

# 2018 CROSS COUNTRY (U12 – Open)

St Paul's School



Cross Country

The 2018 focus for students participating in St Paul's School Cross Country season is on the student giving a high level of commitment, having a positive attitude, supporting each other and performing to the best of their ability to achieve their goal.

## Season Details

The 2018 Season will commence on **Tuesday April 17, 2018** and culminate with the 2018 TAS Cross Country Championships on Wednesday May 24 at St Paul's School. This season, there are only 2 official training sessions scheduled, each of these sessions will cater for varying ability levels. We are asking you that you make a commitment to attend both these training sessions and if you have any concerns about this see one of the coaches or myself.

This year we are continuing with the "TT" which is modelled around the popular 'Park Run' concept that is available each Saturday around Brisbane. The TT will be held every **Thursday** at 7.15am. This year we will be incorporating at least 1 5k TT in the program. The scheduling of this run is deliberate and will help you develop your running. Running at intensity on fatigued legs will help you on race day! The TT will also form a part of the Age Champion calculations (see below).

## Training Sessions:

It is a priority that ALL athletes attend both Year 7-12 sessions; each session will cater for a variety of ability levels.

Year 7-12 Training Sessions	
Tuesday	Thursday
7.00am – 8.00am Meet @ Walker Centre	7.00am – 8.00am Meet @ Walker Centre <b>7.15am - TT</b>

Students are also welcome to attend JS Training Sessions:

Junior School Training Sessions			
Monday	Wednesday	Thursday	Friday
3.30pm-4.30pm Meet @ JS Oval	3.30pm-4.30pm Meet @ JS Oval	<b>7.15am - TT</b>	3.30pm-4.30pm Meet @ JS Oval

## Athlete Point of Contact:

This year, whilst there are no staff assigned to coach a specific year level. If you have any concerns or questions please feel free to contact any of the staff or you may see Mr Osborne if you require any further information or clarification.

### Points of Contact

Mr. White (NDW) - DTC or Wellbeing Centre  
Mr. Setterfield (ADS) – Walker Centre  
Mrs. Semple (KFS) - Wellbeing Centre  
Mr. Osborne (TJO) - DTC or Farmhouse

## Important Dates:

The following dates need to be noted as a part of the 2018 Cross Country Season:

- Season Launch: Tuesday April 17, 2018
- JS/MS/SS Cross Country: Tuesday May 1, 2018 (Venue: St Paul's School) **(For Age Champion – U12 to Open)**
- **JnrS** - Bramble Bay: Thursday May 3, 2018 (Venue: St Paul's School)
- TAS Cross Country Championship: Thursday May 24, 2018 (Venue: St Paul's School) **(For Age Champion – U12 to Open)**
- **JnrS** - JTAS Cross Country Championship: Friday May 25, 2018 (Venue: St Paul's School)
- Met North: Tuesday June 5, 2018 (Venue: St Paul's School) – Details will be advertised and are available on the Met North Website

## QUEENSLAND RUNNING EVENTS

Students are welcome to attend the Saturday afternoon cross country events which Queensland Running hold on a weekly basis. Details are available at: <http://www.queenslandrunning.com.au>

## PARKRUN

Students are welcome to attend the Saturday morning Parkrun events which are held on a weekly basis. If you visit <http://www.parkrun.com.au/> you can find further details of the Parkrun near you.

## Student Expectations:

In order for Students to gain a colour point for Cross Country they must fulfil ALL of the following criteria:

- Attend 2 training sessions a week, unless other arrangements have been made with the Year level Coach or Head of Cross Country
- Students must exhibit an appropriate level of commitment, attitude, support and performance throughout the season

*There may be special situations that the Head of Cross Country (TJO) may consider in awarding the colour point to a particular student.*

- It is the students' responsibility to make sure their name is marked off at each session
- Students must be appropriately dressed for all training sessions. Students need to wear the St Paul's School cross country training shirt or St Paul's School running attire. ***We strongly encourage all athletes to be wearing the SPS cross country training shirt at all training sessions.***
- Students must have their own water bottle at each session. Hydration is vitally important!
- Runners need a watch with a stopwatch to help monitor and support their running
- Selection for the TAS Team is based on the following (at trainings and other Carnivals):
  - A high level of **commitment**,
  - having a positive **attitude**,
  - **supporting each other**, and
  - **performing** to the best of their ability

## U12 – Open Age Championship:

The age champion will be determined through the Inter-House Carnival, TAS Carnival and the specified Age Champion events throughout the season.

