



# CROSS COUNTRY

## Week 1 Newsletter

Aug 4, 2022

### **Race Day Kit**

Kit: the standard equipment and attire worn by athletes at competitions

One of the most fun parts of the season is when athletes get to wear their **Race Day Kit**. To promote unity and teamwork, all cross country runners are required to look the same on meet day. The following are mandatory clothing items, referred to as the **Race Day Kit**:

- Racing jersey(s) (checked out to athlete and must be returned)
- Blue Nike Racing shorts \$30 (purchased on SchoolPay – varsity only)
- Black Nike Racing shorts - \$30 (purchased on SchoolPay – j.v. and varsity)
- 2022 Meet Day T-Shirt - \$15 (purchased on SchoolPay – j.v. and varsity)
- 2022 Blue Nike Legend Long Sleeve T-Shirt \$40 (purchased on BSN Team Shop)
- Black Nike Epic Knit Jacket - \$60 (purchased on BSN Team Shop)
- Black Nike Epic Knit Pant - \$40 (purchased on BSN Team Shop)

Racing shoes (spike or flats) are available online or at [1stPlaceSports](https://1stPlaceSports.com) and vary in price. Make sure you are getting a long-distance racing shoe and not a sprint spike. All purchased items are the athletes to keep, obviously.

The only item athletes must purchase each season are the Meet Day T-shirt and Legend Long Sleeve T-shirt. Racing shorts, warm-up jackets, and warm-up pants can be used from previous cross country or track & field seasons.

### **BSN Team Shop v Advance Inventory Via SchoolPay**

What do we use two different websites to provide cross country gear? Because everyone loves the BEARS and wants to show our school colors, we contract with The **BSN** company to create a **Team Shop**. This has several items that you should feel free to purchase for family members and athletes alike. The **BSN Team Shop** gear is customized, and orders takes several weeks to prepare. However, The SchoolPay site has a few **Race Day Kit** items that we order over the summer and will be available for athletes before the first meet.

**BSN Team Shop Link:** <https://bsnteamsports.com/shop/NxzcVaUnas>

Access Code: NxzcVaUnas

Closes Next Week!

**SchoolPay Link:** Coming Soon!

### **Budgeting for the Cross County Season**

Public School is free, right? I wish. There are several financial realities and I want to mention them up front. If you are having concerns, please let us know. We will not allow finances to prevent your kid from running cross country for the BEARS!

- Pay to Participate - \$150 (more on that next week)
- Team Fundraising (more on that at parent meeting)
- Booster Club (more on that at parent meeting)
- Race2Honor Sponsorships (Celebrating cancer victims this season, more on that at parent meeting)



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## Special Upcoming Dates

Aug 6 (6:30am) – [Guana Preserve](#)

Aug 7 (8-10am) – [Nike Run Experience @ 1stPlaceSports, Baymeadows \(optional\)](#)

Aug 13 – Team Day (all day)

Aug 20 – Hounds and Hares / Parent Meeting

## Smart Phone Calendar

Want all these dates on your phone calendar? [BTXC iCalendar](#): Open this link from your mobile device to add the team calendar to your phone.

This should work on all types of smart phones.



NIKE RUNNING XC VAN TOUR  
Nike Running XC Tour: 1st Place Sports

We are inviting local high schools and the community for a day of running, inspiration, Nike innovation product tech session, and fun hosted by 1st Place Sports Running.

Sunday, August 7  
8:00 AM - 10:00 AM

3931 Baymeadows Road, Jacksonville, FL 32217  
1st Place Sports Running

## 2022 Boys and Girls Cross Country Varsity Letter Standards

“You don't become a runner by winning a morning workout. The only true way is to marshal the ferocity of your ambition over the course of many days, weeks, months, and (if you could finally come to accept it) years. The Trial of Miles; Miles of Trials.”

— John L. Parker Jr., Once a Runner

To earn a varsity letter in cross country athletes will need to accumulate 40 varsity letter points over the season.

