



Saint Thomas Academy Cross Country 2023



Contact Information

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Captains:

Philly Solomon (2nd year)
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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. We are committed to helping young men become the best version of themselves in all areas of life.

Four Team Beliefs

1. Time, place and awards matter. Becoming the best person and runner you can be matters more.
2. Committed participation leads to lifelong love for a healthy activity.
3. EVERY runner matters and is expected to contribute their gifts, give their best effort, and improve.
4. Running & racing are type 2 fun. They require one to get uncomfortable but to also be fun.

Team Responsibilities

1. Show up, have fun, be present, work hard (even if you don't feel like it), enjoy the journey every day.
2. Show respect for teammates, coaches, and others. If you hurt someone, take responsibility, say sorry.
3. Take care of yourself: control the "controllables"
4. Take care of your teammates: support them at practices, at meets, in school, and in life.
5. When you succeed, be humble. When you don't, find the lesson.
6. Be positive in your verbal and body language. Battle excuses, whining, and negative self-talk.
7. When a challenge arises, say yes and take it head on.
8. Focus on the process, not the outcomes. Be patient. Trust in the training.

Attendance Policy

Practice is an expectation every day. Communicate legitimate absences with coaches prior to missing.

- 3 unexcused / 6 total absences from practice disqualify you from lettering.
- Unexcused first period tardies or unexcused absences disqualify participation that day.

Substance Use Policy

- STA policy: First offense: sit out 1/3 season, Second-1/2 season, Third-rest of season.
- Talk to a coach with any personal problems you may be experiencing. 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. Do NOT share bottles.
- **Chronograph watch.** To time workouts. (GPS watch or mapping apps are nice but not necessary)
- **Racing spikes.** Buy them with the training shoes and you may get a deal.
- **3/8” Spike elements and wrench** – these items generally come with racing spikes. You will also need 1/4” elements for the time trial which will be supplied if you do not have any.
- **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** – The second online store will be open until Friday, August 18 at midnight. Please make orders ASAP using the link found at <https://cadetscrosscountry.itemorder.com/shop/home/>
- **Racing uniform** – We have fresh new uniforms this season! The custom singlet will be team owned and checked out. If lost or damaged, you will be charged \$100 for a replacement. One free pair of stock shorts will be yours for your career. If lost, you will need to purchase a replacement for \$25 from the Athletic Department. These uniforms will be available mid-season so we will use last season’s uniforms until then. New athletes will need be given a temporary uniform this week.
- 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 you have not already done so, go to <https://www.cadets.com/athletics/athletics-forms> to register and access forms. Your cadets.com email is your user name. Contact the athletic department with questions.
- **Summer mileage documentation** must be emailed to Coach Kinzley before the first day of practice. This is for lettering purposes and so that the coaches can individualize 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.
- Coaches will verify that all forms are complete using Final Forms as athletes arrive at practice on Monday, Aug. 14 at 3:00pm in the Wrestling Room to receive official permission to practice.
- Athletes will not be allowed to practice until all Final Forms requirements are fulfilled.

Team Fee

- The team fee will be \$125 and will cover the Spotlight Event burger basket, the Senior Recognition Event breakfast, the Alexandria meet box lunch, two team pasta feeds, food at some Saturday practices, and athlete cost of banquet (family members will pay a separate fee for banquet). Light snacks will be provided after most meets but athletes should bring plenty of food and water of their own to be safe. When you have completed the online registration and paperwork, you will be notified to pay the fee online. Please do so ASAP so that funds are available to support the team. Again, contact Mrs. Pam Kunkel at pkunkel@cadets.com for confidential financial assistance.

Communication

- Team Snap will be used to communicate with parents via weekly emails.
- Please email coach Kinzley @ tkinzley@cadets.com with athlete issues
- Please email coach McQuillan @ amcquillan@cadets.com with all other questions on logistics

High School Practice (grades 9-12)

- **Daily Practices:** 3:30 – 5:30pm in the wrestling room (always done in time for activity bus)
- **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 and current performance.

Nutrition Basics

- Hydration happens all day long. Daily intake = at least half your weight in ounces.
- Water and fruit juice hydrate best. Sport drinks are for intense 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 (community time).
- 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 encourage good hygiene. Sick runners do not perform at the best of their ability.
- Hazing and bullying will NOT be tolerated and will be addressed with the team.
- We review running safety often, the coaches and select runners carry cell phones, we have an EAP.
- Cell phones will be collected at the start of practice. This is to encourage safe running and to encourage team interactions and respect for each other.
- 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. You will need to provide your own padlock. Do NOT share the combo and DO lock it always.

Meet and practice Transportation

- Buses will be provided for all meets.
- Runners/parents will need to organize rides to/from Saturday practices.
- All families have signed a transportation waiver in Final Forms.

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 in rare cases.
- Most races are 5K (3.1 miles). The Irish Invite is a 2-mile race.

Metro East Conference (MEC)

- Teams include STA, Simley, Two Rivers, Tartan, North St. Paul, South St. Paul, Hastings, Hill-Murray, and Mahtomedi. All-conference Honors go to the top 15 runners at the MEC Championship meet. Honorable Mention goes to next 9 runners.

Section 3AA

- STA, Academy of Holy Angels, Blake, Hiawatha Learning Academy, Minneapolis Roosevelt, Minneapolis South, Minnehaha Academy, Richfield, Simley, South St. Paul, St. Paul Harding, St. Paul Highland, St. Paul Humboldt Open

3 Class Minnesota Cross Country System

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

STA Cross Country Lettering Requirements 2023

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. *Including Intra-squad Time Trial*	(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)
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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

2023 Cadet Cross Country

SAINT THOMAS ACADEMY

