



CROSS COUNTRY

Week 5 Newsletter

Aug 22, 2022

This past week...

...your sons and daughters chose to continue the decision of dressing up on Friday's before meets. Girls wear a black dress, boys a white button up collared shirt with dark slacks. The boys proudly wear their blue ties of brotherhood. The girls are searching for an accent item to install into their tradition.

...you came through and got the athletes to the meet on a crazy Friday afternoon. Thanks for all the communal help!

...you took care of Pay to Participate, Booster Club memberships, and SchoolPay for team t-shirts and shorts.

Financials for the next few weeks.

- [Team Fundraising Sponsorship Drive](#) - \$100-\$200 (Due Wed, Aug 31)
 - Athletes need to own this. Get them on the phone with friends and family.
- [Race2Honor Sponsorships honoring cancer victims \\$100](#) (Due Mon. Sep 5)

Ponte Vedra CC Meet 9/3/22

[460 Davis Park Rd, Ponte Vedra Beach, FL 32081](#)

5:30am Bus leaves from Bartram Trail. All team members must be on it, even injured ones.

- 7:15 am – Boys Varsity
- 7:45 am – Girls Varsity
- 8:15 am – Boys JV
- 8:50 am – Girls JV

10:15am (approx.) – Dismissal and bus return to BT.

[Spectator Entry](#) \$6/person

Course Map, below

Meet Day Expectations for Parents

1. Arrive and cheer!
 2. Avoid hovering at team camp. Allow the athletes to have their space.
 3. Patiently wait until dismissal for hugs and congratulations.
- *Dismissal happens after all groups have cooled down and team wrap-up meeting with coaches is over.*

TRANSPORTATION:

We will have transportation from Bartram Trail to some meets. When we do, athletes will generally be required to ride to the meet with the team.

After the meet, athletes may leave with their parents or other county approved drivers. They may not ride with anyone else. Athletes may be dismissed from a meet under the following conditions:

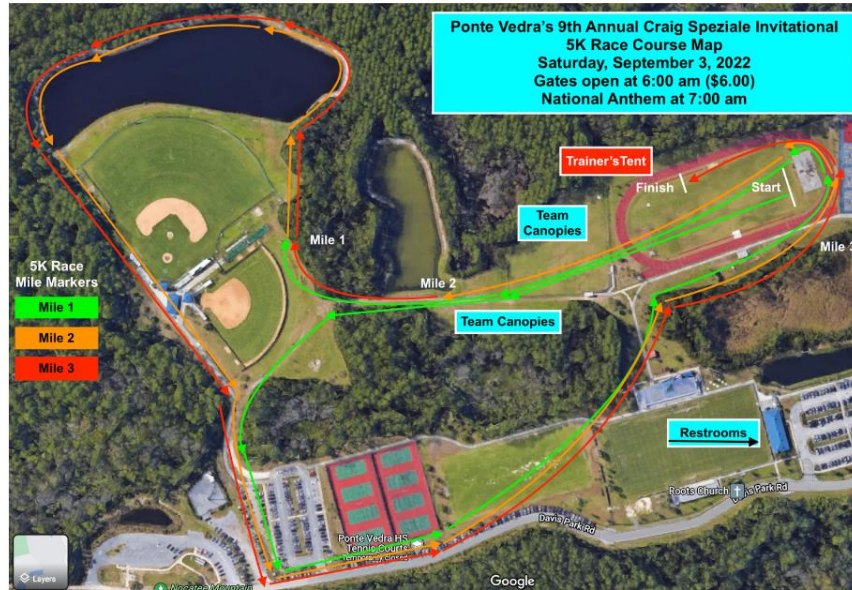
1. The athlete has finished their entire post competition regimen including attending the post meet team meeting.
2. The parent/guardian and athlete have checked out with the head coach.
3. The athlete is riding home with a parent/guardian or county approved volunteer driver.



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2022 PVXC 5K Race Course

The course is roughly one 1100 meter loop and then two larger loops for 3.11 miles. Very spectator friendly.



WHAT YOU CAN DO AS A PARENT

Please encourage your child to follow the advice and the instructions of the coaching staff. Help us ensure that they eat right, get plenty of sleep, and hydrate before practice and re-hydrate afterwards; those three things can make a big difference for any athlete. Keep an eye on their shoes; worn out running shoes can lead to injury.

