

2019 CROSS COUNTRY (U12 – Open)



The 2019 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 2019 Season will commence on **Wednesday April 24, 2019** and culminate with the 2019 TAS Cross Country Championships on Wednesday June 12. 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.

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	Wednesday
7.10am – 8.00am Meet @ Walker Centre	7.10am – 8.00am Meet @ Walker Centre

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. Bolton (JAB) – Library
Mr. Carnell (DJC) - First Level - Sutton Staffroom
Mr. Osborne (TJO) - DTC or Farmhouse
Other staff will join training sessions throughout the season.

Important Dates:

The following dates need to be noted as a part of the 2019 Cross Country Season:

- Secondary School Inter-House Cross Country (Yrs 7-12): Thursday May 2, 2019 (Venue: St Paul's School) (**Age Champion Qualifying Race – U12 to Open**)
- Met North: Tuesday May 28, 2019 (Venue: St Paul's School) – Details will be advertised and are available on the Met North Website (**Age Champion Qualifying Race – U12 to Open**)
- TAS Cross Country Championship: Wednesday June 12, 2019 (Venue: St Paul's School) (**Age Champion Qualifying Race – U12 to Open**)

Student Expectations:

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

- **Attend 6 out of the 8 training session (see calendar on Page 3)**, 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.
- 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 with athletes competing in 3 events ONLY; the Inter-House Carnival, Met North and the TAS Carnival throughout the season.

- **Students will receive points for each Age Championship Event (see below).**
- **Students must compete in ALL 3 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 Wednesday June 12, 2019**
- **Results from all three events will go towards determining age champion.**

Age Champion Events: (All 3 events)

- Secondary School Inter-House Cross Country (Yrs 7-12): Thursday May 2, 2019 (Venue: St Paul's School) (**Age Champion Qualifying Race – U12 to Open**)
- Met North: Tuesday May 28, 2019 (Venue: St Paul's School) – Details will be advertised and are available on the Met North Website (**Age Champion Qualifying Race – U12 to Open**)
- TAS Cross Country Championship: Wednesday June 12, 2019 (Venue: St Paul's School) (**Age Champion Qualifying Race – U12 to Open**)

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

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

TAS Distances:

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

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).

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.

Yours in running
SPS Cross Country Coaching Team

						Term 2, 2019				
		Monday (P2)		Tuesday (P3 & 4)		Wednesday (P6)		Thursday (P3)		Friday
Week 11	Date	22-April-2019	Date	23-April-2019	Date	24-April-2019	Date	25-April-2019	Date	26-April-2019
		EASTER MONDAY			Training Session (non compulsory) 7.10am – 8.00am		ANZAC DAY			
Week 12	Date	29-April-2019	Date	30-April-2019	Date	1-May-2019	Date	2-May-2019	Date	3-May-2019
			Training Session (non compulsory) 7.10am – 8.00am				Inter house Cross Country (Age Championship Qualifying Race)			
Week 13	Date	6-May-2019	Date	7-May-2019	Date	8-May-2019	Date	9-May-2019	Date	10-May-2019
		LABOUR DAY	Training Session 7.10am – 8.00am		Training Session 7.10am – 8.00am					
Week 14	Date	13-May-2019	Date	14-May-2019	Date	15-May-2019	Date	16-May-2019	Date	17-May-2019
			Training Session 7.10am – 8.00am (attendance for colour point)		Training Session 7.10am – 8.00am (attendance for colour point)					
Week 15	Date	20-May-2019	Date	21-May-2019	Date	22-May-2019	Date	23-May-2019	Date	24-May-2019
			Training Session 7.10am – 8.00am (attendance for colour point)		Training Session 7.10am – 8.00am (attendance for colour point)					
Week 16	Date	27-May-2019	Date	28-May-2019	Date	29-May-2019	Date	30-May-2019	Date	31-May-2019
			Met North Cross Country (Age Championship Qualifying Race)		Training Session 7.10am – 8.00am (attendance for colour point)					
Week 17	Date	3-June-2019	Date	4-June-2019	Date	5-June-2019	Date	6-June-2019	Date	7-June-2019
			Training Session 7.10am – 8.00am (attendance for colour point)		Training Session 7.10am – 8.00am (attendance for colour point)					
Week 18	Date	10-June-2019	Date	11-June-2019	Date	12-June-2019	Date	13-June-2019	Date	14-June-2019
			Team Breakfast 7.30am – 8.15am (attendance for colour point)		TAS Cross Country (Age Championship Qualifying Race)					
Week 19		Year 11 Formative Assessment Year 12 Exam Block	Year 11 Formative Assessment Year 12 Exam Block	Year 11 Formative Assessment Year 12 Exam Block	Year 11 Formative Assessment Year 12 Exam Block	Year 11 Formative Assessment Year 12 Exam Block	Year 11 Leadership Day Year 12 Exam Block	Year 11 Leadership Day Year 12 Exam Block		
	Date	17-June-2019	Date	18-June-2019	Date	19-June-2019	Date	20-June-2019	Date	21-June-2019
		Vanuatu Outreach	Vanuatu Outreach	Vanuatu Outreach	Vanuatu Outreach	Vanuatu Outreach	Vanuatu Outreach	Vanuatu Outreach	Vanuatu Outreach	
HOLIDAYS										