- **Students will receive points for each Age Championship Event (see below).**
- **Students must compete in at least 4 Age Championship Events to qualify for the age championship.**
- **Students must commit to regular training throughout the season.**
- **To be awarded age champion you MUST represent the school at TAS Cross Country on Thursday May 24, 2018**
- **The student's best 4 results will go towards determining age champion.**

## Age Champion Events: (Possible 7 events)

- **3k Runs:**
  - Thursday April 19
  - Thursday April 26
  - Thursday May 3

- Thursday May 10
- Thursday May 17
- MS/SS Cross Country: Tuesday May 1, 2018 (Venue: St Paul's School)
- TAS Cross Country Championship: Thursday May 24, 2018 (Venue: St Paul's School)

**This will be the only way in which students can be considered for age champion.**

TT/Race Points			
Place	Points	Place	Points
1 <sup>st</sup>	20	6 <sup>th</sup>	10
2 <sup>nd</sup>	18	7 <sup>th</sup>	8
3 <sup>rd</sup>	16	8 <sup>th</sup>	6
4 <sup>th</sup>	14	9 <sup>th</sup>	4
5 <sup>th</sup>	12	10 <sup>th</sup>	2

## TAS Distances:

Under 12 Girls	3 km
Under 12 Boys	3 km
Under 13 Girls	3 km
Under 13 Boys	3 km
Under 14 Girls	3 km
Under 14 Boys	4 km
Under 15 Girls	3 km
Under 15 Boys	4 km
Under 16 Girls	3 km
Under 16 Boys	5 km
Open Girls	3 km
Open Boys	5 km

## Training Shirts

Whilst running is very much an individual sport, cross country running is about working together as a team to achieve the best possible result (training and races). The training shirts are to increase the profile of cross country throughout the School and enhance the team spirit of cross country running particularly when we are training.

This year training t-shirts (sports mesh type fabric) will be available for students (Yrs. 3-12) to wear whilst they are training around the School. These shirts available to the students for \$15.00 from the Clothing Shop at the beginning of Term 2. Students will be strongly encouraged to train in these shirts.



## Training

To become a better runner, you need to run. If students want to see an improvement in their running, then 2 sessions a week is not going to be enough. Students are encouraged to do some running outside the provided sessions at School. If students are interested in doing this, then I would recommend that students have a chat with any of the coaches and they will be able to provide you some ideas. Alternatively you can attend as many sessions as you like throughout the week (including the Junior School sessions).

