is at 5:45.
* **Saturday Practices:**  Juniors, seniors, varsity: required. Freshmen/Sophomores encouraged.
* **Sunday:** No Sunday practices but some runners will run on their own when assigned.

# Middle School Practice (grades 6-8)

* All grade 6-8 runners practice with the HS team some days, with the MS team other days.
* **Daily Practices:** 3:30 – 5:00pm (give or take) in the Wrestling Room. Activity bus is at 5:45.
* **Saturday/Sunday Practices:**  Rest!
* Coach McQuillan will share MS schedule details weekly.

**Nutrition Basics**

* Hydration happens all day long (urine should look like lemonade not apple juice).
* Water and fruit juice is 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 bars 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.

**Communication**

* I will use Team Snap to communicate with parents via weekly emails. I also message directly with athletes when necessary regarding practice changes due to weather.

**Safety**

* We routinely review running safety, the coaches/runners carry cell phones, we have an EAP.
* The runners are placed in appropriate training groups based on their current fitness level.

**Lockers**

* Middle school and high school runners will have lockers in separate locker rooms.
* Lockers will be assigned the first week of practice**.** Combo’s should be memorized, not shared.

**Meet and practice Transportation**

* Busses will be provided for all high school meets (runners in grades 9-12). Runners may ride home from meets with a parent after communicating this with a coach directly.
* Grade 6-8 parents will need to organize rides to the middle school meets.
* All runners will need to organize rides for Saturday practices.

# 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.
* Some early season races are 2 miles or 2.5K. 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, Holy Angels, Apple Valley, Bloomington Jefferson, Bloomington Kennedy, Burnsville, Eagan, Eastview, Henry Sibley, Park, Prior Lake, Richfield, Rosemount, Simley, South Saint Paul. The top 2 teams and top 8 individuals not scoring on a qualifying team advance to the State Meet.

**2021-2022 Season: 3 Class System**

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

# STA Cross Country Lettering Requirements 2019

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

1. Attend season practices and meets (3 unexcused absences or 6 total absences will disqualify you).
2. Run 17:59 or faster at the MEC, GLC, or 3AA meet.

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)

 \*Intra-squad TT and NXR do NOT count\*

Placing in the top 7 on the STA team at the GLC JV meet. (1 point)

Earning a medal at the GLC (1 point)

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)

 **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 ¼” 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

Burnseville, 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 Schedule 2019

**Weekdays Practices:** Aug 12 - Oct 24 (Nov 2 if state meet) 3:30pm

**Saturday Practices:** Listed below (with other key dates) 9:00am

**Meet Schedule:** MS and HS Schedules attached

Sun August 11 Parent/Athlete Informational Meeting 7:00pm (Wright Lect. Hall)

 Mon August 12 First Practice **3:00pm** (Ceresi Atrium)

 Tues August 13 Locker setup before practice **3:00pm** (Wrestling Room)

Wed August 14 Online stores for apparel & uniform close Midnight

Sat August 17 Practice 9:00am @ Mel-O-Glaze

Wed August 21 Time Trial/Team Picnic (STA) 4:00pm

Sat August 24 Practice & Pancakes 9:00am @ Oliver Balfour’s

Aug 31, Sept 1, 2 Run on own (Labor Day Weekend) No team practice

Sept 7, 8 Run on own No team practice

Fri September 13 Team yearbook photo (bring uniform) 3:40 @ Grotto

Sat September 14 Practice 9:00am @ Lebanon Hills

Sat September 21 Milaca Mega Meet All day

Sat September 28 Practice 9:00am @ STA

Sat October 5 Alexandria Meet of Champion All day

 Sat October 12 Practice / Big Breakfast 9:00am @ STA

 Mon October 14 Team pasta feed – STA cafeteria 5:00pm

Thurs October 17 Required practice – entire HS team 6:30am @ STA

October 18, 19, 20 Run on own Fri, Sat, Sun (MEA) No team practice

Wed October 23 Varsity pasta feed @ Noodles Eagan After practice

 Fri October 25 Required team meeting for HS/MS runners 3:15pm (room FH-108)

