

# Central Catholic Cross Country

## 2019



Welcome to the 2019 season of Central Catholic Cross Country. Inside you'll find a lot of useful information about our team, our season, and where we are headed in the future.

### Parent Checklist

- Physical Exam turned into our trainer, Regis Visconti
- Emergency Contact Info Survey complete
- Email List sign up
- Event Host sign up
- Uniform and gear for the upcoming season purchased
  - Singlet: 25
  - Combo Lock
  - 0.5" 3-ring Binder
  - Electrolyte supplement
  - Watch
  - Supportive Running Shorts

## 1. Vision:

Last season, our team began a rebuilding process. Placing 19<sup>th</sup> at WPIAL, 400 points off of qualifying for PIAA—it is now clear that a higher standard be held.

This year, our emphasis is on healthy, calculated training that fosters a brotherhood amongst our athletes. This requires a level of buy-in amongst our team that wasn't apparent last year:

Physically: we will run a four-part practice that will progress through the following each day: High Intensity Training, core strength, endurance training, and recovery.

Mentally: we will focus on team-building and the psychological component of competing at a high level

Spiritually: our athletes will be encouraged to deepen their relationship with Christ by understanding suffering as a gift rather than a consequence.

## 2. Records:

### 5000 Meters School Records

Scott Van Kooten	15:42
Sam Gatti	15:49
Jeff Van Kooten	15:52
Bob Gasior	15:56
Mike Runco	15:57
Max Steffey	16:12
Kyle Zenchack	16:13
Chris Short	16:22
Andy Haky	16:23
Joe Gatti	16:42
Dan Kuzma	16:51
John McCool	16:52
Jalin Thomas	16:55
Daniel Young	17:02
Ryan Kennedy	17:04
Connor Hassan	17:04
Mike Butler	17:04
Tucker Helms	17:06
Brian Bollens	17:07
Brendan Lawlor	17:20

### 3. 2019 Season Schedule:

August 23	Time Trial	Schenley Park Lower Soccer Field	4:00pm
August 31	Gateway	Boyce Park	7:30am
Sept. 7	Red White Blue	Schenley Park	7:30am
Sept. 13	Kiski Invite	Northumberland Park	9:00am
Sept. 21	PIAA Foundation	Hershey, PA	12:45pm
Sept. 28	Crimson Hawk Invite (IUP)	Indiana, PA	7:30am
Oct. 2	Sectionals	Northumberland Park	TBD
Oct. 5	John Sample Invite	Grove City, PA	7:30am
Oct. 10	Mingo Classic	Monongahela, PA	11:30am
Oct. 17	TSTCA Championship	California, PA	TBD
Oct. 21	TSTCA JV Championship	Monongahela, PA	TBD
Oct. 24	WPIAL Championship	California, PA	TBD
Nov. 2	PIAA State Championship	Hershey, PA	TBD

## **5. Team Policies:**

### **a) Attendance:**

After the 1<sup>st</sup> unexcused absence, the athlete will be ineligible for the week's upcoming meet. After the 2<sup>nd</sup> unexcused absence, the athlete will be ineligible for the rest of the season

#### Excused absences:

- Academic
- Illness
- Family
- Coach's discretion

#### Unexcused absences:

- Work
- Less than 24-hrs notice of a pre-planned event
- Minor injuries

### **b) Academic:**

*You must be passing at least four full credit subjects, or the equivalent, as of each Friday during a grading period. If you fail to meet this requirement, you will lose your eligibility from the immediately following Sunday through the Saturday immediately following the next Friday as of which you meet this requirement.*

*You must have passed at least four full-credit subjects or the equivalent during the previous grading period, except that eligibility for the first grading period is based on your final grades for the preceding school year. If you fail to meet this requirement, you will lose your eligibility for at least 15 or 10 school days of the next grading period, beginning on the first day that report cards are issued. If your school has four grading periods, you will be ineligible for at least 15 school days; if your school has six grading periods, you will be ineligible for at least 10 school days.*

I will be monitoring grades every week. If they dip below 3.0, athlete will be ineligible until grades improve.

### **c) Athletic:**

#### Injuries:

Injuries related to joints, bones, muscle/cartilage tearing, internal organs are serious and require an athlete to rest from running. However, blisters, soreness, minor injuries are not cause to miss practice. We will work with our trainer—Regis Visconti—and his staff to properly rehab in-practice any minor injury so overall conditioning isn't sacrificed.

### **d) Nutrition:**

Athletes are encouraged to drink 2 bottles of water every day, and 1 bottle of electrolyte before workouts. Athletes should replenish with protein-rich foods following every practice.

#### **d) Personal Policies**

##### Drugs & Alcohol:

If I'm made aware that an athlete is involved in the consumption/distribution of drugs or alcohol during our season (including online activity) that athlete will be removed from the team.

##### Discrimination:

We build this team together. There will be no insulting or discriminating any athlete for any reason related to their cultural, religious, or economic background, and especially for any learning or social difficulties. All criticism can be addressed to me.

##### Communication:

I am best reached at [jhcoats313@gmail.com](mailto:jhcoats313@gmail.com). For more immediate needs, you can call me at 303 728 4110.

Coach Andrew Sweeney can be reached at [asweeney@centralcatholics.com](mailto:asweeney@centralcatholics.com) or

##### College Inquiries:

I encourage athletes to participate in athletics in college. If there is a school or coach an athlete desires to contact, I will facilitate and provide support outside of the season.

#### **6. Logistics**

##### Transportation:

Athletes can be driven by a parent, and if carpooling, please let me know. The school will provide buses (cap 50) or vans (cap 9) depending on the size of the event.

##### Wednesdays:

We will make use of the school's vans to drive to a location ~15 mins. away from campus. Athletes are allowed to carpool in their own cars, and leave from the location. The vans will return to Central at ~5:15pm.

# Pacing Guide

