



AIC CROSS COUNTRY – THE ‘RUNNING WILDCATS’

2019 SEASON SCHEDULE

We are looking forward to continuing to build and develop the AIC Cross Country program at Villa. Our 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 and challenge themselves over the entire cross-country season.

All students from Years 5-12 will compete at the annual AIC Cross Country Championships which will be held at Curlew Park Sandgate, on Monday 13th May.

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. The Year 5&6 squad and the 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’

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 and 6 Squad

The Year 5 and 6 training squad will officially begin on Monday 11th March, that is, the seventh week of Term 1. Training will be held each Monday and Wednesday afternoon from 3.15pm - 4.30pm. Boys are to meet Mr. Conlan and Miss Roberts outside Goold Hall after school and they will walk the boys down to training.

Year 7-12 Squad

The Year 7-12 training squad will officially begin on Monday 4th March, that is, the sixth week of Term 1. Training will be held 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 to be prepared sufficiently for the AIC Championship.

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 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 for Villa to do well in 2019.

AIC CROSS COUNTRY MEETS

All the AIC meets listed below apply to both the Year 5&6 and Year 7-12 squads at the same venue on the same day.

- **Saturday 6th April**
 - Year 7-12 Parkrun at Stone's Corner, 7am. Students meet at Goold Hall (Villa) at 6.30am to jog down and warm up together.
- **Saturday 13th April**
 - Year 7-12 Parkrun at Stone's Corner, 7am. Students meet at Goold Hall (Villa) at 6.30am to jog down and warm up together.
- **Wednesday 1st May**
 - AIC Meet @ Curlew Park, Sandgate. Hosted by St Patrick's, this will be held in the afternoon after school. Buses will transport the squad to the venue and back to Villa at the completion of the meet.
- **Wednesday 8th May**
 - AIC Meet @ St Laurence's College Playing Fields, Runcorn. Hosted by St Laurence's, this will be held in the afternoon after school. Buses will transport the squad to the venue and back to Villa at the completion of the meet.
- **Monday 13th May AIC Championships**
 - AIC Championships @ Curlew Park, Sandgate.

VILLANOVA RUNNERS CLUB

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

This activity is an initiative of the AIC Juniors Cross Country Coach – Mr Tom Lonergan. It is an opportunity for all aspiring 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. One of the training activities will be a Tabata session. (this is a special Japanese program devised by Prof. Tabata, which aims to assist people in Japan to lose weight.) Tabata is an anaerobic activity which 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 (4 - 5pm) from Sun 17th March through to Sun 13th October.

AIC CROSS COUNTRY STAFF

Please contact either Mr Brian Pascoe (Years 7-12), Mr Matthew Conlan or Miss Amy Roberts (Years 5&6) using the contacts below if your son is absent from any training or cannot make any of the scheduled meets or if any issues of concern should arise. Alternatively, enquiries or questions could be directed through the AIC Co-ordinator.

Years 5 and 6 Cross Country Squad

Coach

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

Manager

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

AIC Co-ordinator

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

Years 7-12 Cross Country Squad

AIC Cross Country Co-ordinator/Coach

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

Coaches

- Mr Jordan Roache (Staff Member) Email: jroache@vnc.qld.edu.au
- Mr Dave Barton (Old Boy): davovilla1st@hotmail.com

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