



AIC CROSS COUNTRY – 2018 SEASON SCHEDULE

After a successful year in 2017 our Cross Country Coaches/Managers are looking forward to building and developing the AIC Cross Country program. Our ultimate aim is to win the AIC title. To achieve this aim we must have a squad of dedicated runners who are prepared to regularly attend training over the entire season.

All students from Years 5-12 will compete at the annual AIC Cross Country Championships which will be held at Limestone Park on Wednesday 8th August.

In order to effectively prepare our runners for the AIC Championships we have taken the decision to split our Cross Country athletes into two squads as listed below. That is, Year 5&6 squad (Yr5 and Yr6) and a Year 7-12 squad (12 Years, 13 Years, 14 Years, 15 Years, 16 Years & Open students). These squads will train independently of each other.

Squad	AIC competition divisions	Distance
Year 5&6 Squad	Year 5	2km
	Year 6	3km
Year 7-12 Squad	12 Years	3km
	13 Years	3km
	14 Years	4km
	15 Years	4km
	16 Years	6km
	Open	6km

Commitment, Hard Work & Determination – The ‘Villanova Way’

In order for Villa to do well at the AIC Championships we would consider it compulsory for all squad members to attend all the lead-up meets and events as listed below. If for any reason you are unable to attend any of the events, please contact one of the managers as soon as possible.

The College will provide transportation to and from each venue. We would expect all boys to compete in the full Villa running uniform. All squad members are required to purchase their own running uniforms from the Uniform Shop. These uniforms will no longer be distributed or lent out from the Sports Office.

TRAINING SCHEDULE

Year 5&6 Squad

The Year 5&6 training will officially begin on Monday 14th May, that is, the fifth week of Term 2. Training will be held each Monday and Wednesday afternoon from 3.15pm - 4.30pm. Boys are to meet Mr. Conlan outside Goold Hall after school and he will walk the boys down to training.

Year 7-12 Squad

The Year 7-12 training squad will officially begin on Wednesday 9th May, that is, the fourth week of Term 2 and will train on Monday, Wednesday & Friday mornings from 6.45am. All students are to meet at the front of Goold Hall @ 6.45am sharp (not at Little Langland's). Late comers must stay at the College.

IMPORTANT!!! – All Cross Country runners should be participating in 2-3 training sessions per week, unless they are involved in another sport, in which case they should be completing at least 1 cross country session per week in order to be prepared sufficiently for the AIC Championship. Opportunity for another training session is provided by Mr Lonergan on Sunday afternoons. Please see Villanova Runners Club below.

VILLANOVA RUNNING UNIFORM

Available from the Uniform Shop

- **Villanova Squad Shirt** (please note that this shirt is the same shirt that was used by the AIC swimmers and it will be the same one used for our AIC Track and Field team later in the year)
- **Villanova Athletic Singlet**
- **Villanova Running Shorts (PE shorts/rugby shorts are not permissible)**
- **Villanova Sports/Rain Jacket** (Optional)

There is a certain amount of pride and effort we should make in order to look like a team. It is essential that all squad members purchase and wear the uniform as stated above.

Details of each event including event times, bus departure and arrival times etc. will be posted in the College's newsletter and website in the weeks leading up to the event. Commitment, hard work, dedication and attendance to all these events are needed in order for Villa to do well in 2018.

AIC CROSS COUNTRY MEETS

All the AIC meets listed below apply to both the Yr5&6 and Yr7-12 squads at the same venue on the same day.

- Wednesday 27th – 29th June **Villanova Cross Country Camp** @ Currimundi Recreation Centre (Open to all Year 7-12 students only)
- Saturday 21st July AIC Meet @ Limestone Park hosted by St Peter's and St Edmund's College. This will be held in the afternoon after the trial round v Ashgrove in basketball/tennis
- Saturday 28th July
 - Year 7-12 Parkrun at Stone's Corner, 7am. Students meet at Goold Hall (Villa) at 6.30am to jog down together.
 - Year 5&6, training session at White Hill Reserve 8-9am
- Friday 3rd August AIC Meet @ Runcorn hosted by St Laurence's College. We are looking to play all Year5&6 Basketball games during this week on Saturday morning not Friday afternoon to allow boys to attend the SLC Cross Country meet.
- Wednesday 9th August **AIC CHAMPIONSHIP** @ Limestone Park

VILLANOVA RUNNERS CLUB

Open to all students/parents/siblings/friends!!!!

This activity is an initiative of the AIC (Years 5&6) Cross Country Coach – Mr Tom Lonergan. It is an opportunity for all AIC Cross Country runners to complete an extra training session each week. Parents and siblings of the athletes are invited to participate in the training and will be tolerated even if “walking” is their maximum speed. One of the training activities will be a Tabata session. An anaerobic activity, it complements fitness for running. Further information about this program can be gained by contacting Mr Lonergan email: lonert24@gmail.com

Villa Runners Club will be offered every Sunday, from Sun 18th May (4 – 5pm) through to Sun 14th October.

AIC CROSS COUNTRY STAFF

Please contact the managers listed below if your son is absent from any training or cannot make any of the scheduled meets. Any issues of concern should be made through the managers as the first point of call, then through the AIC Co-ordinator.

Years 5&6 Cross Country Squad

Coach

- Mr Tom Lonergan Phone: 3349 0767 Email: lonert24@gmail.com

Assistant Coach

- Isaac Lubrano (old boy)

Manager

- Mr Matthew Conlan (Staff Member) Email: mconlan@vnc.qld.edu.au

AIC Co-ordinator

- Mr Chris Everding Email: ceverding@vnc.qld.edu.au

Years 9-12 Cross Country Squad**AIC Cross Country Co-ordinator**

- Mr Brett Morrissey (Staff Member) Email: bmorrissey@vnc.qld.edu.au

Coaches

- Mr Brian Pascoe (Staff Member) Email: bpascoe@vnc.qld.edu.au
- Mr Dave Barton (Old Boy)

Managers

-
-

AIC Co-ordinator

- Mr Blake McLauchlan Email: bmclauchlan@vnc.qld.edu.au

I wish all coaches, managers and students the very best with their preparations throughout the season.

Regards

Mr Craig Stariha

Director of Sport

cstariha@vnc.qld.edu.au