Yours in running  
SPS Cross Country Coaching Team

# 2018 CROSS COUNTRY CALENDAR

Term 2, 2018							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 11	Date 16-April-2018	Date 17-April-2018	Date 18-April-2018	Date 19-April-2018	Date 20-April-2018	Date 21-April-2018	Date 22-April-2018
	JS Training Session 3.15-4.30pm	Yrs7-12 Training Session 7-8am	JS Training Session 3.15-4.30pm	JS & Yrs7-12 Training Session 7-8am  3kTT @ 7.15am For Yr7-12 Age Championship	JS Training Session 3.15-4.30pm	Get involved in Parkrun or QLD Running Cross Country 7 <sup>th</sup> Brigade Park – Newman Rd, Geebung Program 1, from 2pm <a href="http://www.queenslandrunning.com.au">http://www.queenslandrunning.com.au</a>	
Week 12	Date 23-April-2018	Date 24-April-2018	Date 25-April-2018	Date 26-April-2018	Date 27-April-2018	Date 28-April-2018	Date 29-April-2018
	JS Training Session 3.15-4.30pm	Yrs7-12 Training Session 7-8am	ANZAC DAY	JS & Yrs7-12 Training Session 7-8am  3kTT @ 7.15am For Yr7-12 Age Championship	JS Training Session 3.15-4.30pm	Get involved in Parkrun or QLD Running Cross Country Yeronga Memorial Park, Yeronga Program 2, from 2pm <a href="http://www.queenslandrunning.com.au">http://www.queenslandrunning.com.au</a>	
Week 13	Date 30-April-2018	Date 1-May-2018	Date 2-May-2018	Date 3-May-2018	Date 4-May-2018	Date 5-May-2018	Date 6-May-2018
	JS Training Session 3.15-4.30pm	HOUSE CROSS COUNTRY For Yr7-12 Age Championship	JS Training Session 3.15-4.30pm	JS & Yrs7-12 Training Session 7-8am  3kTT @ 7.15am For Yr7-12 Age Championship Bramble Bay Cross Country	JS Training Session 3.15-4.30pm	Get involved in Parkrun or QLD Running Cross Country Teralba Park, Mitchelton Program 1, from 2pm <a href="http://www.queenslandrunning.com.au">http://www.queenslandrunning.com.au</a>	
Week 14	Date 7-May-2018	Date 8-May-2018	Date 9-May-2018	Date 10-May-2018	Date 11-May-2018	Date 12-May-2018	Date 13-May-2018
	JS Training Session 3.15-4.30pm	Yrs7-12 Training Session 7-8am	JS Training Session 3.15-4.30pm	JS & Yrs7-12 Training Session 7-8am  5k/3kTT @ 7.15am For Yr7-12 Age Championship	JS Training Session 3.15-4.30pm	Get involved in Parkrun or QLD Running Cross Country All Schools Championship TBA <a href="http://www.queenslandrunning.com.au">http://www.queenslandrunning.com.au</a>	
Week 15	Date 14-May-2018	Date 15-May-2018	Date 16-May-2018	Date 17-May-2018	Date 18-May-2018	Date 19-May-2018	Date 20-May-2018
	JS Training Session 3.15-4.30pm	Yrs7-12 Training Session 7-8am	JS Training Session 3.15-4.30pm	JS & Yrs7-12 Training Session 7-8am  3kTT @ 7.15am For Yr7-12 Age Championship	JS Training Session 3.15-4.30pm	Get involved in Parkrun or QLD Running Cross Country Pine Rivers Park, Strathpine Program 2, from 2pm <a href="http://www.queenslandrunning.com.au">http://www.queenslandrunning.com.au</a>	
Week 16	Date 21-May-2018	Date 22-May-2018	Date 23-May-2018	Date 24-May-2018	Date 25-May-2018	Date 26-May-2018	Date 27-May-2018
	TAS Team Meeting DTC @ 1.00pm	Yrs7-12 Training Session 7-8am		Yrs 7-12 TAS CROSS COUNTRY St Paul's School For Yr7-12 Age Championship	JTAS CROSS COUNTRY St Paul's School	Get involved in Parkrun or QLD Running Cross Country Minnippi Parkland, Tingalpa Program 1, from 2pm <a href="http://www.queenslandrunning.com.au">http://www.queenslandrunning.com.au</a>	
Week 17	Date 28-May-2018	Date 29-May-2018	Date 30-May-2018	Date 31-May-2018	Date 1-June-2018	Date 2-June-2018	Date 3-June-2018
						Get involved in Parkrun or QLD Running Cross Country Huxtable Park, Chermside West Program 2, from 2pm <a href="http://www.queenslandrunning.com.au">http://www.queenslandrunning.com.au</a>	
Week 18	Date 4-June-2018	Date 5-June-2018	Date 6-June-2018	Date 7-June-2018	Date 8-June-2018	Date 9-June-2018	Date 10-June-2018
		MET NORTH CROSS COUNTRY		Year 11 & 12 Block Testing	Year 11 & 12 Block Testing		
Week 19	Date 11-June-2018	Date 12-June-2018	Date 13-June-2018	Date 14-June-2018	Date 15-June-2018	Date 16-June-2018	Date 17-June-2018
	Year 11 & 12 Block Testing	Year 11 & 12 Block Testing	Year 11 & 12 Block Testing	Year 11 & 12 Block Testing	Year 11 & 12 Block Testing		
Week 20	Date 18-June-2018	Date 19-June-2018	Date 20-June-2018	Date 21-June-2018	Date 22-June-2018	Date 23-June-2018	Date 24-June-2018

HOLIDAYS