Sat October 26 Run on own for top 10 if qualify for state No team practice

Sat November 9 Team Banquet / Brunch 11:00am – STA cafeteria

 Sun November 10 Nike Cross Regional Meet (NXR) *optional* All Day - Sioux Falls, SD

**Free Weekends:** August 31-September 2 Labor Day Weekend

September 7-8 Run on own weekend

 October 18-20 MEA Weekend

 **MANDATORY PRACTICE ON THURSDAY, OCT. 17 FOR ENTIRE HS TEAM**

**AT 6:30am - PLEASE PLAN MEA TRAVEL ACCORDINGLY**

STA High School Cross Country Meet Schedule 2019

 (Revised 07/25/2019)

 **Date Meet V/JV/C Time (approx)**

 \* Wed August 21 STA Intra-squad Time Trial/ Team Picnic 2mi/2mi/1mi 4:00pm

(STA Track)

1. Fri August 30 Irish Invite 2mi/2mi/2mi 8:00am

 (Rosemount HS – near Track)

1. Fri September 6 Faribault Invitational 5K/5K/2.5K 4:00pm

 (North Alexander Park - Faribault)

1. Tues September 10 MEC Conference Preview 5K 4:00pm

(St. Croix Bluffs Regional Park – Hastings)

1. Sat September 21 Milaca Mega Meet 5K/5K All Day

 (Stones Throw GC – Milaca)

1. Thurs September 26 St. John’s Prep Invite 5K/5K 4:00pm

(St. John’s University Campus)

1. Sat October 5 Alexandria Meet of Champions 5K/5K All Day

 (Arrowwood Resort – Alexandria)

1. Tues October 15 MEC Conference Championship 5K/5K 3:30pm

 (St. Croix Bluffs Regional Park – Hastings)

1. Mon October 21 Grade Level Championship 5K/5K/5K 4:00pm

 (JV only) (Bassett Creek Park – Crystal)

 Thurs October 24 Section 3AA Championship 5K 3:30pm

 (Varsity only) (Valleywood GC – Apple Valley)

1. Sat November 2 State Meet (Qualifiers only) 5K TBD

 (St. Olaf College – Northfield) (AA Boys)

\* Sun November 10 Nike Heartland Regional (NXR) 5K TBD

 (Optional) (Sioux Falls, SD)

STA Middle School Cross Country Meet Schedule 2019

 (Revised 7/25/19)

 **Date Meet Dist Time (approx)**

 \* Wed August 21 STA Intra-squad Time Trial 1mi 7:30pm

(STA Track)

1. Thurs September 12 Hastings Race (Gr. 6-8 – parents drive) 1mi 3:45pm

Hastings High School

200 General Sieben Dr

Hastings, MN 55033

1. Thurs September 19 White Bear Lake (Gr. 6-8 – parents drive) 1mi 3:45pm

Lakewood Hills MS

 2110 Orchard Hills

 White Bear Lake, MN

1. Thurs September 26 Stillwater Race (Gr. 6-8 – parents drive) 1mi 3:45pm

Washington County Farigrounds

 12300 40th St N

Stillwater, MN 55082

1. Thurs October 3 Oakland Race (Gr. 6-8 – parents drive) 1mi 3:45pm

Lake Elmo Park Reserve (Nordic Center)

 1515 Keats Ave N

 Lake Elmo, MN 55042

1. Tues October 8 Mahtomedi Race (Gr. 6-8 – parents drive) 1mi 3:45pm

Mahtomedi MS

8100 75th St N

St Paul, MN 55115

1. Thurs October 10 Centennial Race (Gr. 6 – parents drive) 1mi 3:45pm

Centennial MS

399 Elm St

Lino Lakes, MN 55014

1. Mon October 14 SEC/MEC Champ (Gr. 6-8 – parents drive) 1mi 3:45pm

Lakewood Hills MS

 2110 Orchard Hills

 White Bear Lake, MN

Suburban East Conference / Metro East Conference League Middle School Races

* 3:45pm approx. start times, approx. 1 mile in length.
* 4 races split into 6/7 girls, 6/7 boys, 8 girls, and 8 boys depending on numbers.
* Parents organize and provide transportation from STA to race and back.
* Coach McQuillan will meet runners at race and be in charge.