

# STA Cross Country 2022 - Summer Information

## Coaching Staff

Tony Kinzley (Head) [tkinzley@cadets.com](mailto:tkinzley@cadets.com)  
Kim Friede [kfriede@cadets.com](mailto:kfriede@cadets.com)  
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Francie Reding (M.S.) [freding@cadets.com](mailto:freding@cadets.com)

## Captains

Adam Husaby (Senior)  
Emmett Wolf (Senior)  
Luke Audette (Senior)  
Philly Solomon (Junior)

## Summer Expectations

1. Make running a routine part of your day (examples - 7:00am daily before work or 8:00pm in the evening).
2. Attend as many of the optional summer team practices as possible. (see schedule on back).
3. Record summer mileage on your training plan/calendar and bring it to the parent meeting.
4. Email coach Kinzley if you have questions or concerns at [tkinzley@cadets.com](mailto:tkinzley@cadets.com)
5. Control the “controllables”.
  - Stay hydrated, eat well, sleep a lot so you are healthy and able to run daily
  - Do light stretching after summer workouts
  - Attend the optional strength sessions at STA when possible
  - Practice positive mental attitude
6. Get the necessary equipment:
  - GOOD Running shoes that are fit for your body and gait (see attached list of stores)
  - Chronograph watch (or GPS Watch) so you learn to pay attention to pace.
  - 1 Liter water bottles so you stay hydrated.

## Optional Summer Team Practices

<b>Tuesdays (7:00am @ STA)</b>	<b>Thursdays (7:00am @ STA)</b>
<b>Hill or Fartlek then strength work</b>	<b>Strength work then long run</b>
June 14	June 16
June 21	June 23
June 28	June 30
<i>July 5 – Run on Own (No contact)</i>	<i>July 7 – (No contact)</i>
July 12	July 14
July 19	July 21
July 26	July 28

\*captains may schedule additional practices throughout the summer\*

# STA Cross Country 2022 - Tentative Season Schedule

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**PRACTICE IS MANDATORY FOR ALL HIGH SCHOOL RUNNERS STARTING AUG. 15. PLAN ACCORDINGLY. 3 UNEXCUSED / 6 TOTAL ABSENCES DISQUALIFIES LETTERING.**

<b>Parent Meeting:</b>	August 14	7:00pm @ STA
<b>Weekdays:</b>	August 15 - October 18 (Varsity – November 5)	3:30pm practice @ STA
<b>Saturdays:</b>	<b>SATURDAY PRACTICES MANDATORY FOR GRADES 11, 12, AND VARSITY ALL OTHER RUNNER ARE HIGHLY ENCOURAGED TO ATTEND</b>	
	August 20	9:00am @ Lebanon Hills
	August 27	9:00am @ Mel-O-Glaze MPLS
	Sept 3-5	Labor Day Weekend – Run on own
	September 10	9:00am @ Lebanon Hills
	September 17	9:00am @ Falls DQ (\$ for Mel-O-Glaze)
	September 24	9:00am @ Lebanon Hills
	October 1	9:00am @ Falls DQ (\$ for Mel-O-Glaze)
	October 8	Alexandria Meet (all day)
	October 15	9:00am @ STA (\$ for McDonalds)
	October 20 (Thursday)	6:30am @ STA Track – Varsity Only
	October 21-23	Varsity Run on own (MEA Break)
	October 29	9:00am @ STA (for State Qualifiers)
	November 3	Team Banquet 6:00pm @ STA Cafeteria
	November 5 (Qualifiers Only)	Boys AA State Meet @ St. Olaf (all day)
<b>Sundays:</b>	(no official practices)	

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			<u>Approx. Time</u>
<b>Meets:</b>	Thurs September 1	Intrasquad 2mi TT/Team Picnic (STA Track)	4:00pm
	Thurs September 8	Hastings Minneart Inv. (St. Croix Bluffs) <b>JV only</b>	4:00pm
	Tues September 13	MEC Preview (St. Croix Bluffs Reg Park)	4:00pm
	Tues September 20	Hudson Invitational (Hudson HS, WI)	4:00pm
	Thurs September 29	Osseo Invitational (Elm Creek Park Reserve)	4:00pm
	Sat October 8	Alexandria Meet (Arrowwood Resort)	All day
	Tues October 18	MEC Championship (St. Croix Bluffs Reg Park)	3:30pm
	Thurs October 27	Section 3AA Champ. (Valleywood) <b>Varsity only</b>	3:30pm
	Wed November 3	Team Banquet (STA Cafeteria)	6:00pm
	Sat November 5	State Meet @ St. Olaf. <b>Qualifiers only</b>	All day
<b>Post Season:</b>	Sun November 13	NXR Meet @ Sioux Falls, SD ( <b>Optional</b> )	All day
(predicted dates)	Sat November 26	Eastbay MW @ Kenosha, WI ( <b>Qualify – 16:20</b> )	All day
	Sat December 3	Garmin RL Nats @ Huntsville AL ( <b>Optional</b> )	All day
	Sat December 3	NXN Meet @ Portland, OR ( <b>Qualify at NXR</b> )	All day
	Sat December 10	Eastbay Nats @ San Diego, CA ( <b>Quality at MW</b> )	All day

## STA Cross Country Lettering Requirements 2022

To letter on the STA Varsity Cross Country Team, you must meet 2 requirements:

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).

AND/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 and Hasting Minneart JV Race*	
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	
<b>Must be documented, signed and turned in at parent meeting</b>	(1 point / 100mi)

## Twin Cities Specialty Running Stores

Summer training is essential to be prepared for the season and to become the best runner you can be while avoiding injury. Properly fitted, new running shoes are equally important. Below is a list of 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) to be used next fall
3. Purchase a chronograph watch (you can get a cheap one on Amazon.com or at Target)
4. Purchase a 1 liter water bottle (again, you don't have to buy one at a running store)
5. Be sure to ask for the team discount (usually 10-20% off) – tell them you run for STA

### **Run N Fun**

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

### **Fleet Feet Sports (formerly Marathon Sports)**

2312 W. 50<sup>th</sup> St.  
Minneapolis, MN  
(612) 920-2606

### **Gear Running Store**

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

### **Running Room**

Locations in Minneapolis, St. Paul, Eagan, Woodbury,  
Maple Grove, Eden Prairie, and Apple Valley  
[Runningroom.com](http://Runningroom.com) for store locations and contacts

### **Run MN**

14240 Plymouth Ave. S.  
Burnsville, MN  
(952) 892-7386

### **TC Running Company**

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