We know you want your child to grow up to be a responsible and respectful young man or woman and high school sports teach and instill discipline. We want our runners to be on time for practice and for races, to stay to cheer on their teammates and to help clean up after meets, to show good sportsmanship, and to be respectful of teammates and opponents. Please support the coaching staff as we endeavor to instill these values on the team. Last year we (the coaches) were complimented by bus drivers and hotel staff regarding the behavior of our team. We know that this is no accident; our athletes have been raised well and that, combined with extra encouragement & reinforcement from the coaching staff, goes a long way to shaping a team of which we can all be proud.

WHAT YOU SHOULD NOT TO DO AS A PARENT

The coaching staff understands that parents want what is the best for their child. However, we respectfully ask that you do not overdo your support of your child's experience in cross country. This includes just prior to and after races (please don't hover around the team area at meets – so, no "helicopter" parenting!).

Please feel free to discuss any questions or concerns about your child's training with the coaches. We will work with you and your child with issues such as academics, transportation, family, health, and conflicts with other sports or activities. Ultimately, we want cross country to be a very positive and enriching experience for your child.



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Cecil Field Summer Classic, Aug 26, 2022

			1M	2.5k	2m	3m	5k	Comment
Borgmeyer	Rylan	F	6:25	10:18	13:27		21:21	6:52avg
Carlson	McKenzie	F	6:24	10:23	13:42		22:03	7:06avg
Henley	Reese	F	6:30	10:28	13:45		22:18	7:10avg
Frank	Laura	F	6:37	10:37	14:00		22:37	7:17avg
Blakley	Hailey	F	7:15	11:27	14:49		23:11	Apologies, should have been in varsity race
Davis	Ashley	F	7:03	11:23	14:55		23:40	7:37avg
Fryman	Charlotte	F	7:05	11:23	14:55		23:57	7:42avg
Lupinski	Lillian	F	7:17	11:41	15:24		24:44	7:57avg
Kataru	Rajya	F	8:05	12:37	16:20		25:00	
Renner	Irelyn	F	8:07	12:43	16:25		25:51	
Rigdon	Ella	F	8:15	12:50	16:35		25:53	
Blanton	Samantha	F	8:20	13:00	16:44		25:55	
Barker	Juliet	F	8:22	12:46	16:38		26:16	
Blakley	Alyssa	F	8:25	13:04			27:11	
Southammavong	Any	F	8:25	12:59	17:05		27:27	
Proffitt	Paris	F	8:57	14:02			28:13	
Smith	Gracyn	F	8:34	13:37			28:20	
Lamb	Lindsay	F	8:54	13:59			28:30	
Perera	Senali	F	8:33	13:03			28:32	
DiDonato	Isabella	F	8:50	13:36			28:36	
Clark	Camille	F	8:40	14:01			28:44	
Hopwood	Rose	F	8:44	13:58			30:13	
Barker	Camryn	F	8:40	13:57			30:31	
D'Aquin	Tannah	F	9:08	14:38			31:07	Great leadership today!
Colletti	Leila	F	9:10	14:41			33:46	
Oliver	Kari	F	9:28	15:30			35:04	
Motycka	Braden	M	5:05	7:52	10:22		16:15	5:13avg
Perry	Eric	M	5:27	8:15	11:24		16:58	ran 5:27 every mile
Hall	William	M	5:45	8:40	11:30		17:22	5:35avg
Hudson	Peter	M	5:45	8:40	11:30		17:25	5:36avg
Lupinski	Joseph	M	5:45	8:40	11:30		17:36	5:39avg
Presley	Matthew	M	5:45	8:41	11:30		17:38	5:40avg
Watson	Joseph	M	5:40	8:40	11:30		17:45	5:42avg
Marmo	Caleb	M	5:55	9:03	11:40		18:09	5:50avg
Parks	Jacob	M	6:02	9:49	12:55		20:27	
Wenzel	Logan	M	5:54	9:41	12:57		21:18	
Ngyun	Ian	M	6:37	10:20	13:30		21:27	
Kautsky	Joshua	M	7:34	11:35	15:19		24:56	
Zogaib	Matthew	M	7:45	12:10	15:55		25:03	
Clements	Lucas	M	8:09	12:44	16:23		25:07	
Castro	Sean	M	7:27	12:02	16:01		25:20	
Davis	Gavin	M	7:34	12:09	16:08		25:51	