



# CROSS COUNTRY

## Week 11 Newsletter

Oct 12, 2022

**JV Champs – Bishop Kenny HS**

[1055 Kingman Ave, Jacksonville, FL 32207](#)

5:30AM - Bus departs BTHS

7:30 AM - Boys 9th/10th Grade JV Championship Race - 5k

8:00 AM - Girls 9th/10th Grade JV Championship Race - 5k

8:30 AM - Boys 11th/12th Open Race - 5k

9:00 AM - Girls 11th/12th Open Race - 5k

10:30am (approx.) – Dismissal



[Entry \\$8/person](#)

### Booster Club - Did you know?

There are no public tax dollars allotted to high school sports. Every bus, uniform, maintained field, and piece of equipment comes from one of three sources:

- Gate revenues to sporting events
- Pay to Participate Fees
- Booster Club support

Additionally, any special travel or equipment comes from team fundraising and sponsorship accounts.

#### How do cross country runners benefit from the booster club?

Besides the regular season expenses like meet entry fees and bus transportation, BTXC athletes enjoy post-season travel transportation and lodging, well-manicured practice fields, and Bale n' Trail course improvements just to name a few. The later was a \$15,000 project that athletics and the booster club chipped in two thirds. And our game field is accessible to us for all sorts of drills and strides! This field is professional level. Not all XC teams have this luxury.

#### But we paid Pay to Participate and the athletes raised money for the team account. Isn't that enough?

Unfortunately, no. Like most endeavors, running a high school athletic department is more costly than the casual observer can see. Booster Club fees are not just another revenue source, but a way of committing to the overall team and school environment. It's a signal to the volunteers operating the club that you acknowledge this is a huge undertaking and you are proud to be involved.

#### Yeah, but who will know if I don't join?

I will. Next month I will be at the booster club meeting to give them an update on the season and thank them for two over-night travel trips this post-season (district and state meets). When they go over the membership rates by team and announce XC families are below the expected levels, I will be embarrassed. I wish I could say I won't have resentment towards those that didn't join, but coaches are only human.

#### Where can I join to get off this guilt trip?

I thought you would never ask! <https://www.bartramathleticboosters.com/shop-membership>



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## Booster Club Main Fundraiser and How We Contribute

Every team on campus provides an item to auction at the big spring booster event, The Bartram Boogie. Usually, this item is a basket of some sort, but it can be anything. A parent collects a few bucks (\$10) from each family and goes to a vendor to arrange a basket or item of greater value than the money collected.

We need a parent to build this basket and make sure it get's delivered to the appropriate booster committee member. Mrs. Parks and Mrs. Borgmeyer are the point of money collection,



@Cathleen-Parks-1  
[cathleen\\_parks@yahoo.com](mailto:cathleen_parks@yahoo.com)



@Sarah-Borgmeyer  
[beebe6@hotmail.com](mailto:beebe6@hotmail.com)

But we need two parents to step-up and get those baskets built or arrange for some actionable items. One boys parent and one girls parent. Please contact either of these wonderful ladies if you can volunteer to do this.

## Commentary on Racing and the Post Season Line-up

We announced the post season line-up at practice on Tuesday. For the rest of the team, this Saturday will be their final meet of the year. Each athlete should take two weeks of no running, then fold in 3-4 days per week of easy running (20-40min) until we start our track pre-season training program sometime after Thanksgiving.

Often, performances make selecting the varsity post season travel easy. Head-to-head competition is the most likely metric used. However, coaches may also use some intangibles that experience has taught me to never discount.

Beware: comparing times from throughout the season is often misleading. Cross country courses are vastly different as are weather conditions. This past week is a great example. For those new to XC, the New World course is very fast. It's flat with long straightaways and very firm footing. I wish we all could have run there this season. As you can see below, the athletes that raced there had very low times. However, caution to the observer who concludes straight time comparisons. You'll often they don't match with head-to-head match-ups.

### New World Fall Classic – Oct 8, 2022

Last		1m	2m	5k	Avg
Nguyen	Ian			19:25	6:15
Clements	Lucas			19:30	6:16
Zogaib	Matthew			20:23	6:33



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Kautsky	Joshua			<b>20:28</b>	6:35
Copeland	Aiden			<b>20:35</b>	6:37
Fowler	Logan			<b>24:30</b>	7:53
Carlson	Mckenzie			20:59	6:45
Barker	Juliet			<b>22:53</b>	7:22
Renner	Irelyn			<b>23:02</b>	7:24
Hopwood	Rose			<b>25:23</b>	8:10
Proffitt	Paris			<b>26:03</b>	8:23
Barker	Camryn			<b>26:12</b>	8:26
Brockway	Sydney			<b>26:12</b>	8:26
DiDonato	Isabella			27:13	8:45
Colletti	Leila			<b>27:31</b>	8:51
Oliver	Kari			<b>30:41</b>	9:52

## Manhattan Invite 10-8-22 4k

Last			1m	2m	4k	Avg
Motycka	Braden	M			13:49.4	5:32
Hudson	Peter	M			13:56.7	5:35
Perry	Eric	M			14:04.9	5:38
Watson	Joseph	M			14:09.3	5:40
Presley	Matthew	M			14:25.8	5:47
Hall III	William	M			14:33.5	5:50
Lupinski	Joseph	M			14:43.2	5:54
Marmo	Caleb	M			14:54.8	5:58
Wenzel	Logan	M			14:57.9	6:00
Parks	Jacob	M			15:06.6	6:10
McDonald	Aiden	M			15:23.5	6:03
Ray	Maddox	M			16:15.4	6:31
Borgmeyer	Rylan	F			17:14.7	6:54
Henley	Reese	F			17:53.1	7:10
Frank	Laura	F			18:12.7	7:18
Fryman	Charlotte	F			19:17.7	7:44
Rigdon	Ella	F			19:27.9	7:48
Mitchell	Abigail	F			19:37.6	7:52
Patterson	Camryn	F			19:47.0	7:55
Lupinski	Lillian	F			19:57.3	7:59
Lamb	Lindsay	F			20:26.3	8:11
Kataru	Rajya	F			20:43.4	8:18
Southammavong	Anya	F			20:53.1	8:22
Blanton	Samantha	F			21:11.9	8:29
Perera	Senali	F			22:55.0	9:10
D'Aquin	Tannah	F			23:17.3	9:19