Saint Thomas Academy Cross Country 2026

Mission Statement

To develop young men of strong character and mental toughness, committed to one another and themselves, to achieve success on and beyond the cross country course.

Contact Information

Coaches

Vince Wren (Head)	vwren@cadets.com
Anne McQuillan (Head MS)	amcquillan@cadets.com
Roger Friede (Asst V)	friederoger@gmail.com
Kim Friede (Asst JV)	kfriede@cadets.com
Tony Kinzley (Asst JV)	tkinzley@cadets.com

Captains	Captain's Parents
Gabe Frommelt '27	Julie & James (frommelt.julie@gmail.com)
Leo Cleary '27	Mary (marycleary@comcast.net) & Doug (doug@focusedpartner.com)
Lucas Weber '28	Amy & Todd (amyschap@yahoo.com)

Philosophy

The program is dedicated to the continuous development of our athletes in all aspects of life. We will encourage committed participation in the life-long sport of running while developing a highly competitive Class AA team. Through rigorous training, spirited competition, and an inclusive team environment, our athletes will achieve success. The staff will promote the development of healthy lifestyles, strong character, integrity, work ethic, commitment, and lifelong friendships while teaching our athletes to train and race to their full potential.

Values

Respect - treat everyone with respect regardless of circumstances.
Integrity - accountability in both words and actions.
Commitment - to yourselves and to one another.
Excellence - a never-ending pursuit.

Expectations

1. Show up, work hard (even when it's hard), and *have fun*.
2. Respect your teammates, coaches, competitors, and yourself.

3. Take care of yourself – control the controllables.
4. Take care of your teammates: support them at practice, 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 & body language. Battle excuses, whining, and negative self-talk.
7. When a challenge arises, embrace it.
8. Focus on the process, not the outcomes. Be patient. Trust in the training.

Practices & Competitions

High School Practice (Grades 9-12)

- Daily Practices: 3:30-5:30pm in 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.

Middle School Practice (Grades 6-8)

- M-Th Practice: 3:30-5:30pm in wrestling room (always done in time for activity bus),
- Friday and Saturday Practices: optional.

Generally, high school and middle school athletes will practice together. Practices are typically broken up into three groups depending on an athlete's fitness level: Pod 1, Pod 2, and Pod 3/Middle School. Routes and workouts differ between pods. In the case middle school athletes run at a varsity level and are otherwise MSHSL eligible, they will move to the high school team.

Competitions:

- Usually 7 runners race varsity and the rest race JV. Some meets have multiple JV races and/or a middle school race.
- The 7 fastest runners at one meet run varsity at the next. Coaches' discretion may apply.
- Most races are 5k (3.1 miles). Middle School meets vary.
- Transportation is provided to most high school meets. Transportation is *not* provided to middle school only meets.

Administrative Items

Attendance Policy

Practice is an expectation every day. Communicate absences with Coach Wren beforehand.

- 3 unexcused absences from practice disqualify you from lettering.
- Unexcused first period tardies or unexcused absences disqualify participation that day, whether practice or meet.

Substance Use Policy

- STA Policy – First Offense: Sit out ⅓ season. Second: ½ season. Third: all season.
- **Talk to a coach with any problems you may be experiencing. We are here to help.**

Equipment Requirements

Everyday:

- **Training Shoes –** ask for help with fitting/discounts. See attached list of running specialty stores.
- **Water Bottle** – you are responsible for your own hydration. Do NOT share.
- **Watch** – chronograph watch or cell phone to time workouts. (GPS or mapping components are nice but not necessary).

Race Day:

- **Racing Spikes –** ⅜" Spike Elements and Wrench (usually come with racing spikes)
- **Racing Uniform** – athletes will be issued team-owned jerseys. If lost or damaged, you will be charged $100 for a replacement. Athletes will be required to purchase shorts through the team store that they will keep.
    - **White compression shorts, undershirts** – <u>not required but if used, must be plain white. No exceptions.</u>

Miscellaneous:

- **Apparel Package** – only a short sleeve shirt is required.
- **Lightweight shorts and shirts** for practice (most of the season).
- **Warmer clothing** for later in the season. Keep a hat, gloves, long sleeves, and pants in locker.
- **Nutrition after practice.** Refuel daily within 30 minutes after practice (60%carb/20%protein/20%fat).
- **Bag or backpack** to stay organized.