Athletic Clearance completed on the first official day of the season	5pts
Return ALL issued uniforms within one week of your season ending	5pts
Uniform returned late, damaged, or dirty	-5pts
Zero unexcused misses all season	10pts
Compete in a varsity meet	5pts
Win a varsity race	10pts
Win a JV race	5pts
Recruit a new teammate in the month of August who finishes the season.	5pts/recruit
Run a personal record (PR) in a race	2pts
Make the post season roster	10pts
Race at the State Meet	10pts



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## 2022 BTXC 1600m and 3200m Time Trial (Aug 4)

Last Name	First Name	Gender	Grade	1600m	3200m
Kautsky	Joshua	M	9	6:38:00	
Castro	Sean	M	10	6:40:00	
Zogaib	Matthew	M	11	6:43:00	
Clements	Lucas	M	11	7:18:00	
Barker	Juliet	F	9	7:21:00	
Blakley	Alyssa	F	9	7:24:00	
Fowler	Logan	M	9	7:52:00	
Wenzel	Katherine	F	9	8:12:00	
Brockway	Sydney	F	11	8:20:00	
DiDonato	Isabella	F	9	8:21:00	
Barker	Camryn	F	9	8:22:00	
D'Aquin	Tannah	F	12	8:49:00	
Yocca	Kailey	F	10	9:46:00	
Motycka	Braden	M	10		10:20:00
Perry	Eric	M	12		10:26:00
Hall III	William	M	11		10:45:00
Watson	Joseph	M	12		10:45:00
Hudson	Peter	M	12		11:05:00
Presley	Matthew	M	10		11:06:00
Marmo	Caleb	M	11		11:18:00
Ray	Maddox	M	12		11:47:00
Wenzel	Logan	M	11		12:13:00
Parks	Jacob	M	11		12:38:00
Frank	Laura	F	12		13:52:00
Nguyen	Ian	M	10		14:09:00
Patterson	Camryn	F	10		14:11:00
Fryman	Charlotte	F	12		14:18:00
Davis	Ashley	F	12		15:40:00
Mitchell	Abigail	F	12		16:02:00
Perera	Senali	F	11		16:02:00
Lupinski	Lillian	F	12		16:03:00
Blanton	Samantha	F	12		16:11:00
Holtz	Tanner	F	10		16:17:00
Kataru	Rajya	F	10		16:25:00
Southammavong	Anya	F	11		16:44:00
Costanza	Eden	F	11		16:56:00
Lamb	Lindsay	F	12		17:05:00
Rigdon	Ella	F	12		17:11:00
Clark	Camille	F	9		17:16:00
Smith	Gracyn	F	11		18:30:00





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## Manhattan Invite, NYC Invited List

### New York Trip Info: Oct 7-9

The plan is to arrive in NYC early on Friday. We will enjoy the city, run in Central Park, and go out to dinner. Saturday, we take the NY Subway to Brooklyn for the biggest one-day HS XC meet in the nation, The Manhattan Invitational at VanCortlandt Park. Saturday night will be more fun in the city. Sunday will be a long run in Central Park and more touring until we must go to the airport.

Hotel: Park Central Hotel New York  
870 7th Ave, New York, NY 10019

Parents are welcome and encouraged to attend. They can make hotel reservations where they'd like or book a room at the team hotel.

Boys		Girls	
1	Billy Hall	1	Rylan Borgmeyer
2	Eric Perry	2	Laura Frank
3	Joseph Watson	3	Abigail Mitchell
4	JD Lupinski	4	Charlotte Fryman
5	Logan Wenzel	5	Lily Lupinski
6	Maddox Ray	6	Reese Henley
7	Matthew Presley	7	Samantha Blanton
8	Braden Motycka	8	Mac Carlson
9	Peter Hudson	9	Camryn Patterson
10	Caleb Marmo	10	Ashley Davis
11	Jacob Parks	11	Senali Perera
12	TBD	12	TBD
13	TBD	13	TBD
14	TBD	14	TBD

Don't see your name on the invited list? We still have room for 7 more boys and girls. Priority will be to varsity and then other seniors. We cannot take anyone who has not meet training expectations.

While we will raise money for athlete and coach hotel expense, invited athletes must arrange their own flight. Travel with your parents, a coach, or another family. We will share flight info as parents communicate it to the coaching staff so that we can cluster in similar travel parties. Coach Frank's flight is on JetBlue, has seats available, is direct, and was relatively inexpensive. We will continue to share team flight info as parents communicate their plans.

<u>The Franks are flying JetBlue</u>	<u>The Borgmyers are flying Delta</u>
JAX to LGA	JAX to LGA
Date: Fri, Oct 07	Date: Fri, Oct 07
Departs: 6:00am	Departs: 7:30am
Arrives: 8:12am	Arrives: 9:59am
Flight: 1840	Flight: 5729
LGA to JAX	LGA to JAX
Date: Sun, Oct 09	Date: Sun Oct 09
Departs: 9:30pm	Departs: 7:30pm
Arrives: 11:44pm	Arrives: 10:15pm
Flight: 1839	Flight: 5701