



## CROSS COUNTRY

---

### AIC Cross Country – 2020 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 Limestone Park Ipswich, on Tuesday 2<sup>nd</sup> June.**

To effectively prepare our runners for the AIC Championships we have decided to continue 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

### COMMIMENT, 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 9<sup>th</sup> 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 Miss Roberts outside Goold Hall after school and she will walk the boys down to training.

### Year 7-12 Squad

The Year 7-12 training squad will officially begin on Monday 9<sup>th</sup> March, that is, the seventh week of Term 1. Training will be held on Tuesday, Thursday & 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 2020.

## 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.

- **Parkrun Dates TBC**
  - Due to the busyness of the AIC Sport calendar Parkrun dates will be confirmed and advertised at a later stage if they are to go ahead.





- **Wednesday 6<sup>th</sup> May**
  - AIC Meet @ Limestone Park, Ipswich. 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 20<sup>th</sup> 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.
- **Tuesday 2<sup>nd</sup> June AIC Championships**
  - AIC Championships @ Limestone Park, Ipswich.

## 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.

Villanova Runners Club (VRC) (recommences **Sunday 1st March 2020**)

**No VRC on Palm Sunday and Easter Sunday 2020**

The VRC meets on Sunday afternoons 4pm – 5pm at Whites Hill Reserve. (Cricket Ovals, Boundary Rd, Camp Hill) This is an opportunity for Villa athletes to maintain/build up their Aerobic fitness as part of their training for the coming Cross-Country season. There will be training from 8:30am – 10:00am on the Mon, Wed and Fri during the Term 1 school holidays.

An open invitation is extended to families of the boys and in fact any people interested in improving their fitness. There will be no minimum standard of fitness required and all levels of fitness will be catered for during the session. Assemble on the Cricket Oval # 3 where a Tabata session will be held, followed by aerobic running on the surrounding bushland trails.

Further information about this program can be gained by contacting Mr Lonergan email: [lonert24@gmail.com](mailto:lonert24@gmail.com)

## AIC CROSS COUNTRY STAFF

Please contact either Mr Brian Pascoe (Years 7-12) 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**

<b>Coach</b>	<b>Mr Tom Lonergan</b>	<b>Lonert24@gmail.com</b>
<b>Manager</b>	<b>Miss Amy Roberts</b>	<b>aroberts@vnc.qld.edu.au</b>
<b>AIC Co-ordinator</b>	<b>Mr Chris Everding</b>	<b>ceverding@vnc.qld.edu.au</b>

**Years 7-12 Cross Country Squad**

<b>Coach/Co-ordinator</b>	<b>Mr Brian Pascoe</b>	<b>bpascoe@vnc.qld.edu.au</b>
<b>Coach</b>	<b>Mr Jordan Roache</b>	<b>jroache@vnc.qld.edu.au</b>
<b>Coach</b>	<b>Mr Dave Barton</b>	<b>Davovilla1st@hotmail.com</b>
<b>AIC Co-ordinator</b>	<b>Mr Anthony Kemp</b>	<b>akemp@vnc.qld.edu.au</b>

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](mailto:cstariha@vnc.qld.edu.au)