<u>"Paperwork" Requirements</u>

- To be eligible to practice and compete, everything in FinalForms *must be completed*. If you have questions about eligibility, ask Coach Wren or a member of the Athletics Department office.
- Athletes will not be allowed to practice and compete until all FinalForms requirements are fulfilled.
- **Summer Mileage Documentation** must be emailed to Coach Wren by the end of the first day of practice. This is for lettering and training purposes.

<u>Team Fee</u>

- The team fee will be $135 and will cover the Spotlight Event Burger Basket, the Senior Recognition Event, team breakfast, box lunches, two team pasta feeds, food at some Saturday practices, athlete cost of banquet (family members will pay a separate fee), and uniform replacements. <u>Light snacks will be provided after most meets but athletes should bring plenty of food and water of their own.</u>

<u>Communication</u>

- FinalForms will be used to communicate with parents and athletes via weekly emails.
- Google Calendar has the practice and competition schedule.
- Please email Coach Wren with questions.

<u>Nutrition Basics</u>

- Hydration happens all day. Daily intake = <u>at least</u> half your weight in ounces.

- Water and fruit juice hydrate best. Sports 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 before afternoon races. Lighter breakfast 2-3 horus before early races.
- Choose wisely at school lunch. Sandwiches, salad, soup, and fruit are the best options.
- Pre-practice/race: snack (carb & protein) and water ~ 60-90min before (community time).
- Post-practice/race: within 30min need carb/protein (3:1 ratio) snack and hydrate.
- Big dinner within 2 hours.

Safety

- Hazing and bullying will NOT be tolerated and will be addressed with the team.
- We review running safety often, the coaches and athletes carry cell phones on off-campus runs, we have an EAP.
- Runners are placed in appropriate training groups based on their current fitness level.
- We encourage good hygiene. Sick runners do not perform at the best of their ability.

Lockers

- All runners will receive lockers 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 most meets.
- Runners/parents will need to organize rides to/from Saturday practices.
- All families have signed a transportation waiver in FinalForms.

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

- Teams include STA, Academy of Holy Angels, Cretin Derham Hall, Hiawatha Collegiate Academy, Math and Science Academy, Minneapolis Roosevelt, Minneapolis South, Minnehaha Academy, Richfield, Simley, South Saint Paul, St. Paul Academy, and St. Paul Humboldt. Top 2 teams advance to State. Top 6 runners (not on top 2 teams) advance to State.

STA Cross Country Lettering Requirements 2026

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

1. Meet attendance requirements (no more than 3 unexcused absences).

2. Run 17:59 or faster at a championship meet (MEC or 3AA).

AND/OR

Earn any **12 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)
DEDICATION POINTS	
Perfect Season Attendance (0 absences)	(4 points)
Nearly Perfect Attendance (2 excused absences max)	(2 point)
Running 100 summer miles **Must be documented, signed and turned in by first practice**	(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 timing device (chronograph watch or phone).
4. Purchase a water bottle.
5. Be sure to ask for the team discount (usually 10-20% off) – tell them you run for STA.

TC Running Co (also in Eden Prairie, Woodbury and Burnsville)
868 Randolph Ave.
St. Paul, MN
(651) 290-2747

Saint City Running
767 Cleveland Ave
St. Paul, MN
(651) 330-3649

Mill City Running
411 E Hennepin Ave
Minneapolis, MN 55414
(612) 378-6001

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

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

Running Room
1068 Grand Ave
Saint Paul, MN 55105
(651) 225-8443

2026 Schedule

Monday, August 17 – First Day of Official Practice

Tuesday, August 25 – First Day of School

Thursday, August 27 – STA Showcase (STA) & Parent Meeting

Thursday, September 3 – St. Olaf Showcase (St. Olaf)

Friday, September 11 – Faribault Invite (Faribault)

Tuesday, September 15 – MEC Preview (St. Croix Bluffs)

Saturday, September 19 – Roy Griak Invitational (Fort Snelling Golf Course)**

Saturday, September 26 – Practice & Volunteer at STA Middle School Invitational (STA)

Thursday, October 1 – Osseo Invite (Elm Creek Park Reserve)

Saturday, October 10 – Alexandria Invite (Arrowwood Resort)

Thursday, October 22 – MEC Championships (St. Croix Bluffs)

Thursday, October 29 – Section Championships (Valleywood Golf Course)**

Saturday, November 7 – State Meet (Majestic Oaks Golf Course)

****Varsity Only**